Watton Westfield PE Long Term Plan for Reception

Using the scheme Get Set 4 PE

AUTUMN 1	SPRING 1	SUMMER 1
Introduction to PE – Unit 2 • To move around safely in space. • To follow instructions and stop safely. • To stop safely and develop control when using equipment. • To follow instructions and play safely as a group. • To follow a path and take turns. • To work co-operatively with a partner.	**Gymnastics – Unit 2** • To create short sequences using shapes, balances and travelling actions. • To develop balancing and safely using apparatus. • To develop jumping and landing safely from a height. • To develop rocking and rolling. • To explore travelling around, over and through apparatus. • To create sequences using apparatus.	**Fundamentals – Unit 2** • To develop balancing. • To develop running and stopping. • To develop changing direction. • To develop jumping. • To develop hopping. • To explore different ways to travel using equipment.

AUTUMN 2	SPRING 2	SUMMER 2
Dance – Unit 2 • To copy, repeat and explore actions in response to a theme. • To explore and remember actions considering level, shape and direction. • To explore movement using a prop with control and co-ordination. • To move with control and co-ordination, expressing ideas through movement. • To remember and repeat actions moving in time with the music. • To explore actions in response to a theme and begin to use counts.	**Games – Unit 2** • To aim when throwing and practise keeping score. • To follow instructions and move safely when play tagging games. • To learn to play against a partner. • To develop co-ordination and play by the rules. • To explore striking a ball and keeping score. • To work co-operatively as a team.	**Ball Skills – Unit 2** • To develop rolling and tracking a ball. • To develop accuracy when throwing to a target. • To develop dribbling with hands. • To develop throwing and catching with a partner. • To develop dribbling a ball with your feet. To develop kicking a ball to a target.