

Lily Lane Primary School: Physical Education/Development/Activity

EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fundamental Movement Skills through Dance and Expressive Movement x 1 40 min per week	Fundamental Movement Skills through Dance and Expressive Movement x 1 40 min per week	Fundamental Movement Skills through Dance and Expressive Movement x 1 40 min per week	Fundamental Movement Skills through Dance and Expressive Movement x 1 40 min per week	Fundamental Movement Skills through Dance and Expressive Movement x 1 40 min per week	Fundamental Movement Skills through Dance and Expressive Movement x 1 40 min per week
	'Squiggle While You Wiggle' to link gross motor movements to early handwriting skills x 3 per week, 5 mins	'Squiggle While You Wiggle' to link gross motor movements to early handwriting skills x 3 per week, 5 mins	'Squiggle While You Wiggle' to link gross motor movements to early handwriting skills x 3 per week, 5 mins	'Squiggle While You Wiggle' to link gross motor movements to early handwriting skills x 3 per week, 5 mins	'Squiggle While You Wiggle' to link gross motor movements to early handwriting skills x 3 per week, 5 mins	'Squiggle While You Wiggle' to link gross motor movements to early handwriting skills x 3 per week, 5 mins
	Dough Disco x 2 per week (alternate days to SWYW), 5 mins. Balanceability x 1 30 min session per	Dough Disco x 2 per week (alternate days to SWYW), 5 mins. Balanceability x 1 30 min session per	Dough Disco x 2 per week (alternate days to SWYW), 5 mins. Balanceability x 1 30 min session per	Dough Disco x 2 per week (alternate days to SWYW), 5 mins. Balanceability x 1 30 min session	Dough Disco x 2 per week (alternate days to SWYW), 5 mins. Balanceability x 1 30 min session per	Dough Disco x 2 per week (alternate days to SWYW), 5 mins. Balanceability x 1 30 min session
	week.	week.	week.	per week.	week.	per week.

	Daily access to continuous provision opportunities and experiences to	PD intervention group for identified pupils.	PD intervention group for identified pupils.	Write Dance x 3 30 min sessions per week.	Write Dance x 3 30 min sessions per week.	Write Dance x 3 30 min sessions per week.
	develop gross and fine motor skills, including indoor and outdoor movement	Daily access to continuous provision opportunities and	Daily access to continuous provision opportunities and	PD intervention group for identified pupils.	PD intervention group for identified pupils.	PD intervention group for identified pupils.
	areas.	experiences to develop gross and fine motor skills, including indoor and outdoor movement areas.	experiences to develop gross and fine motor skills, including indoor and outdoor movement areas.	Daily access to continuous provision opportunities and experiences to develop gross and fine motor skills, including indoor and outdoor movement areas.	Daily access to continuous provision opportunities and experiences to develop gross and fine motor skills, including indoor and outdoor movement areas.	Daily access to continuous provision opportunities and experiences to develop gross and fine motor skills, including indoor and outdoor movement areas.
Reception	Fundamental Movement Skills through Dance x 1 40 min per week.	Fundamental Movement Skills through Dance x 1 40 min per week.	Fundamental Movement Skills through Dance and Expressive Movement x 1 40 min per week.	Fundamental Movement Skills through Dance and Expressive Movement x 1 40 min per week.	Fundamental Movement Skills through Gymnastics Movement x 1 40 min per week.	Fundamental Movement Skills through Gymnastics Movement x 1 40 min per week.

City in the	City in the	City in the	City in the	City in the	City in the
Community; City	Community; City	Community; City	Community; City	Community; City	Community; City
Play, coach led	Play, coach led	Play, coach led	Play, coach led	Play, coach led	Play, coach led
session to develop	session to develop	session to develop	session to develop	session to develop	session to develop
Fundamental	Fundamental	Fundamental	Fundamental	Fundamental	Fundamental
Movement Skills	Movement Skills	Movement Skills	Movement Skills	Movement Skills	Movement Skills
through football	through football	through football	through football	through football	through football
skills x 1 30 min	skills x 1 30 min	skills x 1 30 min	skills x 1 30 min	skills x 1 30 min	skills x 1 30 min
session per week.	session per week.	session per week.	session per week.	session per week.	session per week.
Daily Wake Up	Daily Wake Up	Daily Wake Up	Daily Wake Up	Daily Wake Up	Daily Wake Up
Shake Up.	Shake Up	Shake Up	Shake Up	Shake Up	Shake Up
Daily access to continuous provision opportunities and	PD intervention group for identified pupils.	PD intervention group for identified pupils.	PD intervention group for identified pupils.	PD intervention group for identified pupils.	PD intervention group for identified pupils.
experiences to	Daily access to	Write Dance x 2			
develop gross and	continuous	30 min sessions per	30 min sessions	30 min sessions	30 min sessions
fine motor skills, including bike track	provision opportunities and	week.	per week.	per week.	per week.
access with balance bikes.	experiences to develop gross and fine motor skills, including bike track access with	Daily access to continuous provision opportunities and experiences to	Daily access to continuous provision opportunities and experiences to	Daily access to continuous provision opportunities and experiences to	Daily access to continuous provision opportunities and experiences to
	balance bikes.	develop gross and	develop gross and	develop gross and	

			fine motor skills, including bike track access with balance bikes.	fine motor skills, including bike track access with balance bikes.	fine motor skills, including bike track access with balance bikes.	develop gross and fine motor skills, including bike track access with balance bikes.
KS 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Fundamental Movement Skills through Gymnastics x 40 min per week.	Fundamental Movement Skills through Gymnastics × 40 min per week.	Fundamental Movement Skills through Dance x 40 min per week.	Fundamental Movement Skills through Dance x 1 hour per week.	Fundamental Movement Skills through Gymnastics × 1 hour per week.	Fundamental Movement Skills through Dance x 1 hour per week.
	Fundamental Movement Skills through Outdoor Games × 40 min per week.	Fundamental Movement Skills through Outdoor Games × 40 min per week.	Fundamental Movement Skills through Outdoor Games × 1 hour session per week.	Fundamental Movement Skills through Outdoor Games x 1 hour session per week.	Fundamental Movement Skills through Outdoor Games × 1 hour session per week.	Fundamental Movement Skills through Outdoor Games x 1 hour per week.
	Dough Disco,x 3 sessions per week (2 x whole class, 1 x EMW)	Dough Disco,x 3 sessions per week (2 x whole class, 1 x EMW)	Dough Disco,x 3 sessions per week (2 x whole class, 1 x EMW)	Dough Disco,x 3 sessions per week (2 x whole class, 1 x EMW)	Dough Disco,x 3 sessions per week (2 x whole class, 1 x EMW)	Dough Disco,x 3 sessions per week (2 x whole class, 1 x EMW)

1 x weekly access to	1 x weekly access	1 x weekly access	1 x weekly access	1 x weekly access	1 x weekly access
EYFS OLE.	to EYFS OLE.	to EYFS OLE.	to EYFS OLE.	to EYFS OLE.	to EYFS OLE.
		Write Dance x 2	Write Dance x 2		Write Dance x 2
		30 min sessions per	30 min sessions	Write Dance x 2	30 min sessions
		week for identified	per week for	30 min sessions	per week for
		pupils.	identified pupils.	per week for	identified pupils.
				identified pupils.	

Year 2	Fundamental	Fundamental	Fundamental	Fundamental	Fundamental	Fundamental
	Movement Skills	Movement Skills	Movement Skills	Movement Skills	Movement Skills	Movement Skills
	through Dance \times 40	through	through Dance x	through	through Dance x	through
	min per week.	Gymnastics × 40 min per week.	40 min per week.	Gymnastics × 1 hour per week.	40 min per week.	Gymnastics × 1 hour per week.
	Fundamental				Fundamental	
	Movement Skills	Fundamental	Fundamental	Fundamental	Movement Skills	Fundamental
	through Outdoor	Movement Skills	Movement Skills	Movement Skills	through Outdoor	Movement Skills
	Games × 40 min per	through Outdoor	through Outdoor	through Outdoor	Games × 40 min	through Outdoo
	week.	Games x 40 min per week.	Games × 1 hour per week.	Games × 40 min per week.	per week.	Games x 40 min session per week
		per meent		por moonii		, , , , , , , , , , , , , , , , , , ,

KS 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Inventing Games. general generic skills x 1 40 min per week. Gymnastics x 1 25 min per week	Invasion Games x 1 35min per week. Focus choice: football netball, basketball, handball, Tag rugby Gymnastics x 1 x25 min per week	Invasion Games x 1 35 min per week. Focus choice: football netball, basketball, handball, Dance x 1 25 min per week	Net/Barrier Games x 1 40 min per week. Focus choice: Dodgeball Tennis Gymnastics x 1 40 minute per week	Striking and Fielding Games x 1 40 min per week. Focus choice: Cricket Rounders Softball Athletics 1x 30 minutes per week	Athletics x 1 40 min per week. DANCE x 1 40 min per week
Year 4	Invasion game: x 1 40 min per week Focus choice: football netball, Tag rugby basketball, handball Invasion game 1 x 30 minute per week.	Invasion game: x 1 40 min per week Focus choice: football netball, Tag rugby basketball, handball Gymnastics x 1 30 min per week	Net/Barrier Games x 1 40 min per week. Focus choice: Dodgeball Tennis Gymnastics x 1 30 min per week	Invasion game: x 1 40 min per week Focus choice: football netball, Tag rugby Dance x 1 40 min per week	Striking and Fielding Game: 1 x40 min per week Focus choice: Kwik cricket, Rounders softball Athletics 1x 30 minutes per week	Athletics: x 1 40 min per week Outdoor and Adventurous activities (OAA) x 1 40 min per week

Year 5	Invasion game: x 1	Invasion game: x	Invasion game: x	Net/Barrier	Striking and	Athletics: x 1 40
	40 min per week	1 40 min per week	1 40 min per week	Games x 1 40 min	Fielding Game: 1 40 min per	min per week
	Focus choice: football netball, basketball, handball, Tag Rugby Sportshall athletics	Focus choice: football netball, basketball, handball, Tag Rugby Gymnastics x 1 30 min per week	Focus choice: football netball, basketball, handball, Gymnastics x 1 30 min per week	per week. Focus choice: Dodgeball Tennis Dance x 1 30 min per week Swimming x 1 30	week Focus choice: cricket rounders softball Dance x 1 40 minute per week Swimming x 1 30	Outdoor and Adventurous Activities x 1 40 min per week Swimming x 1 30 min per week
	x 1 30 min per week Swimming x 1 30 min per week	Swimming × 1 30 min per week	Swimming x 1 30 min session per week	min per week	min per week	

Year 6	Invasion game: x 1 40 min per week. Focus choice: football netball, basketball, handball, Tag Rugby Sportshall athletics x 1 35 min per week	Invasion game: x 1 40 min per week Focus choice: football netball, basketball, handball, Tag Rugby Gymnastics x 1 35 min per week. Focus on flight / take off and landings.	Net/Barrier Game: x 1 40 min per week. Focus choice: Dodgeball Tennis Gymnastics x 1 35 min in per week Focus on flight / take off and landings.	Invasion game: x 1 40 min per week Focus choice: football netball, basketball, handball, Tag Rugby Dance x 1 35 minutes lesson	Striking and Fielding Game: 1 40 min per week Focus choice: kwik cricket rounders softball Outdoor and Adventurous Activities (OAA) x 1 40 min per week	Sports Tournaments: X 1 40 min per week Athletics: x 1 40 min per week
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