

## Yearly Plan – Lower School

Trimester	Pre-school	K1	K2
Term 1	<p><b>MANIPULATIVE</b> (Moving and working with objects)</p> <ul style="list-style-type: none"> <li>• Parachute (1)</li> <li>• Bounce &amp; Catch (1)</li> <li>• Throw (2)</li> <li>• Rolling (balls, hoops etc) (2)</li> <li>• Catch (1)</li> <li>• Volley (Balloon, scarf) (1)</li> <li>• Striking (1)</li> <li>• Kicking (2)</li> <li>• Space (2)</li> <li>• Body Parts, signals (3)</li> <li>• Pathways/directions (1)</li> <li>• Exploration of equip. (1)</li> <li>• Safety</li> <li>• Rules and Routines</li> </ul> <p><b>LOCOMOTOR</b> (Moving through general space)</p> <ul style="list-style-type: none"> <li>• Walk/Run (2)</li> <li>• Gallop (1)</li> <li>• Beginning skip (1)</li> <li>• Jump (2)</li> <li>• Levels (1)</li> <li>• Space (1)</li> <li>• Body parts, signals (2)</li> <li>• Pathways (2)</li> <li>• Safety</li> <li>• Rules and routines</li> </ul> <p><b>NON-MANIP.</b> (Moving in unique and different ways )</p> <ul style="list-style-type: none"> <li>• Creative rhythms/dance (2)</li> <li>• Rhythmic gymnastics (1)</li> <li>• Balance (2)</li> <li>• Turning, twisting, curling, stretching (2)</li> <li>• Jumping and landing (2)</li> <li>• Transferring weight (1)</li> <li>• Pathways (1)</li> <li>• Basic exploration</li> <li>• Safety</li> <li>• Rules and routines</li> </ul>	<p><b>MANIPULATIVE</b> (Moving and working with objects)</p> <ul style="list-style-type: none"> <li>• Parachute (1)</li> <li>• Bounce &amp; Catch (1)</li> <li>• Throw (2)</li> <li>• Rolling (balls, hoops etc) (1)</li> <li>• Catch (1)</li> <li>• Volley (Balloon, scarf) (1)</li> <li>• Striking (1)</li> <li>• Kicking (2)</li> <li>• Space (2)</li> <li>• Body Parts, signals (1)</li> <li>• Pathways/directions (1)</li> <li>• Exploration of equip. (1)</li> <li>• Safety(1)</li> <li>• Rules and Routines (1)</li> </ul> <p><b>LOCOMOTOR</b> (Moving through general space)</p> <ul style="list-style-type: none"> <li>• Walk/Run (1)</li> <li>• Gallop (1)</li> <li>• Beginning skip (1)</li> <li>• Jump (2)</li> <li>• Levels (1)</li> <li>• Space (1)</li> <li>• Body parts, signals (1)</li> <li>• Pathways (1)</li> <li>• Safety</li> <li>• Rules and routines</li> </ul> <p><b>NON-MANIP.</b> (Moving in unique and different ways )</p> <ul style="list-style-type: none"> <li>• Creative rhythms/dance (2)</li> <li>• Rhythmic gymnastics (1)</li> <li>• Balance (2)</li> <li>• Turning, twisting, curling, stretching (2)</li> <li>• Jumping and landing (2)</li> <li>• Transferring weight (1)</li> <li>• Pathways (1)</li> <li>• Basic exploration (1)</li> <li>• Safety (1)</li> <li>• Rules and routines (1)</li> </ul>	<p><b>MANIPULATIVE</b> (Moving and working with objects)</p> <ul style="list-style-type: none"> <li>• Parachute (1)</li> <li>• Bounce &amp; Catch (1)</li> <li>• Throw/Catch (1)</li> <li>• Volley (Balloon, scarf) (1)</li> <li>• Striking (1)</li> <li>• Kicking (1)</li> <li>• Space (1)</li> <li>• Fitness (1)</li> <li>• Short handled implements (1)</li> <li>• Pathways/directions (1)</li> <li>• Exploration of equip. (1)</li> <li>• Safety</li> <li>• Rules and Routines</li> </ul> <p><b>LOCOMOTOR</b> (Moving through general space)</p> <ul style="list-style-type: none"> <li>• Walk/Run/Gallop/skip (1)</li> <li>• Jump (1)</li> <li>• Levels (1)</li> <li>• Space (1)</li> <li>• Pathways (1)</li> <li>• Safety</li> <li>• Rules and routines</li> </ul> <p><b>NON-MANIP.</b> (Moving in unique and different ways )</p> <ul style="list-style-type: none"> <li>• Creative rhythms/dance (2)</li> <li>• Rhythmic gymnastics (2)</li> <li>• Balance (1)</li> <li>• Jumping and landing (1)</li> <li>• Transferring weight (1)</li> <li>• Basic exploration (1)</li> <li>• Safety</li> <li>• Rules and routines</li> </ul>

## Yearly Plan – Lower School

	<i>Pre-school</i>	K1	K2
Term 2	<p><b>MANIPULATIVE</b> (Moving and working with objects)</p> <ul style="list-style-type: none"> <li>• Parachute (1)</li> <li>• Collecting (1)</li> <li>• Bounce &amp; Catch (1)</li> <li>• Throw (2)</li> <li>• Rolling (balls, hoops etc) (1)</li> <li>• Catch (2)</li> <li>• Volley (Balloon, scarf) (1)</li> <li>• Striking (1)</li> <li>• Kicking (2)</li> <li>• Space (2)</li> <li>• Body Parts, signals (2)</li> <li>• Pathways/directions (1)</li> <li>• Exploration of equip. (1)</li> <li>• Safety</li> <li>• Rules and routines</li> </ul> <p><b>LOCOMOTOR</b> (Moving through general space)</p> <ul style="list-style-type: none"> <li>• Walk/Run (2)</li> <li>• Gallop (1)</li> <li>• Beginning skip (1)</li> <li>• Jump (2)</li> <li>• Hop (1)</li> <li>• Slide (1)</li> <li>• Chasing, Fleeing, Dodging (1)</li> <li>• Imagery (1)</li> <li>• Levels (1)</li> <li>• Space (1)</li> <li>• Body parts, signals (2)</li> <li>• Shapes (Letters, numbers) (1)</li> <li>• Pathways (2)</li> <li>• Safety</li> <li>• Rules and routines</li> <li>• Very simple games (2)</li> </ul> <p><b>NON-MANIP.</b> (Moving in unique and different ways)</p> <ul style="list-style-type: none"> <li>• Creative rhythms/dance (2)</li> <li>• Rhythmic gymnastics (2)</li> <li>• Imagery (2)</li> <li>• Balance (2)</li> <li>• Turning, twisting, curling, stretching (2)</li> <li>• Basic gymnastics (2)</li> <li>• Jumping and landing (2)</li> <li>• Transferring weight (1)</li> <li>• Shapes (letters, numbers) (2)</li> <li>• Pathways (1)</li> <li>• Basic exploration</li> <li>• Safety</li> <li>• Rules and routines</li> </ul>	<p><b>MANIPULATIVE</b> (Moving and working with objects)</p> <ul style="list-style-type: none"> <li>• Parachute (1)</li> <li>• Collecting (1)</li> <li>• Bounce &amp; Catch (1)</li> <li>• Throw (2)</li> <li>• Rolling (balls, hoops etc) (1)</li> <li>• Catch (2)</li> <li>• Volley (Balloon, scarf) (1)</li> <li>• Striking (1)</li> <li>• Kicking (2)</li> <li>• Space (1)</li> <li>• Body Parts, signals (1)</li> <li>• Pathways/directions (1)</li> <li>• Exploration of equip. (1)</li> <li>• Safety</li> <li>• Rules and routines</li> </ul> <p><b>LOCOMOTOR</b> (Moving through general space)</p> <ul style="list-style-type: none"> <li>• Walk/Run/Gallop (1)</li> <li>• Skip (1)</li> <li>• Jump (2)</li> <li>• Hop (1)</li> <li>• Slide (1)</li> <li>• Chasing, Fleeing, Dodging (1)</li> <li>• Imagery (1)</li> <li>• Levels (1)</li> <li>• Space (1)</li> <li>• Body parts, signals (1)</li> <li>• Shapes (Letters, numbers) (1)</li> <li>• Pathways (1)</li> <li>• Safety</li> <li>• Rules and routines</li> <li>• Very simple games (2)</li> </ul> <p><b>NON-MANIP.</b> (Moving in unique and different ways)</p> <ul style="list-style-type: none"> <li>• Creative rhythms/dance (2)</li> <li>• Rhythmic gymnastics (2)</li> <li>• Imagery (1)</li> <li>• Balance (1)</li> <li>• Turning, twisting, curling, stretching (1)</li> <li>• Basic gymnastics (2)</li> <li>• Jumping and landing (2)</li> <li>• Transferring weight (1)</li> <li>• Shapes (letters, numbers) (2)</li> <li>• Pathways (1)</li> <li>• Basic exploration</li> <li>• Safety</li> <li>• Rules and routines</li> </ul>	<p><b>MANIPULATIVE</b> (Moving and working with objects)</p> <ul style="list-style-type: none"> <li>• Parachute (1)</li> <li>• Collecting (1)</li> <li>• Bounce &amp; Catch (1)</li> <li>• Throw (1)</li> <li>• Rolling (balls, hoops etc) (1)</li> <li>• Catch (2)</li> <li>• Volley (Balloon, scarf) (1)</li> <li>• Striking (1)</li> <li>• Kicking (1)</li> <li>• Pathways/directions (1)</li> <li>• Exploration of equip. (1)</li> <li>• Safety</li> <li>• Rules and routines</li> </ul> <p><b>LOCOMOTOR</b> (Moving through general space)</p> <ul style="list-style-type: none"> <li>• Walk/Run/Gallop/Skip/Jump/Hop/Slide (1)</li> <li>• Chasing, Fleeing, Dodging (1)</li> <li>• Space/ Pathways (1)</li> <li>• Body parts, signals (1)</li> <li>• Safety</li> <li>• Rules and routines</li> <li>• Very simple games (1)</li> </ul> <p><b>NON-MANIP.</b> (Moving in unique and different ways)</p> <ul style="list-style-type: none"> <li>• Creative rhythms/dance (1)</li> <li>• Rhythmic gymnastics (1)</li> <li>• Balance (1)</li> <li>• Turning, twisting, curling, stretching (1)</li> <li>• Basic gymnastics (2)</li> <li>• Jumping and landing (1)</li> <li>• Transferring weight (1)</li> <li>• Shapes (letters, numbers) (1)</li> <li>• Basic exploration (2)</li> <li>• Safety</li> <li>• Rules and routines</li> </ul>

## Preschool – Kindergarten 2

## Yearly Plan – Lower School

	<i>Pre-School</i>	K1	K2
Term 3	<p><b>MANIPULATIVE</b> (Moving and working with objects)</p> <ul style="list-style-type: none"> <li>• Parachute (1)</li> <li>• Bounce &amp; Catch (1)</li> <li>• Throw (2)</li> <li>• Rolling (balls, hoops etc) (1)</li> <li>• Catch (3)</li> <li>• Volley (Balloon, scarf) (1)</li> <li>• Striking (1)</li> <li>• Kicking (2)</li> <li>• Space (2)</li> <li>• Body Parts, signals (3)</li> <li>• Pathways/directions (1)</li> <li>• Exploration of equip. (1)</li> <li>• Safety</li> <li>• Rules and routines</li> </ul> <p><b>LOCOMOTOR</b> (Moving through general space)</p> <ul style="list-style-type: none"> <li>• Walk/Run (2)</li> <li>• Beginning skip (1)</li> <li>• Jump (2)</li> <li>• Hop (2)</li> <li>• Slide (2)</li> <li>• Chasing, Fleeing, Dodging (2)</li> <li>• Imagery (2)</li> <li>• Levels (1)</li> <li>• Space (1)</li> <li>• Body parts, signals (2)</li> <li>• Shapes (Letters, numbers) (1)</li> <li>• Pathways (2)</li> <li>• Safety</li> <li>• Rules and routines</li> <li>• Very simple games (2)</li> </ul> <p><b>NON-MANIP.</b> (Moving in unique and different ways)</p> <ul style="list-style-type: none"> <li>• Creative rhythms/dance (2)</li> <li>• Rhythmic gymnastics (3)</li> <li>• Imagery (2)</li> <li>• Balance (2)</li> <li>• Turning, twisting, curling, stretching (2)</li> <li>• Basic gymnastics (4)</li> <li>• Jumping and landing (2)</li> <li>• Transferring weight (1)</li> <li>• Shapes (letters, numbers) (2)</li> <li>• Pathways (1)</li> <li>• Basic exploration</li> <li>• Safety</li> <li>• Rules and routines</li> </ul>	<p><b>MANIPULATIVE</b> (Moving and working with objects)</p> <ul style="list-style-type: none"> <li>• Parachute (1)</li> <li>• Bounce &amp; Catch (1)</li> <li>• Throw (2)</li> <li>• Rolling (balls, hoops etc) (1)</li> <li>• Catch (2)</li> <li>• Volley (Balloon, scarf) (1)</li> <li>• Striking (1)</li> <li>• Kicking (2)</li> <li>• Space (1)</li> <li>• Pathways/directions (1)</li> <li>• Exploration of equip. (1)</li> <li>• Safety</li> <li>• Rules and routines</li> </ul> <p><b>LOCOMOTOR</b> (Moving through general space)</p> <ul style="list-style-type: none"> <li>• Walk/Run/Skip/Slide (1)</li> <li>• Jump/ Hop (1)</li> <li>• Chasing, Fleeing, Dodging (2)</li> <li>• Imagery (1)</li> <li>• Levels (1)</li> <li>• Space (1)</li> <li>• Body parts, signals (1)</li> <li>• Safety</li> <li>• Rules and routines</li> <li>• Very simple games (3)</li> </ul> <p><b>NON-MANIP.</b> (Moving in unique and different ways)</p> <ul style="list-style-type: none"> <li>• Creative rhythms/dance (2)</li> <li>• Rhythmic gymnastics (3)</li> <li>• Imagery (2)</li> <li>• Balance (2)</li> <li>• Turning, twisting, curling, stretching (2)</li> <li>• Basic gymnastics (3)</li> <li>• Jumping and landing (2)</li> <li>• Transferring weight (1)</li> <li>• Shapes (letters, numbers) (2)</li> <li>• Pathways (2)</li> <li>• Basic exploration</li> <li>• Safety</li> <li>• Rules and routines</li> </ul>	<p><b>MANIPULATIVE</b> (Moving and working with objects)</p> <ul style="list-style-type: none"> <li>• Bounce &amp; Catch (1)</li> <li>• Throw/Catch (2)</li> <li>• Volley (Balloon, scarf) (1)</li> <li>• Striking (1)</li> <li>• Kicking (2)</li> <li>• Space (1)</li> <li>• Exploration of equip. (1)</li> <li>• Safety</li> <li>• Rules and routines</li> </ul> <p><b>LOCOMOTOR</b> (Moving through general space)</p> <ul style="list-style-type: none"> <li>• Walk/Run/Skip/Jump/Hop/Slide (2)</li> <li>• Levels/Space (1)</li> <li>• Body parts, signals (1)</li> <li>• Shapes (Letters, numbers) (1)</li> <li>• Safety</li> <li>• Rules and routines</li> <li>• Very simple games including chasing/fleeing/dodging (2)</li> </ul> <p><b>NON-MANIP.</b> (Moving in unique and different ways)</p> <ul style="list-style-type: none"> <li>• Creative rhythms/dance (2)</li> <li>• Rhythmic gymnastics (2)</li> <li>• Imagery (1)</li> <li>• Balance (1)</li> <li>• Turning, twisting, curling, stretching (1)</li> <li>• Basic gymnastics (2)</li> <li>• Jumping and landing (1)</li> <li>• Transferring weight (1)</li> <li>• Shapes (letters, numbers) (1)</li> <li>• Pathways (1)</li> <li>• Basic exploration</li> <li>• Safety</li> <li>• Rules and routines</li> </ul>

## Preschool – Kindergarten 2