

Moor First 2 Year PE Cycle – Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Little acorns and Seedling class	Physical Literacy (FMS) Running, stopping and negotiating space	Dance – copying and repeating movements	Balance – non equipment and when moving	Object manipulation (FMS) – to bounce, roll and throw a variety of different objects.	Athletics: running, jumping, throwing and working in teams.	Games – building relationships. Playground Games
Main L.O Use Skill Progression and vocab Sheets	For all children to be able to move safely in a space.	To copy simple movements as part of a dance	To Balance independently on small and large body parts	To Roll and bounce a ball with control	To perform a variety of different movements including running, skipping and jumping	To take turn and work with Friend
Sapling Class	Invasion Games/Tagging games – using equipment and negotiating safe space depending on the activity – simple partner activities	Invasion Games: throwing and catching – Exploring skills and actions individually and as part of a team.	Gymnastics – balance (points of balance and base of support) travelling , rolling and Jumping	Dance – To perform dances using simple movement patterns	Striking and fielding Explore throwing and catching in different ways	Athletics – skills development of jumping. Sports day Practice
Main L.O Use Skill Progression and vocab Sheets	To understand space and move away from taggers	To throw and catch consistently with a partner, using different sized balls	To combine different balances including balancing with a partner	To perform a dance and to add in their own creativity	To revisit throwing and catching and use it in striking and fielding games	To perform static and dynamic jumping

Oak Class	Football (Invasion Games)- Coordination and control during all activities including self and equipment.	Team Games – adapting and using simple tactics	Gymnastics – Working with a partner, sharing ideas and creating a simple sequence, adapt basic sequences to suit different types of apparatus	Health Related exercise – Comparing performances and showing an understanding of how exercise improves health	OAA – working with a team and beginning to understand how to read a simple map/Key	Athletics – consolidate and improve the quality and range of techniques Including jumping for distance and Height
Main L.O Use Skill Progression and vocab Sheets	To show control when dribbling the football	To apply simple tactics to help win the game	To produce a simple gymnastic sequence including 5 elements	To understand how my body reacts to exercise and how exercise improves my health	To Read and understand a simple map and key	To perform athletic actions including jumping and throwing using a variety of techniques

Moore First 2 Year PE Cycle – Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Little acorns and Seedling class	Body Movement and dance – waving, shaking, stepping, rotating and spinning Turning and Changing direction	Gymnastics(weight off feet) Crawling, sliding and rolling Strength – swinging, hanging and climbing	Object manipulation – kicking and striking with other body parts	OAA – working independently and as part of a team	Striking/sending with an object and parts of the body	Athletics – Sports Day Practice
Main L.O Use Skill Progression and vocab Sheets	To explore and demonstrate different ways of moving to music	To move with weight off hands confidently	To strike a moving ball with control using a part of the body	To Explore working with others to solve simple problems	To show control when striking a ball using different body parts	To take turns and work with a group
Sapling Class	Capture and evasion – Tagging based games Team based games with a focus on working together	Invasion games– simple attacking and defending (Multisports)	Gymnastics – adapt sequences to suit apparatus including balances	Dodgeball Reacting and responding, dodging, applying capture and evasion	Bat and ball skills – control a moving ball with an object. Striking and Catching a ball	Athletics – Improving and developing throwing (Sling and Heave) Sports Day Practice
Main L.O Use Skill Progression and vocab Sheets	To find space to evade being tagged – relate to games	To take part in simple team games	To safely use equipment and balance using large and small body parts	To throw with accuracy and dodge a moving object	To show control when striking and catching a ball in flight	To demonstrate different types of throw with control
Oak Class	Invasion Games – Using strategic tactics to attack and defend	Dance – Choreographing is a simple routine. Remembering a	Gymnastics – Perform actions shapes and balances	Team Games and team Building – working together	Cricket – Improving and perfecting	Athletics – Improving Sprinting Technique and

		sequence and reproducing	consistently and fluently	and communicating	under/over arm bowling technique Taking part in Striking and fielding games	long distance running technique Sports Day Practice
Main L.O Use Skill Progression and vocab Sheets	To apply strategy to win a game, including different ways to defend and attack	To choreograph a dance routine with a group	To Perform a gymnastic sequence with at least 7 elements and apparatus, linking movements to make a fluent sequence	To enjoy communicating and collaborating with other members of the class	To apply tactical knowledge and to demonstrate bowling techniques	To improve fluency of sprinting technique and understand the difference when running long distance