

EYFS Physical Education

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Introduction to P.E	Dance	Gymnastics	Dance	Gymnastics	Games
<ul style="list-style-type: none"> Consider others when moving safely and sensibly in a space Develop moving safely and stopping with control Be safe and responsible when using equipment Follow a path whilst using different travelling actions Play as a group and work with others cooperatively Follow, copy and lead a partner 	<p><i>See dance website page.</i></p>	<ul style="list-style-type: none"> Copy and create shapes with body including on apparatus Develop: balancing and taking weight on different body parts, jumping and landing safely and rocking and rolling Copy and create short sequences by linking actions together 	<p><i>See dance website page.</i></p>	<ul style="list-style-type: none"> Use shapes, balances and travelling actions to create short sequences Develop balancing by safely using apparatus Develop jumping and landing safely from a height Further develop rocking and rolling Explore travelling around, over and through apparatus Create sequences using apparatus 	<ul style="list-style-type: none"> Continue to work cooperatively Further explore and practise keeping score Aim when throwing Further develop ability to play tagging games Learn to play against a partner Develop coordination and play by the rules Explore striking a ball
	Introduction to P.E.	Fundamentals	Fundamentals	Games	Ball skills
	<ul style="list-style-type: none"> Continue to move around safely in a space Follow instructions, stop safely and develop control when using equipment Follow instructions and play safely as a group Take turns and follow a path Work cooperatively with a partner 	<ul style="list-style-type: none"> Develop: <ul style="list-style-type: none"> Balancing whilst stationary and moving Running and stopping Changing direction Jumping and landing Hopping and landing with control Explore different ways to travel 	<ul style="list-style-type: none"> Further develop: <ul style="list-style-type: none"> Balancing Running and stopping Changing direction Jumping Hopping Explore different ways to travel using equipment 	<ul style="list-style-type: none"> Work safely and cooperatively Develop running and stopping Develop throwing Learn how to keep score Begin to show an understanding the different roles within games Follow instructions and move safely when playing tagging games Learn to take turns Work with others to play team games 	<ul style="list-style-type: none"> Develop rolling a ball to a target, tracking a rolling ball and stopping a rolling ball Develop bouncing and catching a ball Develop accuracy when throwing to a target and when throwing and catching with a partner Develop dribbling a ball with hands and feet Develop kicking a ball including towards a target