



Pre KS1

**PE**

Gymnastics  
(without apparatus)



### Key Vocabulary

Walk	Run
Hop	Skip
Toes	Tiptoe
Backwards	Sideways
Balance	Jump



### Forest School

Balancing on logs

Walking/moving on different surfaces

### Therapy (SALT/OT)

Symbols for actions & movements

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

- Walks with feet apart, hands & arms lowered
- Kneels with & without support
- Moves backwards
- Steps sideways
- Runs with whole foot & runs on toes
- Moves freely & confidently
- Walks on tiptoes & heel to toe
- Walks backwards & sideways
- Attempts to hop & skip with one foot

#### Balance

- Turns without losing balance
- Stands on one foot for a second & stands on one foot for 3 seconds

#### Jumps

- Jumps up & down on the spot with two feet together
- Jumps forwards two feet together
- Jump over a hurdle with support
- Jump to a height of 20 cm & off a 45 cm box

#### Combinations

- Perform single movement pattern
- Perform a sequence of simple movements

### Equipment/Apparatus

Floor mats	Small Hurdles
Foot floor markers	Stop symbols
Go Symbols	Cones
Small gym tables	

### 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.