



# Physical Education - Nursery



Physical education is a vital component of building lifelong healthy habits in early childhood. This is mainly due to the link between higher physical activity levels and children’s social, psychological, and cognitive development, and their overall academic achievement. At Ellington, all children begin their physical education journey as soon as they start Nursery. Adults support children in developing their core strength, stability, balance, special awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Staff create games and provide opportunities for play both indoors and outdoors.

Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
<b>Ball Skills: Hands 1</b>	<b>Gymnastics: Moving</b>	<b>Dance: Nursery Rhymes</b>	<b>Ball Skills: Hands 2</b>	<b>Ball Skills: Feet</b>	<b>Games for Understanding</b>
To listen and follow instructions	To listen and follow instructions	To listen and follow instructions	To listen and follow instructions	To listen and follow instructions	To listen and follow instructions
To equipment safely	Introduction to apparatus:	To create a simple movement sequence	To throw underarm	To move with a ball using my feet	To take turns keeping the score
To explore pushing	To understand what high, low, over and under mean	To respond to movement, words and music	To throw overarm	To dribble with the ball	To understand and play by the rules
To explore rolling	To move in a high way	To explore contrasting tempos	To roll a ball	To dribble against an opponent	To avoid a defender
To explore bouncing	To move in a low way	To explore character movements	To stop a ball		To prevent an attacker from scoring
To explore bouncing into space	To go under		To catch a ball		
	To go over				