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,

Rough MTP

Week	1	2	3	4	5	6	7	8
Autumn 1	Games with	Games with	Games with	Gymnastics	Gymnastics	Dance	Dance	
	Rules	Rules	Rules					
Autumn 2	Multi skills	Multi skills	Multi skills	Multi skills	Multi skills	Multi skills	Multi skills	
	movement	movement	with an object	with an object	sending and	sending and	sending and	
					receiving	receiving	receiving	
Spring 1	Games with	Games with	Games with	Gymnastics	Gymnastics	Dance	Dance	
	Rules	Rules	rules					
Spring 2	Multi skills	Multi skills	Multi skills	Multi skills	Multi skills	Multi skills		
	movement	movement	with an object	with an object	sending and	sending and		
					receiving	receiving		
Summer 1	Games with	Games with	Games with	Gymnastics	Dance			
	Rules	Rules	Rules					
Summer 2	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	