



EYFS PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Seasons Ourselves	Traditional Tales Celebrations	Animals Nature	Growth & Change Our World	Dinosaurs	At the seaside
<ul style="list-style-type: none"> I can follow instructions I can name things that I am good at I can use equipment safely I can balance I can control my body 	<ul style="list-style-type: none"> I can jump in different ways I can travel in different ways I can talk about ways to keep healthy. 	<ul style="list-style-type: none"> I can move in different ways I can jump and land where I choose. I can balance with a partner I can catch a range of different sized balls. I can throw a ball to a partner. 	<ul style="list-style-type: none"> I can explain how I feel when I exercise I can explain key changes to my body when I exercise I can dance to music I can talk about different dances. I can improve my dance 	<ul style="list-style-type: none"> I can control a ball with my foot. I can explore different team games; tennis, football, netball, volleyball. I can talk about the importance of being healthy and exercising 	<ul style="list-style-type: none"> I can work as a group I can travel at different speeds I can talk about the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe

Direct links to curriculum:

- Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping – climbing PD-REC-A
- Progress towards a more fluent style of moving, with developing control and grace. PD-REC-B
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. PD-REC-C
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. PD-REC-D
- Combine different movements with ease and fluency PD-REC-E
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group PD-REC-F
- Develop overall body-strength, balance, co-ordination and agility. PD-REC-G
- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. PD-REC-H
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. PD-REC-I
- Develop the foundations of a handwriting style which is fast, accurate and efficient. PD-REC-J

- Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity healthy eating – toothbrushing – sensible amounts of ‘screen time’ – having a good sleep routine – being a safe pedestrian PD-REC-K
- Physical Development ELG: Gross Motor Skills Children at the expected level of development will: - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. PD – ELG - C