



PE EYFS F2 Overview

| Autumn | Spring | Summer |
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| EYFS National Curriculum | | |
| <u>Statutory ELG: Moving and Handling: Gross Motor Skills</u> | | |
| Negotiate space and obstacles safely, with consideration for themselves and others. | | |
| Demonstrate strength, balance and coordination when playing. | | |
| Move energetically, such as running, jumping ,dancing ,hopping, skipping and climbing | | |
| <u>Statutory ELG: Fine Motor Skills</u> | | |
| Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases; | | |
| Use a range of small tools, including scissors, paint brushes and cutlery; | | |
| Begin to show accuracy and care when drawing | | |
| F2 Key Learning | F2 Key Learning | F2 Key Learning |
| <u>Fundamental Movements</u> <ul style="list-style-type: none"> • To show control when rolling, patting and throwing an object • To develop and refine a range of ball skills including kicking, passing, striking, aiming and using feet to stop a moving ball • To track the flight of an object to begin to catch more consistently <u>Gymnastic</u> <ul style="list-style-type: none"> • To travel, jump and land safely | <u>Dance</u> <ul style="list-style-type: none"> • To explore and create actions linked to words or phrases • To move in time with the beat • To perform balances and movements with control and grace <u>Fundamental Movements</u> <ul style="list-style-type: none"> • To show control when rolling, patting and throwing an object • To develop and refine a range of ball skills including kicking, passing, striking, aiming and using feet to stop a moving ball | <u>Rugby tots</u> <ul style="list-style-type: none"> • self management • team worker • effective participant • ball handling • spacial awareness • agility • health and fitness |

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| <ul style="list-style-type: none"> • To move confidently in different ways including speed and direction • To combine different actions and movements with ease and fluency | <ul style="list-style-type: none"> • To track the flight of an object to begin to catch more consistently | |
| <p>Fundamental Movements – star, control, jogging, warm, beating and aching</p> <p>Gymnastics – travel, jump, land, balance, opposite, control, heart, beating and aching</p> | <p>Dance – marching, star shape, stamp, soldier, fast, slow, gentle and graceful</p> <p>Fundamental Movements – star, control, jogging, warm, beating and aching</p> | <p>Rugby tots - rugby, ball, pass, tackle, run, score and team</p> |