

# EYFS Long Term Plan - PE

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Caterpillars	Development Matters Statements	Gross Motor: Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking. Clap and stamp to music. Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them. Enjoy starting to kick, throw and catch balls. Build independently with a range of appropriate resources Begin to walk independently – choosing appropriate props to support at first. Walk, run, jump and climb – and start to use the stairs independently Spin, roll and independently use ropes and swings. Sit on a push-along wheeled toy, use a scooter or ride a tricycle.					
Butterflies	Unit of Work	Fundamental Motor Skills	Dance	Gymnastics	Ball skills	Team Skills	Sports Day
	Development Matters Statements	Gross Motor: Continue to 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 for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting.					
Reception	PE Unit	Dance	Ball Skills: Hands	Gymnastics	Ball Skills: Feet	Attack v Defence	Sports Day
	Unit Purpose	The unit of work will enable pupils to explore creating simple movement sequences. Pupils will respond to words and music using their bodies and props. Pupils will explore movements such as creeping, tiptoeing and hiding as they try becoming different characters	The unit of work will explore different ways of using our hands to move with a ball, keeping control. Pupils will explore rolling, pushing and bouncing a ball with a partner.	The unit of work will explore 'champion gymnastics'. Pupils will create movements and balances in high and low ways on the floor and on apparatus. Pupils will self-select where to work, exploring movements and balances and start to identify features of other pupil's work.	The unit of work will enable pupils to explore moving with a ball using their feet. Pupils will develop their technique of dribbling the ball and understand where and why we dribble, keeping control.	The unit of work will explore why we need to follow the rules and keep the score during a game. Pupils will learn how to apply very simple tactics for attacking and defending in games.	This unit of work prepares the pupils for the school sports day when they will be taking part in a series of running events, both individually and as a team.
	Development Matters Statements	Watch and talk about dance  Explore and engage in dance  Combine different movements with ease and fluency.  Develop the overall body strength, co-ordination, balance and agility	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.	Revise and refine the fundamental movement skills  Develop the overall body strength, co-ordination, balance and agility  Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	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.	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.	Revise and refine the fundamental movement skills  Progress towards a more fluent style of moving, with developing control and grace.

