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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Development Matters  PHYSICAL DEVELOPMENT: EARLY LEARNING GOALS (ELG) Moving and Handling: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.  Health and Self Care Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. | | | | | | |
| EYFS | CHILDREN WILL BE TAUGHT TO:    Move freely using suitable spaces and speed.    Draw lines and circles.    Hold a pen correctly.    Understand their own needs hunger/toilet/personal hygiene.    Dress with support.    Know equipment needs to be used safely. | CHILDREN WILL BE TAUGHT TO:    Move freely in a variety of different ways.    Use scissors and other tools safely.    Show a dominant hand.    Make anticlockwise movement.    Understand the need for varied and healthy food. | CHILDREN WILL BE TAUGHT TO:    Stand on one foot.    Catch a ball.    Write some letters and copy their name.    Experiment moving in different ways on equipment and jump landing safely.    Manage own risk assessment.    Help to put away equipment correctly | CHILDREN WILL BE TAUGHT TO:    Demonstrate increasing control over objects.    Use tools to change to materials.    Move confidently.    Use safety measures without direct supervision. | CHILDREN WILL BE TAUGHT TO:    Participate in Sports day and physical activities that are included within this using a variety of equipment, taking turns and celebrating other’s successes. | CHILDREN WILL BE TAUGHT TO:    Demonstrate good control and co-ordination in large and small movement.    Understand the importance for good health of physical exercise, healthy diet and talk about different ways to keep healthy and safe. |
|  | **Multiskills**  CHILDREN WILL BE TAUGHT TO:  To show awareness of space for themselves and others  To move confidently, with imagination and safety  To move fluently, changing direction and speed  To watch, copy and describe what others are doing | **Gymnastics**  CHILDREN WILL BE TAUGHT TO:  To hold basic balances and shapes  To say which movements are easier and harder and to say why  To travel and balance using apparatus  To learn and practise basic gymnastics rolls  To link basic movements | **Multiskills**  CHILDREN WILL BE TAUGHT TO:  To recognise the changes that happen to their bodies when they are active  To use a range of equipment and handle equipment with control  To move with confidence, control and coordination  To work collaboratively with a partner | **Dance**  CHILDREN WILL BE TAUGHT TO:  To move confidently, with imagination and safety  To move with control and coordination  To use imagination in dance, role play and stories  To express and communicate their ideas, thoughts and feelings by using wide ranges of movement  To recognise the changes that happen to their bodies when they are active | **Athletics/team games**  CHILDREN WILL BE TAUGHT TO:  To develop awareness of speed and distance move confidently in a range of different ways  To show good control and coordination in large and small movements  To jump and land  To handle equipment effectively | **Outdoor Adventure Activities**  CHILDREN WILL BE TAUGHT TO:  To follow instructions  To interact with other children in partner work, groups and teams  To support others and listen to everyone’s ideas  To find solutions to problems  To maintain focus until the task is completed  To identify a map and follow a basic route |