

St George’s Long Term EYFS PE Plan Synopsis

	F1						F2					
Topic/Key Concept	Autumn 1 Body movements and stamina	Autumn 2 Body shapes - Introduction to gymnastics	Spring 1 Gymnastic and routines	Spring 2 Movement and Dance	Summer 1 Games skills	Summer 2 Team games and combination routines	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Learning Focus (big Picture)	General skill building for PE working on building stamina and body coordination Turn taking and following instructions	Basic gymnastics movements, jumps and shapes and showing creativity to create their own	This term will be focused on more advanced gymnastics skills and combining prior knowledge from last term to develop sequences	This term will be focused on dance and movement	focused on games using many different skills such as kicking, throwing and catching	Review and develop / combine the skills learnt throughout the year. Relay games and team games / sports day	Taking turns and Following instructions with a number of different steps. Increasing body coordination, building strength and stamina Increasing spatial awareness Travelling in different pathways	Basic gymnastics movements, jumps and shapes and showing creativity to create their own	Use more advanced gymnastics skills and combining prior knowledge from last term to develop sequences	This term will be focused on dance and movement	focused on games using many different skills such as kicking, throwing and catching	Review and develop further the skills learnt throughout the year
EYFS Curriculum Link	3-4 years Develop their movement, balancing, riding and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose. Use large-muscle movements	3-4 years Develop their movement, balancing, riding and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose	3-4 years Match their developing physical skills to tasks and activities	3-4 years Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.	3-4 years Continue to develop their movement, balancing and ball skills. Take part in some group activities which they make up for themselves, or in teams.	3-4 years Match their developing physical skills to tasks and activities Take part in some group activities which they make up for themselves, or in team	Reception Revise and refine fundamental movement skills already acquired: roll, crawl, walk,, jump, run, hop, skip, climb.	Reception Develop overall body strength, balance, coordination and agility.	Reception Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming	Reception Progress towards a more fluent style of moving, with developing control and grace.	Reception Further develop and refine a range of ball skills including: throwing, catching, kicking,passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	ELG: Gross Motor Skills 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.
Learning Outcome 1	Develop spatial awareness in order to move in and out of other people	Travel in different ways around an area including on equipment	Perform a basic roll on the floor	Move in time to music and perform a known dance	Throw something towards a target	Jump over a small hurdle	To follow simple instructions To improve spatial awareness in order to move in and out of other people	Travel in different ways and create own ways to travel	Learn and perform different basic rolls	Adapt and change parts of a known dance	Develop skills needed to control a ball in different ways	Throw an object with more accuracy and over a further distance
Learning Outcome 2	To take turns and go to the back of the line after a turn	Fit into different spaces and move around obstacles	Link a balance, jump and travel to make a basic sequence	Practice moving to a beat	Attempt to catch an object	Throw an object towards a target	To go to the back of a line after your go To show different movement skills	Perform different gymnastic shapes using different parts of the body	Use movements that include having some weight on hands	Join different movements together to create a motif	Throw more accurately towards a target	Pass an object to a partner in different ways once receiving the object
Learning Outcome 3	Throw, Catch and balance a beanbag in different ways	Perform different shapes using different parts of the body	Perform a balance in a small group or with a partner	Practice and improve a dance as a class	Kick a ball towards a target	Travel around an area with speed and control	To throw and catch a beanbag by yourself (hand eye coordination) To balance a beanbag in different way whilst moving	Perform some different basic gymnastic jumps and perform them to others	Develop and perform a sequence of movements that include a balance, jump and travel	Practice and improve a short dance as a class	Use throwing skills in a game situation	Move around an area with more speed and control
Learning Outcome 4	Travel along a line in different ways (using equipment such as a scooter board)	Attempt specific ways to jump and land	Create a balance with a partner	Crete a dance to a well-known rhyme as a class	Bounce a ball using hand eye coordination	Perform a jump for height and a jump for distance	To travel in different ways using a scooter board demonstrating core strength	Jump off equipment (such as a bench) and land safely	Perform more technical and complicated balances as part of a group or with a partner	Create a dance to a previously known song/rhyme	Use a racket or bat or move an object	Practice different types of jumps that include jumping for height and distance
Learning Outcome 5	Show different ways to jump	Learn what a balance is and show different ways to balance	Use some equipment within a part of the routine	Be creative with a group to come up with some of your own ideas for a dance	Play basic games in small groups using throwing or kicking skills	Practice games and skills that will be performed on sports day	To move along a line in different ways (balance and coordination) To create your own way of moving along a line (creativity)	Create different ways to balance on different body parts	Create more difficult balances with a partner	Create and perform a dance to a new/different style	Develop skills used in order to kick a ball	Practice skills that would be using in events on sports day
Essential Vocabulary Learnt	Go Freeze Forwards Back Slow Fast Jog Big small	Forwards Backwards Sideways Low High Middle Balance	Roll Balance Sequence Curved Straight Partner	Speed Fast Slow Long Short Tall Wide Big Small Rhymes Styled	round, big, small, bounce travel underarm overarm defending	object, throw throwing direction, target shoot point aim.	Go Freeze Forwards Back Slow Fast Jog Big smal	Forwards Backwards Sideways Low High Middle Balance	Roll Balance Sequence Curved Straight Partner	Speed Fast Slow Long Short Tall Wide Big Small Rhymes Styled	round, big, small, bounce travel underarm overarm defending	object, throw throwing direction, target shoot point aim.
Enrichment for Cultural Capital and Deep Thinking	Continuous provision - ongoing access to and challenge in outdoor environment	Continuous Provision PD and fine motor challenges Balanceability project	Continuous Provision PD and fine motor challenges Balanceability project Forest school centenary	Continuous Provision PD and fine motor challenges Balanceability project Forest school centenary	Continuous Provision PD and fine motor challenges Balanceability project Forest school centenary	Continuous Provision PD and fine motor challenges Balanceability Dragon Wood Forest school visit Whole school sporting event to celebrate and showcase learnt skills	Continuous Provision PD and fine motor challenges Balanceability project Forest School Dragon Wood	Continuous Provision PD and fine motor challenges Balanceability project Forest School Dragon Wood	Continuous Provision PD and fine motor challenges Opportunities for multi-sports after school clubs Balanceability project Forest School Dragon Wood	Continuous Provision PD and fine motor challenges Opportunities for girls football after school club Balanceability project Forest School Dragon Wood	Continuous Provision PD and fine motor challenge Opportunities for multi-sports after school club Forest School Dragon Wood	Continuous Provision PD and fine motor challenges Forest School Dragon Wood Whole school sporting event to celebrate and showcase learnt skills