



## EYFS Reception PE Medium term plan

	Autumn 1	Spring 1	Summer 1
Topic			
Techniques	Gymnastics	Dance	Games
Vocabulary	Stretch, Balance, Zig-zag, Travelling, Rolls - teddy bear, log roll, rolling, running, crawling, hopping, walking skipping, jumping, climbing, Repeat, Sequence, Space, Perform, Speed, Sequence, Shape, space, hand, favourite, team, heavy, movement, safe, body strength, balance, coordination	Movement, Pattern, Rhythm, Steps, Stimuli Travel and stillness - gallop, skip, stand, hop, bounce, spring, turn, spin, freeze, statue, one leg. Direction - movement, forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Co-ordination, Copy, sequence, pattern, rhythm, match, independent, grip, control, listen, fluent, posture, accurate, talk,	Running, Jumping, Skipping, Direction, Forwards, Backwards, Sideways Throwing, Bounce, Pass, Control, Position, Space, Opposite team, Co-ordination, Participate, Team, Healthy Choice, Resources, Rules, batting, aiming, kicking, Balance, Coordination, Agility, Safe, Space, Obstacles, Strength, Balance, Energy, Skip, Hop, Run, Jump, Climb, Accurate.
I will know ...	<p>I can revise and refine the fundamental movement skills I have already acquired: rolling, running, crawling, hopping, walking skipping, jumping, climbing</p> <p>I can develop overall body-strength, balance and coordination</p> <p>I can develop my small motor skills so that I can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.</p> <p>I can know and talk about the different factors that support their overall health and wellbeing:</p> <p style="text-align: center;">- regular physical activity</p>	<p>I can progress towards a more fluent style of moving, with developing control and grace.</p> <p>I can use their core muscle strength to achieve a good posture when sitting on the floor.</p> <p>I can combine different movements with ease and fluency.</p> <p>I can listen attentively, move to and talk about music, expressing their feelings and responses.</p> <p>I can return to and build on their previous learning, refining ideas and developing their ability to represent them</p> <p>I can create collaboratively, sharing ideas, resources and skills.</p>	<p>I can develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines</p> <p>I can confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.</p> <p>I can negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>I can demonstrate strength, balance and coordination when playing.</p> <p>I can move energetically, such as running, jumping, hopping, skipping and climbing</p>

	<ul style="list-style-type: none"> <li>- healthy eating</li> <li>- tooth brushing</li> <li>- sensible amounts of 'screen time'</li> <li>- having a good sleep routine</li> <li>- being a safe pedestrian</li> </ul>	<p>I can explore and engage in music making and dance, performing solo or ingroups.</p> <p>I can watch and talk about dance and performance art, expressing their feelings and responses</p>	<p>I can further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>I can develop confidence, competence, precision and accuracy when engaging in activities that involve a ball</p>
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