



## Streetsbrook Infant & Early Years Academy

### PE Curriculum Overview

#### *Nursery*

Our Nursery PE curriculum is supported by Get Set 4 PE

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| Autumn 1 | <b>Introduction to PE: Unit 1</b><br>Children will be introduced to Physical Education and structured movement. They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and in a group. They will take part in activities which will develop fundamental movement skills such as running, jumping, hopping, skipping, crawling and balancing.                 |
| Autumn 2 | <b>Fundamentals: Unit 1</b><br>Children will learn how to stay safe within the PE space using space. They will follow instruction and begin to follow simple rules, working independently and with a partner. Through a range of physical activities children will develop their gross motor and fundamental movement skills, including balancing, running, changing direction, jumping, hopping and travelling.                                                                     |
| Spring 1 | <b>Gymnastics: Unit 1</b><br>Children will develop their basic gymnastic skills. They will explore creating shapes, balances, and jumps and begin to develop rocking and rolling. They will be encouraged to develop their awareness of space and how to use it safely to perform basic skills on both floor and apparatus. They will copy, create, remember and repeat short movement sequences and begin to explore different levels and directions when travelling and balancing. |
| Spring 2 | <b>Dance: Unit 1</b><br>Children will develop their expressive movement and choose their own actions in response to a stimulus. They will use space safely and explore travelling movements, shapes and balances and begin to copy, repeat and remember actions. They will be introduced to counting to help them keep in time with the music and will perform to others and begin to provide simple feedback.                                                                       |
| Summer 1 | <b>Games: Unit 1</b><br>Children will develop their understanding of playing games. They will practise and further develop fundamental movement skills through games. They will learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing.                                                                                                                              |
| Summer 2 | <b>Ball Skills: Unit 1</b><br>Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Children will be able to develop their fine and gross motor skills through a range of game play using a variety of equipment. Children will be given opportunities to work independently and with a partner.                                                                  |