

PHYSICAL HEALTH AND SELF CARE

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Autumn	<ul style="list-style-type: none"> • Gymnastics - listening and responding games and team games • Dance - moving in different ways to fairy-tale music and move like woodland creatures to Autumn music • Trim Trail Training to develop core strength.
Spring	<ul style="list-style-type: none"> • Dance - learning and creating dinosaur dance • Gymnastics - developing core strength and exploring apparatus and equipment • Multiskills - learning the mechanics of running and sending bean bags • Gymnastics - developing balance when using apparatus, travelling on, under, over in different ways
Summer	<ul style="list-style-type: none"> • Multiskills - ball skills: rolling, sending, receiving and bouncing • Dance - Commotion in the Ocean dance music, moving like different sea creatures • Multiskills - Sports Day skills and team games • Dance - learning dance moves and styles from different countries and cultures

Health and Self-Care is taught throughout the year and especially during our 'Healthy Lifestyle Days'

- Developing independence when changing for PE.
- Understanding importance of exercise for the body and healthy living.
- Learning about healthy food choices.
- Understanding good practices with regards to hygiene and safety.

Continuous Provision:

- Wiggly Warm Up sessions -focusing on fine/gross motor skills handwriting practise, dough gym, dance
- Bikes/ stilts
- Funky finger activities - including use of tweezers, variety of playdough, peg boards etc
- Games in the outside garden