

EYFS P.E Curriculum Overview



Cycle A/B

	Autumn		Spring		Summer	
<u>Cycle A Topic</u>	Families	Healthy Living	Journeys	Growing	Fairy Tales	Mythical Creatures
<u>Cycle B Topic</u>	Growing and Healthy Living	Rhythm and Rhyme	Key Author	Space	Imagination and Adventure	Wonderful World
P.E	Fundamental Skills Unit 1	Gymnastics Unit 1	Dance Unit 1	Ball Skills Unit 1	Games Unit 1	Games Unit 2
Sticky Knowledge/ Key concept	- Use big steps to run and small steps to stop - Moving into a space helps to keep them safe - Hold their arms out to help them balance - Bend knees to land safely - Use one foot to hop - Hop then step will help them to skip	- Move around safely and with control - Make different shapes with their bodies - Be still when holding a balance - Change body shape to help them roll - Bend knees to land safely	- Move around safely and with control - Move their bodies in different ways to explore interesting shapes - Change the action to show an idea	- Look at a target when sending a ball - Have hands out when ready to catch - Watch the ball as it comes towards them and scoop it up with two hands - Keeping the ball close will help with control	- Use big steps to run and small steps to stop - Point their hand at a target when throwing - Watch the ball and have hands out ready to catch - Make simple decisions in response to a task - Rules help them to stay safe	- Use big steps to run and small steps to stop - Point their hand at a target when throwing - Watch the ball and have hands out ready to catch - Point their racket at their target when striking - Make simple decisions in response to a task and that there are different roles in games - Rules help them to stay safe