



Pre KS1

PE

Gymnastics
(using apparatus)



Key Vocabulary

Walk	Run
Hop	Skip
Toes	Tiptoe
Backwards	Sideways
Balance	Jump



Forest School

Moving over, under & through objects
Jumping in puddles & off logs

Therapy (SALT/OT)

Symbols for direction & movement
Gross motor skills programme
Individual physio programme
Sherbourne

Pupils should be taught to:

Master basic movements including running & jumping as well as developing balance, agility & coordination and begin to apply these.

Movement

- Travel over, along, under & off apparatus with support & without support
- Slides sideways on to a chair
- Crawls through a tunnel
- Use small & big apparatus safely & with control

Climbs

- Climbs on the first rung on a climbing frame
- Climbs small climbing frame
- Goes up & down a slide

Combinations

- Links two actions in a sequence
- Perform a variety of movements
- Combines a series of movements
- Repeat an action to refine movement

Equipment/Apparatus

Floor mats	Gym tables - round
Gym tables – rectangle	Tunnel
Benches	Ladders
Apparatus at the park	Slide
Small Hurdles	Foot floor markers
Cones	

Outcomes (from the DfE PE Programme of Study)

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.