

Physical Education - *It is our intent to develop physical and mental confidence through a range of challenging, stimulating and creative activities, which foster resilience, teamwork and fun.*

2023-2024					
The Nook EYFS					
<p>Key learning linked to Physical Development</p> <p>Fundamental movement skills – running fast, travel on feet/feet and hands, underhand throw, underhand roll, catching, vertical jump and land, hop, static balance, balance on body parts and balance using equipment, side roll and rock and roll, pencil roll</p> <p>Gross motor skills/ movements – climbing, crawling, skipping, sliding, slithering, shuffling</p> <p>Spatial awareness – awareness of own space, negotiates space, finds a space, change direction, stop</p> <p>Safety Awareness – when moving themselves; when travelling on, under, over through equipment and apparatus; using small apparatus and equipment; carrying and moving equipment and apparatus; respond to safety instructions</p> <p>Fine motor skills - and hand- eye coordination – dexterity and manipulation when interacting with material, objects, equipment and toys; manipulation and control when using tools</p> <p>Apparatus – control and balance when using equipment for climbing, jumping, scrambling, travelling, swinging; interacts with small equipment – drop, push, throw, roll, catch, kick</p> <p>Language of Movement – linked to body parts, and how they move; dynamics and how movements are formed; where in space they move and whom they move with.</p>					
Nicky Nook Key Stage 1					
Dance – Fire, Fire Baseline – Lost and Found	Dance – Robots FMS – Rolling a ball	Dance – Three Little Pigs FMS – Underarm throw	FMS – Overarm throw Gymnastics	Dance – Toy Story FMS – Catching and bouncing a ball	Athletics FMS – Kicking a ball
Clougha Lower Key Stage 2					
Dance – Sparks might fly Gymnastics	Gymnastics handball	Dance- Myths and Legends Netball	Rugby Net and wall Core task	Dance – Superheroes Swimming	Trust and Trails Swimming
Pendle Upper Key Stage 2					
Gymnastics Dance - earthlings	Dance – Heroes and Villains	Gymnastics Badminton	Athletics Rugby	Rounders Swimming	Orienteering Swimming

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	Hockey				
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