

	Gross motor skills	PE lesson	Outdoor provision opportunities
3-4 years	Continue to develop their movement, balancing and riding (scooters, trikes and bike) and ball skills.	FMS unit Hungry Caterpillar A1 FMS unit Transport Sp2 FMS unit Seaside Su1	Trikes, bikes, scooters Balancing islands Walking along chalk lines Deliver parcels Go on journeys Ball skills – bouncing catching and rolling a ball. Push a ball with a bat. Kick a ball at a target. Aim a beanbag at skittles or floor target.
	Go up steps and stairs, or climb apparatus, using alternate feet.	FMS unit Space A1 FMS unit Hungry Caterpillar A1 FMS unit Superworm A2 FMS unit Elmer Sp1 FMS unit Transport Sp2 FMS Unit Jack and the Beanstalk Su1 FMS unit Minibeasts Su 2 Fundamental movement skills unit Su 2	Trim trail Climb on to crates/objects off the floor
	Skip, hop, stand on one leg and hold and pose for a game like musical statues.	FMS unit How to catch a star Sp1 FMS unit Transport Sp2 Dance unit Sp2 FMS Unit Jack and the Beanstalk Su1 Fundamental movement skills unit Su 2	Take music outside – play party style games – musical statues, musical freeze, musical bumps Balancing islands Wooden walkers Balance on one leg Skipping ropes
	Use large muscle movements to wave flags and streamers, paint and make marks.	Dance unit Sp2	Wave streamers, ribbons Water marks Chalk marking on floor
	Start taking part in some group activities which they make up for themselves or in teams.	Dance unit Sp2 FMS unit Elmer Sp1 FMS Unit Superworm A2	Play games like skittles, bowling taking turns and rules
	Are increasingly able to use and remember sequences and patterns of movement which are related to music and rhythm.	Dance unit Sp2	Outdoor instruments Music and free dancing
	Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or	FMS unit Space A1 FMS unit How to catch a star Sp1 FMS unit Elmer Sp1 FMS unit Minibeasts Su 2	Set up assault course e.g., crawl through tunnel, cargo net, step through the tyres, balance on islands.

	run across a plank, depending on its length and width.	FMS Unit Jack and the Beanstalk Su1	
	Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.		
	Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.		Carry building objects to build a den. Build a shelter or a den. Parachute games Use tubing pipes and guttering Wheelbarrows to move equipment Help to set up and put away equipment

4-5 years	Revise and refine the fundamental movement skills they have already acquired: - Rolling - Crawling - Walking - Jumping - Running - Hopping - Skipping – Climbing.	FMS unit Space A1 FMS unit Hungry Caterpillar A1 FMS unit How to catch a star Sp1 FMS unit Elmer Sp1 FMS unit Transport Sp2 FMS Unit Superworm A2 FMS Unit Jack and the Beanstalk Su1 FMS unit Seaside Su1 FMS unit Minibeasts Su 2 Fundamental movement skills unit Su 2	Jumping through hoops Rolling balls to targets such as pins, through tunnels, at targets. Target games – beanbags into hoops, knock over skittles. Crawl through tunnels Marching games
	Progress towards a more fluent style of moving with developing control and grace.	Dance unit Sp2 FMS unit How to catch a star Sp1 FMS unit Elmer Sp1 FMS unit Minibeasts Su 2	Dancing to music
	Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.	FMS unit Space A1 FMS unit Hungry Caterpillar A1 Dance unit Sp2 FMS unit How to catch a star Sp1 FMS unit Elmer Sp1 FMS unit Seaside Su1 FMS unit Minibeasts Su 2 Fundamental movement skills unit Su 2	Fitness style activities jumping jacks. Co-ordination games – dishes and domes (turning cones over) Games that encourage changes of direction Swapping a beanbag from one hand to the other, passing around the body

<p>Combine different movements with ease and fluency.</p>	<p>Dance unit Sp2 FMS unit How to catch a star Sp1 FMS unit Elmer Sp1 FMS unit Transport Sp2 FMS Unit Superworm A2 FMS unit Minibeasts Su 2 Fundamental movement skills unit Su 2</p>	<p>Assault course – vary balancing and travelling actions. Opportunities for dance</p>
<p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p>	<p>FMS unit Space A1 FMS unit Hungry Caterpillar A1 FMS unit How to catch a star Sp1 FMS unit Elmer Sp1 FMS Unit Superworm A2 FMS unit Minibeasts Su 2</p>	<p>Climbing activities, sliding Trim trail Large building blocks to build a den</p>
<p>Further develop and refine a range of ball skills including: - Throwing - Catching - Kicking - Passing - Batting -Aiming</p>	<p>FMS unit Hungry Caterpillar A1 FMS unit How to catch a star Sp1 FMS Unit Superworm A2 FMS unit Transport Sp2 FMS Unit Jack and the Beanstalk Su1 FMS unit Seaside Su1 FMS unit Minibeasts Su 2 Fundamental movement skills unit Su 2</p>	<p>Bat and ball activities – steering the ball with the bat, bouncing the ball on a bat, balancing a beanbag on a bat Kicking a ball into goals, moving a ball with our feet. Target mat – aiming and throwing beanbags Water guns aiming at targets Rolling a ball through a tunnel Rolling a ball through guttering</p>
<p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>FMS unit Hungry Caterpillar A1 FMS unit How to catch a star Sp1 FMS Unit Superworm A2 FMS unit Transport Sp2 FMS Unit Jack and the Beanstalk Su1 FMS unit Seaside Su1 FMS unit Minibeasts Su 2 Fundamental movement skills unit Su 2</p>	<p>Football shooting at a goal. Bouncing a ball. Drop and catching a ball Bounce a ball for a friend to catch. Roll a small ball to a target.</p>
<ul style="list-style-type: none"> • Negotiate space and obstacles safely with consideration of themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 		

Main skills covered in Lancs SOW –

Autumn 1 - EYFS FMS Space

- Travel in a variety of ways
- Adjust speed and direction
- Object control – pushing
- Gymnastics rolls
- Overarm throw
- Climbing

Autumn 1/2 – EYFS Hungry Caterpillar

- Jumping
- Hands and feet travel
- Climbing apparatus
- Balance on body parts
- Underarm throw
- Roll

Autumn 2 – EYFS FMS Superworm

- Jumping
- Travelling
- Skipping
- Catch a large ball
- Climbing and balancing

Spring 1 – EYFS FMS How to catch a star

- Balance in a star shape
- Send a ball
- Jump and land
- Climb over and through apparatus
- Overarm throw

Spring 1 – EYFS FMS Elmer

- Shapes on small body parts
- Travel in a range of ways
- Underarm throw
- Overarm throw
- Gymnastics rolls
- Gymnastics jumps
- Balance on one leg
- Climb apparatus

Spring 2 – Dance unit

- Perform actions related to a theme
- Travel, jump and turn
- Listen and respond to music
- Work in pairs

Spring 2 – EYFS FMS Transport

- Travel
- Avoid obstacles
- Pushing – object control
- Gymnastics rolls
- Overarm throw
- Climbing

Summer 1 – EYFS FMS Jack and the beanstalk

- Ways of moving
- Object control
- Jump and land
- Roll
- Roll a ball
- Climb apparatus

Summer 1 – EYFS FMS Seaside

- Balance on small body parts
- Travel on hands and feet
- Object control – pushing/patting
- Gymnastics rolls
- Underarm throw

Summer 2 – EYFS FMS Minibeasts

- Jumping
- Using apparatus
- Catch a large ball
- Roll in a variety of ways

Summer 2 - EYFS Fundamental movement skills

- Jump
- Hop
- Underarm throw
- Overarm throw
- Catch
- Climb