



# Boyne Hill Infant and Nursery School - Curriculum Outline Plans

Excite - Inform - Engage - Challenge - Inspire

## PHYSICAL EDUCATION

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS1	<b>Continuous provision in outdoor area including climbing frame and large equipment to encourage crossing the midline</b>					
	<ul style="list-style-type: none"> <li>Embed independence and self-care.</li> <li>Explore different movements, e.g. shuffling, crawling, slithering, rolling, jumping.</li> </ul>	<ul style="list-style-type: none"> <li>Run safely.</li> <li>Travel with confidence through equipment.</li> <li>Walk up and down stairs/steps.</li> <li>Balance on one foot.</li> </ul>	<ul style="list-style-type: none"> <li>Jump safely on and off objects and equipment.</li> <li>Develop skills and balance for riding bikes.</li> </ul>	<ul style="list-style-type: none"> <li>Move rhythmically to music.</li> <li>Use ribbons.</li> <li>Lots of action songs.</li> </ul>	<ul style="list-style-type: none"> <li>Ball skills – moving with hands and feet.</li> <li>Throwing and catching – large balls, beanbags, hoops.</li> </ul>	<ul style="list-style-type: none"> <li>Games using equipment.</li> <li>Aiming games with beanbags.</li> <li>Parachute games.</li> </ul>
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS2	<b>Fundamental skills are taught using REAL PE resources, Gymnastics skills taught using Val Sabin resources, Dance skills taught using Dance scheme.</b>					
	<p><b>REAL PE – Fundamental movements.</b></p> <ul style="list-style-type: none"> <li>Develop core strength.</li> <li>Steer large ball with foot.</li> </ul> <p><b>GYM - Introductory unit</b></p> <ul style="list-style-type: none"> <li>Use of space.</li> <li>Running safely.</li> </ul>	<p><b>REAL PE – Fundamental movements.</b></p> <ul style="list-style-type: none"> <li>Adjust speed.</li> <li>Practise different ways of moving - over/under and backwards/forward.</li> </ul> <p><b>GYM - Unit A</b></p> <ul style="list-style-type: none"> <li>Travelling in different ways and with different parts of the body on the floor.</li> </ul>	<p><b>DANCE – FS2, Units 1 &amp; 2</b></p> <ul style="list-style-type: none"> <li>Travel in different ways and make simple shapes with the body.</li> <li>Action songs</li> </ul> <p><b>GYM – Unit B</b></p> <ul style="list-style-type: none"> <li>Stretching and curling balances.</li> </ul>	<p><b>DANCE - Units 3 &amp; 4</b></p> <ul style="list-style-type: none"> <li>Travel and turn, use high and low levels and “freeze”.</li> </ul> <p><b>GYM – Unit C</b></p> <ul style="list-style-type: none"> <li>Travelling high and low.</li> <li>Sliding on different parts of the body.</li> <li>1:2 feet jumping.</li> <li>Sideways rolling.</li> </ul>	<ul style="list-style-type: none"> <li>Throwing and catching - balls, scarf, hoop, beanbag.</li> <li>Kick a ball to a target.</li> <li>Bounce ball with a bat.</li> </ul>	<ul style="list-style-type: none"> <li>Team games.</li> <li>Aiming games with balls, hoops, quoits.</li> <li>Sports Day activities.</li> </ul>

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YR 1	<b>Fundamental skills are taught using REAL PE resources, Gymnastics skills taught using Val Sabin resources, Dance skills taught using Dance scheme.</b>					
	<p><b>PREMIER - REAL PE Fundamental movements</b></p> <ul style="list-style-type: none"> <li>• Agility, balance, coordination.</li> </ul> <p><b>TEACHER – GYMNASTICS: Units D &amp; E</b></p> <ul style="list-style-type: none"> <li>• Hopping, bouncing, skipping, jumping in different directions.</li> <li>• 1:2 feet jumping.</li> <li>• Thin shapes, star shapes.</li> <li>• High and low levels.</li> <li>• Points and patches.</li> <li>• Balance on small or large parts of body.</li> <li>• Partner work – make a hole for partner to slide under.</li> <li>• Travel on points and patches.</li> </ul>	<p><b>PREMIER GYMNASTICS: Units F &amp; G</b></p> <ul style="list-style-type: none"> <li>• Rocking and rolling.</li> <li>• Different rolling actions.</li> <li>• Join together jump and roll.</li> <li>• Different stretched balances showing wide and narrow shapes.</li> <li>• Tucked jump.</li> <li>• Run – jump, roll and stretched balance sequence.</li> </ul> <p><b>TEACHER – DANCE: Year 1, Units 1 &amp; 2</b></p> <ul style="list-style-type: none"> <li>• Choose appropriate movements to express ideas and respond to music.</li> <li>• Perform simple rhythmic patterns.</li> </ul>	<p><b>PREMIER HOCKEY</b></p> <p><b>TEACHER – DANCE: Year 1, Units 3 &amp; 4</b></p> <ul style="list-style-type: none"> <li>• Communicate mood through dance.</li> <li>• Use variety of basic actions to create dance (travelling, jumping, rolling).</li> <li>• Vary speed and pathway.</li> </ul>	<p><b>PREMIER - BALL SKILLS</b></p> <ul style="list-style-type: none"> <li>• Sending and receiving.</li> </ul> <p><b>TEACHER – MULTI-SKILLS / REAL PE</b></p> <ul style="list-style-type: none"> <li>• Agility, balance and coordination.</li> </ul>	<p><b>PREMIER TEAM GAMES</b></p> <ul style="list-style-type: none"> <li>• Striking and fielding.</li> </ul> <p><b>TEACHER – CRICKET SKILLS</b> (Chance to Shine resources)</p> <ul style="list-style-type: none"> <li>• Ball skills - Throwing and catching, aiming.</li> </ul>	<p><b>PREMIER - ATHLETIC SKILLS</b></p> <ul style="list-style-type: none"> <li>• Jumping, throwing, hurdles.</li> <li>• Activities for Sports Day.</li> </ul> <p><b>TEACHER – SKIPPING</b></p> <ul style="list-style-type: none"> <li>• Individual and long rope.</li> </ul>

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YR 2	<p><b>PREMIER – INVASION GAMES</b></p> <ul style="list-style-type: none"> <li>• Handball.</li> </ul> <p><b>TEACHER - Football</b></p>	<p><b>PREMIER GYMNASTICS: Unit H</b></p> <ul style="list-style-type: none"> <li>• Travelling close to the ground and far away.</li> <li>• Travelling high with different body parts.</li> </ul> <p><b>PREMIER GYMNASTICS: Unit I</b></p> <ul style="list-style-type: none"> <li>• Different pathways – directions.</li> <li>• Size of pathway – large or small.</li> <li>• Partner work – follow my leader.</li> </ul> <p><b>TEACHER – REAL PE</b></p>	<p><b>PREMIER GYMNASTICS: Units J &amp; K</b></p> <ul style="list-style-type: none"> <li>• Turning Jumps.</li> <li>• Rolling on the floor.</li> <li>• Twisting in the air.</li> <li>• Making a sequence.</li> <li>• Linking movements together.</li> </ul> <p><b>TEACHER – DANCE : Year 2, Units 1 &amp; 2</b></p> <ul style="list-style-type: none"> <li>• Work in twos or threes to create dance using ‘follow my leader’ in unison or canon.</li> <li>• Understand and use contrasts in weight (dynamic elements).</li> <li>• Talk about dance and why they like/don’t like it.</li> </ul>	<p><b>PREMIER – INVASION GAMES</b></p> <ul style="list-style-type: none"> <li>• Attacking and defending.</li> </ul> <p><b>TEACHER – DANCE : Year 2, Units 3 &amp; 4</b></p> <ul style="list-style-type: none"> <li>• Use a variety of basic dance actions – turning, jumping, travelling, gesture, shape and stillness.</li> <li>• Observe each other and say what they like or what can be improved.</li> <li>• Understand that dance plays an important part in other cultures and history.</li> </ul>	<p><b>PREMIER – BALL SKILLS</b></p> <ul style="list-style-type: none"> <li>• Basketball and netball.</li> </ul> <p><b>TEACHER - TENNIS</b></p> <ul style="list-style-type: none"> <li>• Using LTA resources.</li> </ul>	<p><b>PREMIER - ATHLETIC SKILLS</b></p> <ul style="list-style-type: none"> <li>• Jumping and throwing.</li> </ul> <p><b>TEACHER</b></p> <ul style="list-style-type: none"> <li>• Activities for Sports Day.</li> </ul>