



EYFS Curriculum: P.E



Area of Learning: P.E					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Why am I special?	Why do we celebrate?	Where do animals live?	How do things grow?	How do you get there?	What's it like to live beside the seaside?
Planning					
Parachute games	Ball skills – throwing and catching	Ball skills – pushing, throwing, kicking, catching, dribbling, aiming	Moving in different ways – dance	Obstacle activities – develop speed and precision	Team games and races
Different ways of moving	Climbing and jumping	Moving with increased confidence	Building and balancing objects	Moving to sounds and music	Building sandcastles and forts
Using a knife and fork correctly	Wheeled toys for control and balance	Racing games	Healthy lifestyles	Sing nursery rhymes and use actions linked to transport e.g. wheels on the bus	Moving to sounds and music
Building relationships with peers and learning names	Pushing and pulling activities	Chinese dancing and music – move in different ways to music using beat and tempo	Move like different animals		Learn to sing sea shanties and dance to pirate music
	Learn rhymes, poems and songs linked to Nativity – move in time with music				
Key Vocabulary					
throw, catch, balance, climb, rhythm, beat, tempo					
Key opportunities / experiences					
Foundation of light in every week to work on fundamental movement skills, gross motor skills, spatial awareness, games and understanding the rules of simple games.					
Forest School Activities weekly – negotiate space and obstacles safely with consideration for themselves and others. Demonstrate strength, balance and co-ordination.					
Walk to the library	Theatre Trip – actions and moving in time to music.	Animal Experience Day – move like animals	Farm Trip	Transport trip – train	Visit to the beach Sports Day, Health and Fitness week

