

Curriculum Overview 2022-23 Physical Development

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Caterpillars						
ONGOING ALL YEAR	<p>To develop spatial awareness, balance, strength, co-ordination, confidence, gross and fine motor skills in physical sessions, outdoors and indoors and in classroom activities. Eg. Musical movement and travelling in a variety of ways, running, climbing, ball skills, throwing, catching, kicking, dancing, jumping and skipping.</p> <p>To develop physical skills in outdoor provision and during Continuous Provision.</p>					
Nursery						
ONGOING ALL YEAR	<p>To develop spatial awareness, balance, strength, co-ordination, confidence, gross and fine motor skills in physical sessions, outdoors and indoors and in classroom activities. Eg. Listening games, stop-start games, Motor Magic, Baby Yoga, Sticky Kids, Cosmic kids, Parachute games, Circle games, Dance, ball skills, throwing, catching, hopping, running, skipping, jumping, dancing etc.</p> <p>To develop skills through Continuous Provision in the Garden (climbing/balancing) outdoor activities and on Space for Sport. A summer focus on multi-skills for Sports Day activities.</p>					
Reception	Start-stop games Parachute games Gymnastics – spatial awareness Circle games	Start-stop games Parachute games Yoga, Cosmic kids Gymnastics- spatial awareness	Team Games- Rugby Dance/Drama Multi-skills	Team Games- Rugby Dance/Drama Multi-skills	OAA Gymnastics – travelling & balance Games- ball skills Yoga/Dance	OAA Gymnastics – sequencing Games/multi-skills Yoga/Dance
ONGOING ALL YEAR	<p>To develop agility, balance, co-ordination and control. To explore and encourage ‘competition.’</p> <p>To continue to develop skills through Continuous Provision during outside activities.</p>					
Year 1	Gymnastics & CPD Multi-skills/Circuit training Games Dance and Movement	Gymnastics & CPD Multi-skills/Circuit training Games Dance and Movement	Games – throwing & catching Dance Games Multi-skills	Games – Kicking Dance Games Multi-skills	Games – striking Athletics Gymnastics Multi-skills Yoga	Games – striking Athletics Gymnastics OAA Yoga

Year 2	Games – Ball skills, Rugby Gymnastics & CPD Dance and Movement Multi-skills/Circuit	Games – Ball skills, Rugby Gymnastics & CPD Dance and movement Multi-skills/Circuit	OAA Games –Striking & Hockey/cricket CPD Gymnastics – Flight Multi-skills/Circuit	OAA Games –Striking & Hockey/cricket CPD Gymnastics – R&R Multi-skills/Circuit	Games- striking skills, badminton/ tennis Dance/Yoga Multi-skills/Circuit Athletics	Games Dance/Yoga Multi-skills/Circuit Athletics Sports Day/Week
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