



Enderby Road Infant and Nursery School

PE Scheme of work

	Reception	Year 1		Year 2	
		Short sessions (30 mins) x2	Long Session (1 hour)	Short sessions (30 mins) x2	Long Session (1 hour)
Autumn 1	Changing for PE and learning behaviours for PE - starting movement after that	Balance bikes Body Management	Locomotion	Balance Bikes Body management	Games - object control
Autumn 2	Gymnastics	Yoga Interpretive dance	Athletics	Yoga Interpretive dance	Athletics
Spring 1	Bikes and Balance	Yoga Gym - floor exercises	Performance dance	Yoga Gym - floor exercises	Performance dance
Spring 2	Sending and receiving	Balance bikes Gym - flight	Games - object control	Balance Bikes Gym - flight	Games - Sending and Receiving
Summer 1	Ball skills and games	Yoga Games - sending and receiving	Games - Net and Wall	Yoga Games - locomotion agility	Games - Net and Wall
Summer 2	Athletics	Balance bikes Locomotion	Games - sending and receiving	Balance Bikes Games - locomotion	Athletics

