

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	In our Nursery and Reception class, aspects of Physical Development are taught on a daily basis through continuous provision areas, outdoor activities, Understanding of the World, Literacy, Mathematics and specific fine motor activities such as 'Funky Fingers' and 'Dough Gym.' In addition to this, we have trialed and continue to use the 'Healthy Movers' Youth Sport Trust to develop the knowledge, skills and confidence young children need to develop physically, socially and emotionally					
Reception	Healthy Movers	Fundamentals 1	Fundamentals 2 EYFS Gymnastics Unit 1	Dance Balanceability	Games 1 EYFS Gymnastics Unit 2	Games 2 Striking/Targets
Year 1	Athletics	Athletics	Fundamentals Gymnastics Basic skills	Games Unit 1 Dance	Games Unit 2 Gymnastics Stretch/Curl	Net and Wall Games Striking and Fielding
Year 2	Athletics	Athletics	Games Unit 3 Gymnastics Directions and Pathways	Games Unit 4 Dance	OAA Gymnastics Traveling and Jumping	Net and Wall Games Striking and Fielding
Year 3	Athletics	Athletics	Tag Rugby Gymnastics	Dance Tri-Golf	Athletics Swimming	Tennis Cricket
Year 4	Athletics	Athletics	Tag Rugby Gymnastics	Dance Tri-Golf	Athletics Swimming	Tennis Cricket
Year 5	Athletics	Athletics	Tag Rugby Gymnastics	Dance Tri-Golf	Athletics Tennis	Swimming Cricket
Year 6	Athletics	Athletics	Tag Rugby Gymnastics	Dance Tri-Golf	Athletics Tennis	Swimming Cricket
KS2 My Personal Best Values	Honesty Fairness Decision-making Curiosity	Integrity Encouragement Communication Imagination	Respect Co-operation Reflection	Courage Gratitude Problem-solving	Concentration Evaluation Self-belief	Self-discipline Empathy Trust Resourcefulness

KS1 STARS Values	Self-motivated	Self-motivated	Thinker	Aspirational	Resilient	Supportive
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Lessons have two focuses: The Physical Education learning objective and also a My Personal Best value/STAR/School Rule. Lessons are designed so that Physical Education is taught alongside teaching values from the My Personal Best planets/STARS/School Rule.