

Nursery – Learning Journey

Summer

Dance: Nursery Rhymes

- Moving using different body parts
- Forming a sequence
- Responding to music
- Character movements

Games for understanding:

Foundation

- Turn taking
- Following rules in a game
- Avoiding a defender
- Consequences of a game (eg being tagged)



9 5 4 3 2 1

Autumn

Locomotion: Foundation

Walking 1

- Use of head/arms/ feet when walking
- Walking at different speeds
- Walking following a route
- Marching techniques
- Marching speeds

Ball Skills: Foundation Hands

1

- Using hands to move a ball
- Different ways of pushing a ball
- Different ways of rolling a ball
- Bouncing a ball
- Bouncing and moving
- Combining rolling, pushing and bouncing
- Understand what a defender is

Spring

.Ball Skills: Foundation Feet 1

- Moving a ball with feet
- Keeping a ball close
- Dribbling with feet
- Kicking/ dribbling
- Dribbling against an opponent
- Working together

Ball skills: Foundation

Rackets, bats, balls, balloons

- Pushing/hitting a balloon
- Working together to keep a balloon in the air
- Balancing with a racket

Gymnastics: High, Low, over, under

- High shapes, low shapes
- Using apparatus safely
- High and low movements on apparatus,
- Over and under on apparatus
- Apply 'champion gymnastics'