

PE Medium Term Plans- EYFS.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS statements.	Children should be given opportunities to learn and develop their physical skills through watching demonstrations and 'having a go'. Sessions should be placed in any order and tailored to the interests of the children, the topic they are learning about and the strengths and next steps of the cohort.					
Nursery	<p>Provide opportunities to:</p> <ul style="list-style-type: none"> Move in different ways (roll, crawl, walk, jump) Climb up apparatus using alternate feet. Use large movements to wave flags and streamers. Balance on one leg. 	<p>Provide opportunities to:</p> <ul style="list-style-type: none"> Move in different ways (hop and skip). Take part in group activities organised by an adult. Copy individual movements in response to music. Show a preference for a dominant hand and foot through rolling, kicking and throwing activities. 	<p>Provide opportunities to:</p> <ul style="list-style-type: none"> Move in different ways involving stopping and starting with control. Explore different ways of moving over, under, across and around apparatus. Show a preference for a dominant hand and foot through rolling, kicking and throwing activities with a variety of targets. 	<p>Provide opportunities to:</p> <ul style="list-style-type: none"> Move in different ways involving changing speeds. Take part in paired activities organised by themselves. Copy sequences of movements in response to music. Show a preference for a dominant hand and foot through rolling, kicking and throwing activities which involve receiving and stopping balls of different sizes. 	<p>Provide opportunities to:</p> <ul style="list-style-type: none"> Show a preference for a dominant hand and foot through rolling, kicking and throwing activities which involve receiving and stopping a ball with control. Take part in group activities organised by themselves. Choose how to move over, around, under or across apparatus. 	<p>Provide opportunities to:</p> <ul style="list-style-type: none"> Move in different ways involving changing direction. Remember sequences of movements in response to music. Take part in small competitions where participation is rewarded.
Reception	<p>Provide opportunities to:</p> <ul style="list-style-type: none"> Move in different ways with control and balance (rolling, crawling, walking, jumping, running, hopping, skipping, climbing, side-stepping). Hold their balance in different body positions. Hold their balance when moving over apparatus. Copy short sequences of movements. 	<p>Provide opportunities to:</p> <ul style="list-style-type: none"> Move forwards, backwards and sideways safely. Stop a large ball using their hands and feet. Send a large ball towards a target using hands and feet. Move a large ball around with control using feet and equipment. 	<p>Provide opportunities to:</p> <ul style="list-style-type: none"> Move in different ways (rolling, crawling, walking, jumping, running, hopping, skipping, climbing, side-stepping). Changing speed and direction in response to a verbal cue. Hold their balance in different body positions. Hold their balance when moving over apparatus. Use a range of apparatus safely and confidently. Create short sequences of movements. 	<p>Provide opportunities to:</p> <ul style="list-style-type: none"> Move forwards, backwards and sideways quickly. Catch a large ball using their hands. Stop a large ball with control using their feet. Move a small ball around using feet and equipment. Remember short sequences of movements. 	<p>Provide opportunities to:</p> <ul style="list-style-type: none"> Move in different ways (rolling, crawling, walking, jumping, running, hopping, skipping, climbing, side-stepping). Changing speed and direction in response to a visual cue. Hold their balance in different body positions. Hold their balance when moving over apparatus. Use a range of apparatus safely and confidently. 	<p>Provide opportunities to:</p> <ul style="list-style-type: none"> Turn quickly to change direction. Catch a small ball using their hands. Combine movements with fluency. Apply their skills to small games, guided by an adult.