

Nursery PE Curriculum

Games with rules:	Multi skills with an object	Gymnastics	Dance	Multi skills Sending & Receiving	Athletics	Multi skills Movement
parachute, duck, duck goose, Crocodile game, musical statues Tag (hoop/hat)	Bean bag Different size balls Javelin	Rolls Balancing Travelling (jumps & turns) Using different apparatus.	Moving to different music. A dance sequence of 3 body shapes.	Rolling, bouncing, catching different objects in pairs.	Running: races, through ladders, relay, egg & spoon race Jumping: Standing long jump Sack race Throwing: Javelin, 'shot put'	jumping, skipping galloping, crawling, slithering, bear crawl,

