

## Watton Westfield PE Long Term Plan for Nursery

Using the scheme Get Set 4 PE

NURSERY	AUTUMN	SPRING	SUMMER
FIRST HALF OF TERM	<b>Introduction to PE – Unit 1</b> <ul style="list-style-type: none"> <li>To move safely and sensibly in a space with consideration of others.</li> <li>To develop moving safely and stopping with control.</li> <li>To use equipment safely and responsibly.</li> <li>To use different travelling actions whilst following a path.</li> <li>To work with others co-operatively and play as a group.</li> <li>To follow, copy and lead a partner.</li> </ul>	<b>Dance – Unit 1</b> <ul style="list-style-type: none"> <li>To explore different body parts and how they move.</li> <li>To explore different body parts and how they move and remember and repeat actions.</li> <li>To express and communicate ideas through movement exploring directions and levels.</li> <li>To create movements and adapt and perform simple dance patterns.</li> <li>To copy and repeat actions showing confidence and imagination.</li> <li>To move with control and co-ordination, linking, copying and repeating actions.</li> </ul>	<b>Ball skills – Unit 1</b> <ul style="list-style-type: none"> <li>To develop rolling a ball to a target.</li> <li>To develop stopping a rolling ball.</li> <li>To develop accuracy when throwing to a target.</li> <li>To develop bouncing and catching a ball.</li> <li>To develop dribbling a ball with your feet.</li> <li>To develop kicking a ball.</li> </ul>
SECOND HALF OF TERM	<b>Fundamentals – Unit 1</b> <ul style="list-style-type: none"> <li>To develop balancing whilst stationary and on the move.</li> <li>To develop running and stopping.</li> <li>To develop changing direction.</li> <li>To develop jumping and landing.</li> <li>To develop hopping and landing with control.</li> <li>To explore different ways to travel.</li> </ul>	<b>Gymnastics – Unit 1</b> <ul style="list-style-type: none"> <li>To copy and create shapes with your body.</li> <li>To be able to create shapes whilst on apparatus.</li> <li>To develop balancing and taking weight on different body parts.</li> <li>To develop jumping and landing safely.</li> <li>To develop rocking and rolling.</li> <li>To copy and create short sequences by linking actions together.</li> </ul>	<b>Games – Unit 1</b> <ul style="list-style-type: none"> <li>To work safely and develop running and stopping.</li> <li>To develop throwing and learn how to keep score.</li> <li>To play games showing an understanding of the different roles within it.</li> <li>To follow instructions and move safely when playing tagging games.</li> <li>To work co-operatively and learn to take turns.</li> <li>To work with others to play team games.</li> </ul>

Practise for Sports Day to be added in to the term which it is appropriate.