

Physical plan for outdoors

Week	Physical Activity	Physical	Physical skill development	PSED skill	C&L/Physical Literacy-	Metacognitive
		resources		development	skill development	skill focus
Physical plan	is implemented with	adult focus: Mond	ay (pm), Tuesday (all day), We	dnesday (all day) and Thu	rsday (am) Friday (pm) – I	bike riding focus
1	Football	Football net	Kicking	Turn taking		
		Footballs	'Start taking part in some	Cooperation		
			group activities which they	Team work	'Understand how to	Autumn Term:
			make up for themselves, or	'Sense of	listen carefully and why	Look
			in teams.')DM)	responsibility'(DM)	listening is	Connect
2	Bat and ball	Cricket bats	Hand-eye coordination	Collaboration	important.'(DM)	Ahead
		Rackets	'Balancing and ball	Perseverance	(1.0.000.000.000.000.000.000.000.000.000	
		Small balls	skills.'(DM)	'Find solutions to	(Learn new	
				conflicts'(DM)	vocabulary.'(DM)	
3	Obstacle course	Crates	Balance	Patience	"Physical literacy is the:	
		Planks	Crawling\	Perseverance		
		Tyres	Travelling	'Show confidence' (DM)	 motivation, 	Spring Term:
		Tunnels	'Jumps off an object and			Back
		Stilts	lands appropriately' (ECAM)		 confidence, 	Zoom
			'Go up steps and stairs, or			Test
			climb up apparatus, using		• physical competence,	
			alternate feet' (DM)			
			'Decide whether to crawl,		 knowledge, and 	
			walk or run across a plank,		 understanding 	
			depending on its length and			
			width.'(DM)		to value and take	Summer Term:
4	Throwing into	Hoops	Throwing	Turn taking	responsibility for	Back
	targets	Beanbags	Hand-eye coordination	Sharing	engagement in physical	Connect
	-	Small balls	'Throws a small ball	'Follow and remember	activities for life."	Test
		Basketball net	overarm and forwards	rules'(DM)		
			without falling			
			over.'(ECAM)			

catching with each other Catching Sense of pride (Catches a large ball' (ECAM) Physical Literacy Mutual support 'Play with one or more children' (DM) 'Play with one or more children' (DM) Association, May 2014) 6 Travelling Jumping sacks Space hoppers Jumping Perseverance Balance Sharing Mutual support Herein a control 1 Jumping sacks Jumping sacks Jumping Sharing Balance Sharing Herein a control 'Jumps forwards, two feet to two feet' (ECAM) 'Skip, hop, stand on one leg and hold a pose'(DM) 'Achieve a goal'(DM) Herein a control Callaborative thinking Collaborative thinking Creative thinking Creative thinking Event Event Utdoor cross curricular teaching focus: Thursday (am) – Atelier/Loose parts Monday (am) – Music & Dance Husic & Dance Thursday (am) – Expressive Arts/Den Building Friday (am) – Expressive Arts/Den Building Sociation Sociation	5	Throwing and	Larger balls	Hand-eye coordination	Patience	(The International		
6 Travelling Jumping sacks Jumping Perseverance Space hoppers Bouncing Sharing Balance Mutual support 'Jumps forwards, two feet Celebration 'Skip, hop, stand on one leg and hold a pose and hold a pose '(DM) 'Skip, hop, stand on one leg and hold a pose Caring thinking Creative thinking Creative thinking Creative thinking Creative thinking Creative thinking Creative thinking Creative thinking Children / Linking Survice ross curricular teaching focus: Monday (am) – Atelier/Loose parts Thursday (pm) – Matisč & Dance		catching with		Catching	Sense of pride	Physical Literacy		
6 Travelling Jumping sacks Jumping Perseverance 5 Travelling Jumping sacks Jumping Perseverance Space hoppers Bouncing Sharing Balance Mutual support Celebration 'Jumping forwards, two feet Celebration 'Jumping 'Skip, hop, stand on one leg and hold a pose'(DM) 'Achieve a goal'(DM) 'Skip, hop, stand on one leg and hold a pose'(DM) Caring thinking Collaborative thinking Coreative thinking Creative thinking Creative thinking Creative thinking Outdoor cross curricular teaching focus: Monday (am) – Atelier/Loose parts Thursday (am) – Music & Dance Thursday (pm) – Maths/Literacy		each other		'Catches a large ball'	Mutual support	Association, May 2014)		
6 Travelling Jumping sacks Jumping Perseverance 5 Travelling Jumping sacks Jumping Sharing Balance Mutual support Gelebration Gelebration 'Jumps forwards, two feet Celebration Gelebration 'Skip, hop, stand on one leg and hold a pose '(DM) Gelebration Collaborative thinking Collaborative thinking Creative thinking Creative thinking Creative thinking Creative thinking Creative thinking Critical thinking Critical thinking Utable Outdoor cross curricular teaching focus: Monday (am) – Atelier/Loose parts Thursday (am) – Music & Dance Thursday (pm) – Maths/Literacy				(ECAM)	'Play with one or more			
6 Travelling Jumping sacks Space hoppers Jumping Bouncing Balance Perseverance Sharing Mutual support 'Jumps forwards, two feet to two feet' (ECAM) Celebration 'Achieve a goal'(DM) 'Skip, hop, stand on one leg and hold a pose'(DM) 'Achieve a goal'(DM) Caring thinking Collaborative thinking Creative thinking Creative thinking Caring thinking Outdoor cross curricular teaching focus: Monday (am) – Atelier/Loose parts Thursday (am) – Music & Dance Thursday (pm) – Maths/Literacy				'balancing, and ball	children' (DM)			
Space hoppers Bouncing Sharing Balance Mutual support 'Jumps forwards, two feet Celebration 'Jumps forwards, two feet Celebration 'Skip, hop, stand on one leg 'Achieve a goal'(DM) 'Skip, hop, stand on one leg and hold a pose'(DM) Caring thinking Collaborative thinking Creative thinking Creative thinking Critical thinking Critical thinking Outdoor cross curricular teaching focus: Monday (am) – Atelier/Loose parts Thursday (am) – Music & Dance Thursday (pm) – Maths/Literacy				skills.'(DM)				
Balance Mutual support 'Jumps forwards, two feet Celebration 'to two feet' (ECAM) 'Achieve a goal'(DM) 'Skip, hop, stand on one leg and hold a pose'(DM) and hold a pose'(DM) 'Achieve a goal'(DM)	6	Travelling	Jumping sacks	Jumping	Perseverance			
'Jumps forwards, two feet Celebration 'Jumps forwards, two feet' 'Achieve a goal'(DM) 'Skip, hop, stand on one leg 'Achieve a goal'(DM) 'Skip, hop, stand on one leg and hold a pose'(DM) 4Cs Caring thinking Collaborative thinking Creative thinking Creative thinking Critical thinking Outdoor cross curricular teaching focus: Monday (am) – Atelier/Loose parts Thursday (am) – Music & Dance Thursday (pm) – Maths/Literacy			Space hoppers	Bouncing	Sharing			
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and hold a pose'(DM) 4Cs Caring thinking Collaborative thinking Creative thinking Creative thinking Critical thinking Outdoor cross curricular teaching focus: Monday (am) – Atelier/Loose parts Thursday (am) – Music & Dance Thursday (pm) – Maths/Literacy				to two feet' (ECAM)	'Achieve a goal'(DM)			
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Critical thinking Outdoor cross curricular teaching focus: Monday (am) – Atelier/Loose parts Thursday (am) – Music & Dance Thursday (pm) – Maths/Literacy				Collaborative think	ing			
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Monday (am) – Atelier/Loose parts Thursday (am) – Music & Dance Thursday (pm) – Maths/Literacy				Critical thinking				
Thursday (am) – Music & Dance Thursday (pm) – Maths/Literacy		Outdoor cross curricular teaching focus:						
Thursday (pm) – Maths/Literacy	Monday (am) – Atelier/Loose parts							
	Thursday (am) – Music & Dance							
Friday (am) – Expressive Arts/Den Building	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	Listen with increased attention to sounds.	Popular culture	
	Respond to what they have heard, expressing their thoughts and feelings.(DM)	Multi-cultural	Autumn Term:
	Respond personally to music, using their bodies and voices	music	Look
	Use costume and equipment to support their expression	Choreography	Vary
		based dance	Zoom
		Traditional/	Picture
		nursery rhymes	
Atelier	Explore different materials freely, to develop their ideas about how to use them and	Varying sizes,	
	what to make.	shapes, colours,	
	Develop their own ideas and then decide which materials to use to express them.	materials	Spring Term:
	Join different materials and explore different textures.(DM)	Recycled	Connect
	Collaborative expression		Vary
	Observation and application of shape, structure, material and form		Zoom
Lose parts/STEAM	Make imaginative and complex 'small worlds' with blocks and construction kits, such	Blocks of different	Picture
	as a city with different buildings and a park. (DM)	sizes, shapes and	
	Explore materials	materials	
	Use imagination	Cylinders, wheels,	
		crates	Summer Term:
Art canvases	Create collaboratively, sharing ideas, resources and skills.(DM)	Threading fabric,	Look/Listen
	Make marks – large and small	paint, collage,	Connect
	Explore materials	mark making	Vary
		equipment (chalk	Zoom
		etc.)	Picture

Expressive Art and Design Lead – Amanda Hubball

