



# 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
	<b>Continuous provision in outdoor area including climbing frame and large equipment to encourage crossing the midline</b>					
<b>FS1</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>