

Teaching 2-5 year olds the fundamental movement skills of sports



# SPORTY MINIS

The abc's of Physical Development

The SportyMinis sessions will expand on PE lessons for KS1 children ensuring they are reaching their 3 hours activity a day, helping children to develop a lifelong passion for physical activities, and I will complement the schools PE curriculum giving children an additional opportunity to practice the all essential fundamental movement skills.

Our programme and each individual session is aligned with the PE and Sports National framework. We will ensure pupils develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

## 10 Week Autumn Afterschool Programme Outline: Preschool & KS1

| Session                      | FMS Focus   | EYFS Links  | KS1 PE Curriculum Links             |
|------------------------------|---|---|-------------------------------------|
| Rugby Rulz                   | Running/Walking/Kicking/Throwing/Twisting/ Turning/Pivoting/Catching/Stretching/Jumping/ Collecting   | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), UW (TW), EAD (BI) | Broad PA, Timed PA, Comp, PD, Games |
| Skipping Rope Fun            | Running/Balancing/Collecting/Stretching/Pivoting/ Turning/ Jumping/Hopping/Twisting/Galoping  | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), UW (TW), EAD (BI) | Broad PA, Timed PA, Comp, PD, Games |
| Striking Hot                 | Running/Balancing/Walking/Turning/Throwing /Collecting/ Twisting/Stretching/Striking/   | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), UW (TW), EAD (BI) | Broad PA, Timed PA, Comp, PD, Games |
| Obstacle Fun                 | Running/Balancing/Collecting/Kicking/ Stretching/Pivoting/Turning/Striking/Dribbling/ Jumping   | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), UW (TW), EAD (BI) | Broad PA, Timed PA, Comp, PD, Games |
| Kick and Dribble superstars  | Running/Balancing/Collecting/Kicking/ Stretching/Pivoting/Turning/Striking/Dribbling/ Jumping   | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), UW (TW), EAD (BI) | Broad PA, Timed PA, Comp, PD, Games |
| Rapid Races                  | Running/Walking/Jumping/Skipping/Hopping/ Turning/Twisting/Pivoting/Curling/Landing/ Balancing/Stretching   | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI)          | Broad PA, Timed PA, Comp, PD, Games |
| Crazy Catcher (Fast Catcher) | Running/Walking/Throwing/Catching/Turning/ Twisting/Collecting/Bouncing/Curling   | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI)          | Broad PA, Timed PA, Comp, PD, Games |
| Awesome Agility              | Running/Walking/Jumping/Hopping/Turning/ Pivoting/Curling/Landing/Balancing   | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI)          | Broad PA, Timed PA, Comp, PD, Games |
| Big Balls Small Balls        | Running/Walking/Throwing/Bouncing/Catching /Collecting/Stretching/Turning/Jumping   | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI)          | Broad PA, Timed PA, Comp, PD, Games |
| Game Galore                  | Running/Jumping/Balancing/Walking/Landing/ Turning/Throwing/Collecting/Dribbling/Striking/ Twisting/Stretching/Curling/Catching/Kicking/Bou ncing | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI)          | Broad PA, Timed PA, Comp, PD, Games |

| KS1 National Curriculum links- Sporty Minis  | Acronyms |
|--|----------|
| Develop competence to excel in a broad range of physical activities  | Broad PA |
| Physically active for sustained periods of time  | TimedPA  |
| Engage in competitive sports and activities  | Comp     |
| Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities | PD       |
| Participate in team games, developing simple tactics for attacking and defending   | Games    |

| EYFS Aims Incorporated in Sporty Minis  | Acronyms     |
|---|--------------|
| Personal, Social and Emotional Development (Making Relationships)               | PSED (MR)    |
| Personal, Social and Emotional Development (Self-Confidence and Self-Awareness) | PSED (SC/SA) |
| Personal, Social and Emotional Development (Managing Feelings and Behaviour)    | PSED (F/B)   |
| Physical Development (Moving and Handling)                                      | PD (MH)      |
| Physical Development (Health and Self-care)                                     | PD (HSC)     |
| Communication and Language (Listening and Attention)                            | CL (LA)      |
| Communication and Language (Understanding)                                      | CL (U)       |
| Communication and Language (Speaking)   | CL (S)       |
| Literacy (Reading)  | L (R)        |
| Literacy (Writing)  | L (W)        |
| Mathematics (Numbers)   | M (N)        |
| Mathematics (Shape, Space and Measure)  | M (SSM)      |
| Understanding the World (People and Communities)                                | UW (PC)      |
| Understanding the World (The World)   | UW (TW)      |
| Understanding the World (Technology)  | UW (T)       |
| Expressive Arts and Design (Exploring and Using Media and Materials)            | EAD (MM)     |
| Expressive Arts and Design (Being Imaginative)                                  | EAD (BI)     |

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