

EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 (sports day)	Summer 2
Nursery	<p>Gross Motor - Fundamentals <i>Story Linked</i> Runs safely on whole foot. Squats with steadiness to rest and play with objects. Climbs confidently</p>	<p>Gross Motor - Fundamentals Can move up and down a step maintaining balance. Can kick a large ball</p>	<p>Gross Motor - Fundamentals Jumps off and on objects and land safely. Can catch a large ball.</p>	<p>Gross Motor - Fundamentals Walks up steps using alternate feet one foot to each step.</p>	<p>Gross Motor - Fundamentals Cross lateral movements to move forwards and negotiate space.</p>	<p>Gross Motor - Fundamentals Negotiate space when moving through tunnels or dens and when made or created vehicles.</p>
Reception	<p>Gross Motor - Fundamentals <i>Working securely at 6</i> Coordination floor movement patterns - static one leg balance Footwork <i>I know how to follow instructions</i> <i>I know how to practise safety and independent work.</i> Static balance - I know how to balance on one leg Core strength Balance Coordination Negotiate space.</p>	<p>Gross Motor - Fundamentals <i>Working towards 7</i> Invasion Games <i>I know how to take turns and share.</i> <i>I know about invasion games</i> Dance - Space/Christmas theme Dynamic balance to Agility skills - I know how to jump and land safely Static balance skill - I know what a seated balance is. I know how to perform a seated balance.</p>	<p>Gross Motor - Fundamentals <i>Working securely at 7</i> Gymnastics I know how to explore different movements I know how describe different movements I am now able to adjust the speed, direction and position. Coordination - ball skills Counter balance skill - I know how to balance with a partner I know how to static balance from a small base.</p>	<p>Gross Motor - Fundamentals <i>Working towards 8</i> Dance Coordination ball skills counterbalance in pairs. Shows good control, coordination and agility in large and small movements, safely negotiating. Understand and follow simple rules Name some things I am good at. I know how to link two movements together. Dynamic balance - on a line Static balance - Stance</p>	<p>Gross Motor - Fundamentals <i>Working securely at 8</i> Athletics Agility in large and small movements - skills - Reaction/Response Safely negotiating space - avoiding obstacles and negotiating equipment. I know how to perform a single skill or movement with some control. I know how to perform a range of skills.</p>	<p>Gross Motor - Fundamentals <i>Working towards 9</i> Invasion games Children know how to hops and skips when playing games Children know how to hop in time to music. Children know how to play by the rules Children know why rules are important Children know why exercise is important for good health. Coordination - sending and receiving. Agility - ball chasing Static balance skill - floor work.</p>

	Focus of Lessons
Hands (Doing)	Physical Ability, Fitness Levels, Competitive, Techniques, Tactics, Problem Solving
Head (Thinking)	Knowledge, Understanding, Analysis, Feedback, Responsibility, Rules
Heart (Behavioural)	Communication, Leadership, Respect, Resilience, Effort, Confidence

