

**PE Medium Term Plans- EYFS.**

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