

EYFS P.E skills

Fundamentals	Introduction to PE	Dance	Gym	Ball Skills	Team Games
<p>To develop skills of running, balancing, jumping, changing direction, hopping and travelling.</p> <p>To working safely, with responsibility and help others.</p> <p>To developing thinking skills such as decision making and understanding tactics.</p> <p>To develop skills of managing emotions and challenging themselves.</p>	<p>To develop skills of running, jumping, moving safely, throwing, catching and following a path.</p> <p>To develop skills of leadership and sharing. Taking turns, encouraging others and taking responsibility.</p> <p>To develop confidence and perseverance.</p> <p>To developing thinking skills such as decision making, following rules and understanding tactics</p> <p>To develop skills of running, balancing, jumping, changing direction, hopping and travelling.</p> <p>To working safely, with responsibility and help others.</p> <p>To developing thinking skills such as decision making and understanding tactics.</p> <p>To develop skills of managing emotions and challenging themselves.</p>	<p>To develop skills travelling, copying and performing actions. To develop co-ordination.</p> <p>To develop respect and co-operation with respect.</p> <p>To develop skills of counting, observing and providing feedback. Selecting and applying actions.</p> <p>To develop skills of working independently and with confidence.</p>	<p>To develop skills of rocking, balancing, travelling, jumping, making shapes and rolling.</p> <p>To develop skills of communication, co-operation, taking turns and supporting and encouraging each other.</p> <p>To develop confidence and determination.</p> <p>To develop ability to select and apply skills and create sequences.</p>	<p>To develop skills of rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball.</p> <p>To developing thinking skills such as decision making and understanding tactics.</p> <p>To develop honestly and perseverance.</p> <p>To develop co-operation skills.</p>	<p>To develop skills of running, balancing, changing direction, striking a ball and throwing.</p> <p>To develop skills of communication, co-operation, taking turns and supporting and encouraging each other.</p> <p>To developing thinking skills such as decision making and understanding tactics.</p>

EYFS PE - I can statements

Autumn – Introduction to PE	Autumn – Fundamentals
<ul style="list-style-type: none"> • I can demonstrate balance. • I can make independent choices. • I can negotiate space safely with consideration for myself and others. • I follow instructions involving several ideas or actions. • I play co-operatively and take turns with others. • I use movement skills with developing balance and co-ordination. 	<ul style="list-style-type: none"> • I am confident to try new challenges. • I can negotiate space safely with consideration for myself and others. • I follow instructions involving several ideas or actions. • I play co-operatively, take turns and encourage others. • I play games honestly with consideration of the rules. • I use movement skills with developing balance and co-ordination when playing games.
Spring 1 – Dance	Spring 2 Gymnastics
<ul style="list-style-type: none"> • I am confident to try new challenges and perform in front of others. • I can combine movements fluently, selecting actions in response to the task. • I can negotiate space safely with consideration for myself and others. • I follow instructions involving several ideas or actions. • I show respect towards others when providing feedback. • I use movement skills with developing strength, balance and co-ordination showing increasing control and grace. 	<ul style="list-style-type: none"> • I am confident to try new challenges. • I can combine movements, selecting actions in response to the task and apparatus. • I can confidently and safely use a range of large and small apparatus. • I can negotiate space safely with consideration for myself and others. • I follow instructions involving several ideas or actions. • I use movement skills with developing strength, balance and co-ordination showing increasing control and grace. • I work co-operatively with others and take turns.
Summer 1 – Ball skills	Summer 2 - Team Games
<ul style="list-style-type: none"> • I can make independent choices. • I can negotiate space safely with consideration for myself and others. • I persevere when trying new challenges. • I play ball games with consideration of the rules. • I play co-operatively and take turns with others. • I use ball skills with developing competence and accuracy. 	<ul style="list-style-type: none"> • I can negotiate space safely with consideration for myself and others. • I follow instructions involving several ideas or actions. • I play co-operatively, take turns and encourage others. • I play games honestly with consideration of the rules. • I show an understanding of my feelings and can regulate my behaviour. • I use ball skills with developing competence and accuracy. • I use movement skills with developing balance and co-ordination.
<p>Key Vocabulary</p> <p>Kick, catch, throw, push, pat, slither, shuffle, roll, crawl, walk, run, hop, slide, squat, climb, land, stand, jump, balance, space, race, chase, speed, direction, obstacles</p>	

<p>What is this the foundation for?</p> <p>Year 1 will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation as well as in combination. Pupils will be given opportunities to identify areas of strength and areas for improvement. Pupils will work collaboratively with others, taking turns and sharing ideas (Fundamentals)</p>	<p>What is this the foundation for?</p> <p>Year 1 will learn to use space safely and effectively. They explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement phrases. Pupils are given opportunities to select their own actions to build short sequences and develop their confidence in performing. Pupils begin to understand the use of levels, directions and shapes when travelling and balancing (Gymnastics)</p>	<p>What is this the foundation for?</p> <p>Year 1 will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner to create ideas in relation to the theme. Pupils will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so (dance)</p>	<p>What is this the foundation for?</p> <p>Year 1 pupils will develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They will work independently, in pairs and small groups to complete challenges in which they will sometimes need to persevere to achieve their personal best (fitness)</p>	<p>What is this the foundation for?</p> <p>Year 1pupils will learn about mindfulness and awareness. They begin to learn poses and techniques that will help them connect their mind and body. The unit looks to improve wellbeing by building strength, flexibility and balance. The learning includes postures, breathing and meditation taught through fun and engaging activities (yoga)</p>	<p>What is this the foundation for?</p> <p>Year 1 pupils develop their communication and problem solving skills. They work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other. They are given the opportunity to discuss and plan their ideas to get the most successful outcome (team building)</p>
<p>What is this the foundation for?</p> <p>Year 1 pupils will explore their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will have the opportunity to work independently, in pairs and small groups. Pupils will be able to explore their own ideas in response to tasks (ball skills)</p>	<p>What is this the foundation for?</p> <p>Year 1 will develop their aim using both underarm and overarm actions. Pupils will be given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe (target games)</p>	<p>What is this the foundation for?</p> <p>Year 1 will learn the importance of the ready position. They will develop throwing, catching and racket skills, learning to track and hit a ball. They will learn to play against an opponent and over a net. They will begin to use rules and simple tactics when playing against a partner. They will be encouraged to demonstrate good sportsmanship and show respect towards others (net and wall)</p>	<p>What is this the foundation for?</p> <p>Year 1 will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. Pupils will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by the rules to keep themselves and others safe (sending and receiving)</p>	<p>What is this the foundation for?</p> <p>Year 1 will participate athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently (athletics)</p>	<p>What is this the foundation for?</p> <p>Year 1 will develop their basic understanding of striking and fielding games such as Rounders and Cricket. They learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They are given opportunities to play one against one, one against two, and one against three. They learn how to score points and how to use simple tactics. They learn the rules of the games and use these to play fairly. They show respect towards others when playing competitively and develop communication skills (striking and fielding)</p>