



# Ashcroft Infant and Nursery School

## PE Long Term Plan

### Year One

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>❖ Hand coordination</b></p> <ul style="list-style-type: none"> <li>❖ I am beginning to develop hand-eye coordination</li> <li>❖ I can receive a ball with basic control</li> <li>❖ I can participate in simple, small group/partner games</li> <li>❖ I am beginning to perform a range of throws</li> </ul>	<p><b>❖ Gymnastics</b></p> <ul style="list-style-type: none"> <li>❖ I can copy and explore basic movements and balances</li> <li>❖ I understand what a 3- and 4-point balance is</li> <li>❖ I can remember simple movements and balances</li> </ul>	<p><b>❖ Dance</b></p> <ul style="list-style-type: none"> <li>❖ I can copy and explore basic movements and body patterns</li> <li>❖ I can remember simple movements and dance steps</li> <li>❖ I can link movement to sounds and movement</li> </ul>	<p><b>❖ Hockey</b></p> <ul style="list-style-type: none"> <li>❖ I am beginning to develop hand-eye coordination</li> <li>❖ I can participate in simple, small group/partner games</li> <li>❖ I receive a ball with basic control</li> <li>❖ I am beginning to perform a range of throws</li> <li>❖ I can comment on my own and peers' performances</li> </ul>	<p><b>❖ Rounders</b></p> <ul style="list-style-type: none"> <li>❖ I am beginning to develop hand-eye coordination</li> <li>❖ I can use equipment safely</li> <li>❖ I can participate in simple, small group/partner games/Team games</li> <li>❖ I can comment on my own and peers' performances</li> </ul>	<p><b>❖ Athletics</b></p> <ul style="list-style-type: none"> <li>❖ I can run at a variety of speeds</li> <li>❖ I can jump from a standing position</li> <li>❖ I can perform a variety of throws with basic control</li> <li>❖ I can comment on my own and peers' performances</li> </ul>

<ul style="list-style-type: none"><li>❖ I can use equipment safely following set instructions</li><li>❖ With support, I can comment on my own and peers' performances</li><li>❖ With support, I can give comments on how to improve performance</li></ul>	<ul style="list-style-type: none"><li>❖ With support, I can comment on my own and peers' performances</li><li>❖ With support, I can give comments on how to improve performance</li></ul>	<ul style="list-style-type: none"><li>❖ I can comment on my own and peers' performances</li><li>❖ I can give comments on how to improve performance</li></ul>	<ul style="list-style-type: none"><li>❖ I can give comments on how to improve performance</li></ul>	<ul style="list-style-type: none"><li>❖ I can give comments on how to improve performance</li></ul>	<ul style="list-style-type: none"><li>❖ I can give comments on how to improve performance</li></ul>
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