

Physical plan for outdoors

| Week | Physical Activity | Physical resources | Physical skill development | PSED skill development | C&L/Physical Literacy-skill development | Metacognitive skill focus |
|---|-----------------------|--|--|--|---|--|
| Physical plan is implemented with adult focus: Monday (pm), Tuesday (all day), Wednesday (all day) and Thursday (am) Friday (pm) – bike riding focus | | | | | | |
| 1 | Football | Football net Footballs | Kicking 'Start taking part in some group activities which they make up for themselves, or in teams.')(DM) | Turn taking Cooperation Team work 'Sense of responsibility'(DM) | 'Understand how to listen carefully and why listening is important.')(DM) 'Learn new vocabulary.')(DM) | Autumn Term: Look Connect Ahead |
| 2 | Bat and ball | Cricket bats Rackets Small balls | Hand-eye coordination 'Balancing . . . and ball skills.')(DM) | Collaboration Perseverance 'Find solutions to conflicts'(DM) | | |
| 3 | Obstacle course | Crates Planks Tyres Tunnels Stilts | Balance Crawling\ Travelling 'Jumps off an object and lands appropriately' (ECAM) 'Go up steps and stairs, or climb up apparatus, using alternate feet' (DM) 'Decide whether to crawl, walk or run across a plank, depending on its length and width.')(DM) | Patience Perseverance 'Show confidence' (DM) | "Physical literacy is the: <ul style="list-style-type: none"> • motivation, • confidence, • physical competence, • knowledge, and • understanding to value and take responsibility for engagement in physical activities for life." | Spring Term: Back Zoom Test |
| 4 | Throwing into targets | Hoops Beanbags Small balls Basketball net | Throwing Hand-eye coordination 'Throws a small ball overarm and forwards without falling over.')(ECAM) | Turn taking Sharing 'Follow and remember rules'(DM) | | Summer Term: Back Connect Test |

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| 5 | Throwing and catching with each other | Larger balls | Hand-eye coordination Catching <i>'Catches a large ball'</i> (ECAM) <i>'balancing, . . . and ball skills.'</i> (DM) | Patience Sense of pride Mutual support <i>'Play with one or more children'</i> (DM) | (The International Physical Literacy Association, May 2014) |
| 6 | Travelling | Jumping sacks Space hoppers | Jumping Bouncing Balance <i>'Jumps forwards, two feet to two feet'</i> (ECAM) <i>'Skip, hop, stand on one leg and hold a pose . . .'</i> (DM) | Perseverance Sharing Mutual support Celebration <i>'Achieve a goal'</i> (DM) | |

4Cs

Caring thinking
Collaborative thinking
Creative thinking
Critical thinking

Outdoor cross curricular teaching focus:

Monday (am) – Atelier/Loose parts

Thursday (am) – Music & Dance

Thursday (pm) – Maths/Literacy

Friday (am) – Expressive Arts/Den Building

Physical Development Lead – Amanda Hubball





Expressive Art and Design plan for outdoors

| EA&D Activities | EA&D skill development | Inclusion | Metacognitive skill focus |
|------------------|---|--|--|
| Dance | <p><i>Listen with increased attention to sounds.</i></p> <p><i>Respond to what they have heard, expressing their thoughts and feelings.(DM)</i></p> <p>Respond personally to music, using their bodies and voices</p> <p>Use costume and equipment to support their expression</p> | <p>Popular culture</p> <p>Multi-cultural music</p> <p>Choreography based dance</p> <p>Traditional/nursery rhymes . . .</p> | <p>Autumn Term:</p> <p>Look</p> <p>Vary</p> <p>Zoom</p> <p>Picture</p> |
| Atelier | <p><i>Explore different materials freely, to develop their ideas about how to use them and what to make.</i></p> <p><i>Develop their own ideas and then decide which materials to use to express them.</i></p> <p><i>Join different materials and explore different textures.(DM)</i></p> <p>Collaborative expression</p> <p>Observation and application of shape, structure, material and form</p> | <p>Varying sizes, shapes, colours, materials . . .</p> <p>Recycled</p> | <p>Spring Term:</p> <p>Connect</p> <p>Vary</p> <p>Zoom</p> <p>Picture</p> |
| Lose parts/STEAM | <p><i>Make imaginative and complex 'small worlds' with blocks and construction kits, such as a city with different buildings and a park. (DM)</i></p> <p>Explore materials</p> <p>Use imagination</p> | <p>Blocks of different sizes, shapes and materials</p> <p>Cylinders, wheels, crates . . .</p> | <p>Summer Term:</p> <p>Look/Listen</p> <p>Connect</p> <p>Vary</p> <p>Zoom</p> <p>Picture</p> |
| Art canvases | <p><i>Create collaboratively, sharing ideas, resources and skills.(DM)</i></p> <p>Make marks – large and small</p> <p>Explore materials</p> | <p>Threading fabric, paint, collage, mark making equipment (chalk etc.)</p> | <p>Look/Listen</p> <p>Connect</p> <p>Vary</p> <p>Zoom</p> <p>Picture</p> |

Expressive Art and Design Lead – Amanda Hubball

