

PHYSICAL DEVELOPMENT	Rabbits (EYFS)	Swimming					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Gym-Time Apparatus/ Soft Play Mounting, climbing and balancing. Developing basic co-ordination and agility	Gym-Time Apparatus/Wall Bars Climbing rungs, developing confidence.	Wall Bars/Ball Skills Basic ball manipulation/exploration	Ball Skills/ Balance bikes and Scooters Exploring how to propel themselves and travel	Balance bikes and Scooters/ Athletic Activities Running with direction, exploring jumping/throwing for height/distance	Athletic Activities/Summer games Engagement with peers, quoits, parachute games etc.
PE	Hedgehogs, Ladybirds, Badgers, Squirrels, Frogs, Otters	Swimming					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Gym-Time Apparatus/ Soft Play Negotiating apparatus pathways, rolling and safe landings	Gym-Time Apparatus/Wall Bars Climbing rungs, developing risk taking and problem solving skills	Trampoline Safe bouncing in the safety box/on the cross		Ball Skills/ Balance bikes and Scooters Travelling in a desired direction and stopping safely	Athletic Activities/Summer games Developing aiming skills and hand eye coordination, skittles etc.
PE	Foxes, Penguins & Wagtails	Swimming					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Gymnastics Travelling in different ways, challenging balancing skills.	Ball Skills Repetitive bouncing, aiming and shooting using hands and feet.	Trampoline Safe bouncing on the cross, copying a star and tuck shape		Athletic Activities/Summer Games Developing hand eye coordination, catching nets and scoops etc.	Scooters/Bikes Go and stop. How to propel. Stopping safely
PE	Toucans & Jays	Swimming					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Gymnastics Travelling creatively and linking skills on apparatus.	Ball Skills Develop hand-eye and foot-eye coordination	Trampoline How to stay safe, bouncing on the cross and copying shapes and twists		Athletic Activities/Summer Games Developing types of jump and running gears	Scooters/Bikes Steering and braking.
PE	Hawks & Owls	Swimming					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Gymnastics Developing strength and transference of weight, rolling and jumping styles .	Football/Basketball Developing skills in small groups and beginning to combine.	Trampoline Safe spotting, replicating shapes and twists and seat landing prep. Fitness Introduction to working in the fitness suite (transition focus)		Athletic Activities Using 'gears' to run over different distances. Developing javelin technique and combination jumps.	Mini-Tennis/Scooters and Bikes Striking the ball over the net, aiming and catching skills. Steering and braking effectively.