



NECHELLS PRIMARY E-ACT ACADEMY

PE EYFS Medium Term Plan

| Key Stage | EYFS | Unit | Me and Myself | |
|---|---|------|----------------------------------|--|
| Autumn 1 | | | | |
| <u>National Curriculum Links</u> | <ul style="list-style-type: none"> Understand and follow rules. Plays cooperatively, taking turns with others. Can manage their own basic hygiene and personal needs successfully, including dressing. Knows the importance for good health of physical exercise and a healthy diet. | | <u>Key Vocabulary</u> | <ul style="list-style-type: none"> Uniform Changing Quickly PE Listen Instructions Body parts Direction Awareness Heart rate |
| <u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years) | <ul style="list-style-type: none"> Ability to dress themselves with support if necessary. Moves freely and with pleasure and confidence in a range of skilful ways. Engages in conversation with others. Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles. Ability to link sounds to letters, naming and sounding the letters of the alphabet. | | <u>Prior Learning Required</u> | <u>EYFS Progression Maps Objectives:</u> <ul style="list-style-type: none"> N/A |
| <u>Key Unit Components</u> (Key skills addressed to achieve success throughout the unit) | <ul style="list-style-type: none"> Step 1: To change into PE kit Step 2: To listen and respond to instructions Step 3: To move in different ways Step 4: To change direction when moving Step 5: To participate in games | | <u>Resources & Equipment</u> | <ul style="list-style-type: none"> Marker cones Marker spots Music player & music Various size balls Beanbags Quoits |



NECHELLS PRIMARY E-ACT ACADEMY

PE EYFS Medium Term Plan

| Key Stage | EYFS | Unit | Fun and Games | |
|---|---|------|---|---|
| Autumn 2 | | | | |
| <p><u>National Curriculum Links</u></p> | <ul style="list-style-type: none"> Plays cooperatively, taking turns with others. Understand and follow rules. Work as part of a team. Confident to try new activities and say why they like some more than others. Handles equipment and tools effectively, including pencils for writing. Moves confidently in a range of ways, safely negotiating space. | | <p><u>Key Vocabulary</u></p> | <p>Look, watch, sight, hear, listen, run, direction, head up, work together, counting, breathing.</p> |
| <p><u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)</p> | <ul style="list-style-type: none"> Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles. Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment. Begins to accept the needs of others and can take turns and share, sometimes with the support of others. Moves freely and with pleasure and confidence in a range of skilful ways. Shows understanding when counting objects to 10 and beginning to count beyond 10. | | <p><u>Prior Learning Required</u></p> | <p><u>EYFS Progression Maps Objectives:</u></p> <ul style="list-style-type: none"> N/A |
| <p><u>Key Unit Components</u> (Key skills addressed to achieve success throughout the unit)</p> | <ul style="list-style-type: none"> Step 1: To move in lots of different ways Step 2: To move into space Step 3: To play games with others Step 4: To use equipment in games Step 5: To keep score | | <p><u>Resources & Equipment</u></p> | <ul style="list-style-type: none"> Music player & music Cones Beanbags Marker Spots Bibs |



NECHELLS PRIMARY E-ACT ACADEMY

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| Key Stage | EYFS | Unit | Dance |
|---|--|----------------------------------|---|
| Spring 1 | | | |
| <u>National Curriculum Links</u> | <ul style="list-style-type: none"> Moves confidently in a range of ways, safely negotiating space. Knows the importance for good health of physical exercise and a healthy diet. Can manage their own basic hygiene and personal needs successfully, including dressing. Confident to try new activities and say why they like some more than others. Work as part of a team. | <u>Key Vocabulary</u> | <ul style="list-style-type: none"> Teamwork Create Ideas Beat Movement Music Count Together Counting |
| <u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years) | <ul style="list-style-type: none"> Explore and copy basic body actions and rhythms. Negotiate space confidently, using appropriate strategies. Use their bodies to respond to stories, topics, and music. | <u>Prior Learning Required</u> | <u>EYFS Progression Maps Objectives:</u> <ul style="list-style-type: none"> N/A |
| <u>Key Unit Components</u> (Key skills addressed to achieve success throughout the unit) | <ul style="list-style-type: none"> Step 1: To move in different ways Step 2: To copy actions from a teacher Step 3: To move to the music Step 4: To copy actions from a partner Step 5: To create your own actions and movements | <u>Resources & Equipment</u> | <ul style="list-style-type: none"> Music player & music Ribbons Hoops Beanbags Marker spots Cones |



NECHELLS PRIMARY E-ACT ACADEMY

PE EYFS Medium Term Plan

| Key Stage | EYFS | Unit | Throwing & Catching |
|---|--|---|--|
| Spring 2 | | | |
| <p><u>National Curriculum Links</u></p> | <ul style="list-style-type: none"> • Can manage their own basic hygiene and personal needs successfully, including dressing. • Shows good control and co-ordination in large and small movements. • Handles equipment and tools effectively, including pencils for writing. • Plays cooperatively, taking turns with others. • Understand and follow rules. • Confident to try new activities and say why they like some more than others. | <p><u>Key Vocabulary</u></p> | <ul style="list-style-type: none"> • Throw • Catch • Watch • Aim • Target • Hands ready • Roll • Kick • Bounce • Count |
| <p><u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)</p> | <ul style="list-style-type: none"> • Showing increased control when catching a ball. • Shows increasing control over an object, pushing, pasting, throwing, catching, or kicking it. • Moves freely and with pleasure and confidence in a range of skilful ways. • Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment. | <p><u>Prior Learning Required</u></p> | <p><u>EYFS Progression Maps Objectives:</u></p> <ul style="list-style-type: none"> • N/A |
| <p><u>Key Unit Components</u> (Key skills addressed to achieve success throughout the unit)</p> | <ul style="list-style-type: none"> • Step 1: To move around without a ball • Step 2: To move with a ball • Step 3: To explore different body parts to move the ball • Step 4: To explore how the ball moves • Step 5: To play command games | <p><u>Resources & Equipment</u></p> | <ul style="list-style-type: none"> • Balls • Cones • Beanbags • Hoops • Marker Spots |



NECHELLS PRIMARY E-ACT ACADEMY

PE EYFS Medium Term Plan

| Key Stage | EYFS | Unit | Movement Development |
|---|--|----------------------------------|--|
| Summer 1 | | | |
| <u>National Curriculum Links</u> | <ul style="list-style-type: none"> Shows good control and co-ordination in large and small movements Moves confidently in a range of ways, safely negotiating space. Knows the importance for good health of physical exercise and a healthy diet. Can manage their own basic hygiene and personal needs successfully, including dressing. Confident to try new activities and say why they like some more than others. Understand and follow rules. | <u>Key Vocabulary</u> | Control, coordination, movements, fluently, slow, fast, high, low, backwards, sideways, free, creative, walk, run, awareness, space. |
| <u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years) | <ul style="list-style-type: none"> Travels with confidence and skill in a range of movements when using equipment. Shows understanding of the need for safety when tackling new challenges and considers and manages some risks. Moves freely and with pleasure and confidence in a range of skilful ways. Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles. | <u>Prior Learning Required</u> | <u>EYFS Progression Maps Objectives:</u> <ul style="list-style-type: none"> N/A |
| <u>Key Unit Components</u> (Key skills addressed to achieve success throughout the unit) | <ul style="list-style-type: none"> Step 1: To move and balance in different ways Step 2: To move, on, over and under equipment Step 3: To play imagination games Step 4: To move into space Step 5: To take part in races and tag games | <u>Resources & Equipment</u> | <ul style="list-style-type: none"> Cones Marker spots Hoops Beanbags Large & small balls Apparatus Bibs |



NECHELLS PRIMARY E-ACT ACADEMY

PE EYFS Medium Term Plan

| Key Stage | EYFS | Unit | Ball Skills | |
|---|--|------|----------------------------------|--|
| Summer 2 | | | | |
| <u>National Curriculum Links</u> | <ul style="list-style-type: none"> Plays cooperatively, taking turns with others. Understand and follow rules. Knows the importance for good health of physical exercise and a healthy diet. Handles equipment and tools effectively, including pencils for writing. Shows good control and co-ordination in large and small movements. | | <u>Key Vocabulary</u> | <ul style="list-style-type: none"> Collect Ball control Games Bounce Count Hand High Explore Safety Height |
| <u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years) | <ul style="list-style-type: none"> Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment. Can play in a group, extending and elaborating play ideas within the group. Begins to accept the needs of others and can take turns and share, sometimes with the support of others. Shows increasing control when throwing and catching a large ball. | | <u>Prior Learning Required</u> | <u>EYFS Progression Maps Objectives:</u> <ul style="list-style-type: none"> N/A |
| <u>Key Unit Components</u> | <ul style="list-style-type: none"> Step 1: To explore a ball Step 2: To move the ball around the body Step 3: To travel with the ball Step 4: To play with others Step 5: To throw a ball | | <u>Resources & Equipment</u> | <ul style="list-style-type: none"> Large balls Small balls Beanbags Cones Hoops Marker spots |