

EYFS	Overview	Key Skills	
Ball Skills Unit 1 Nursery/Reception	In this unit children will develop their ball skills through the topic of 'minibeasts'. Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Children will be able to develop their fine and gross motor skills through a range of game play using a variety of equipment. Children will be given opportunities to work independently and with a partner.	Physical	Roll, stop a rolling ball, throw, bounce, catch, dribble with feet, kick
		Social	Work safely, collaboration, co-operation, support others
		Emotional	Perseverance, independence, honesty
		Thinking	Use tactics, comprehension
Ball Skills Unit 2 Nursery/Reception	In this unit children will develop their ball skills through the topic of 'weather'. Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills through a range of game play with balls. Children will work independently and with a partner and will develop decision making and using simple tactics.	Physical	Roll, track, throw, dribble with hands, dribble with feet, kick, catch
		Social	Co-operation, take turns, work safely, communication
		Emotional	Perseverance, independence, determination, honesty
		Thinking	Comprehension, use tactics
Dance Unit 1 Nursery/Reception	In this unit children will develop their expressive movement through the topic of 'everyday life'. Children explore space and how to use space safely. They explore travelling movements, shapes and balances. Children choose their own actions in response to a stimulus. They are given the opportunity to copy, repeat and remember actions. They are introduced to counting to help them keep in time with the music. They perform to others and begin to provide simple feedback.	Physical	Actions, dynamics, space
		Social	Work safely, respect, collaboration
		Emotional	Independence, confidence
		Thinking	Select and apply actions, creativity, exploration, recall, provide feedback
Dance Unit 2 Nursery/Reception	In this unit children will develop their expressive movement through the topic of 'places'. Children explore space and how to use space safely. They explore traveling actions, shapes and balances. Children choose their own actions in response to a stimulus. They also are given the opportunity to copy, repeat and remember actions. They continue to use counting to help them keep in time with the music. They explore dance through the world around them. They perform to others and begin to provide simple feedback.	Physical	Actions, dynamics, space
		Social	Work safely, respect, collaboration
		Emotional	Confidence, independence
		Thinking	Comprehension, provide feedback, select and apply actions, creativity
Fundamentals Unit 1 Nursery/Reception	In this unit children will develop their fundamental movement skills through the topic of 'all about me'. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities. They will learn how to stay safe using space, follow rules and instructions and work independently and with a partner.	Physical	Balance, run, jump, hop, change direction
		Social	Support others, work safely, take turns
		Emotional	Honesty, determination
		Thinking	Decision making, comprehension, select and apply
Fundamentals Unit 2 Nursery/Reception	In this unit children will develop their fundamental movement skills through the topic of 'places and spaces'. Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space and understand and follow rules and instructions. They work independently and with a partner to complete tasks.	Physical	Run, jump, hop, balance, change direction, travel
		Social	Work safely, support others, share and take turns, co-operation
		Emotional	Perseverance, honesty, determination, confidence, acceptance
		Thinking	Comprehension, creativity, select and apply, exploration
Games Unit 1 Nursery/Reception	In this unit children will develop their understanding of playing games through the topic of 'transport'. Children will practise and further develop fundamental movement skills through games.	Physical	Run, balance, change direction, throw, catch

	They will also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing.	Social	Work safely, communication, co-operation, support and encourage others
		Emotional	Confidence, honesty, determination, manage emotions
		Thinking	Comprehension, decision making
Games Unit 2 Nursery/Reception	In this unit children will practise and further develop their fundamental movement skills through the topic of 'around the world'. Children will learn and develop these skills by playing a variety of games. They will also learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules.	Physical	Run, change direction, throw, catch, strike
		Social	Communication, help others, respect, take turns, co-operation
		Emotional	Perseverance, honesty, determination, manage emotions
		Thinking	Comprehension, decision making, select and apply, reflection
Gymnastics Unit 1 Nursery/Reception	In this unit children will develop their basic gymnastic skills through the topic of 'animals and their habitats'. Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when traveling and balancing.	Physical	Shapes, balances, jumps, rocking, rolling, travel
		Social	Work safely, collaboration, share and take turns
		Emotional	Determination, confidence
		Thinking	Comprehension, creativity, select and apply
Gymnastics Unit 2 Nursery/Reception	In this unit children will develop basic gymnastic skills through the topic of 'traditional tales', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when travelling and balancing.	Physical	Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling
		Social	Work safely, collaboration, share and take turns, support others
		Emotional	Determination, confidence
		Thinking	Comprehension, creativity, select and apply
Introduction to PE Unit 1 Nursery/Reception	In this unit children will be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'. They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping, skipping.	Physical	Run, jump, hop, skip, balance, crawl
		Social	Share, communication, work safely, co-operation, leadership
		Emotional	Independence, perseverance, confidence
		Thinking	Select and apply actions, comprehension, reflection, make decisions
Introduction to PE Unit 2 Nursery/Reception	In this unit children will be introduced to Physical Education and structured movement through the topic of 'everyday life'. They will spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.	Physical	Run, jump, throw, catch, roll, skip
		Social	Work safely, co-operation, support others, communication
		Emotional	Honesty, confidence, perseverance, determination
		Thinking	Comprehension, make decisions, creativity