

EYFS Coverage, Skills and Vocabulary

EYFS	Unit Focus	Prior Knowledge	Skills	Vocabulary
Autumn 1 – Body Management	Explore balance and managing own body. Able to stretch, reach and extend in a variety of ways and positions. Able to control the body and perform specific movements on command.	Can stand and balance for short periods on one foot. Can climb stairs and can move over small and large steps. Can use hands and feet to negotiate objects.	To balance beanbags. Move through hoops in different ways. Reach and stretch to get equipment. Make bridges and tunnels with bodies. Travel over and under equipment and apparatus. Make shapes with our bodies.	Climb, step feet, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, climb, crawl, jump, roll.
Autumn 2 – Manipulation and coordination	Send and receive a variety of objects with different body parts. Work with others to control objects in space. Coordinate body parts in various activities in different ways.	Practice in a variety of agility based activities. Recognise the difference between actions such as moving, running, walking etc...	To handle a ball. To kick a ball. To hop, step and jump. To send a ball or beanbag. To send and stop in a game.	Carry, crawl, feet, freeze, grip, hands, high, hold, jump, low, music, one foot, pause, prepare, eyes.
Spring 1 – Dance	Recognise that actions can be performed to music. Copy, repeat and perform some basic actions to music.	Heard and responded to music. Carried out simple movements such as walking, running, jumping. Follow basic instructions.	To use colours and feelings in dance. To perform as animals using different movements and directions. To work with a partner. To show expression in a sequence. Perform transport movements in a dance. To use leading and following movements.	Dance, twist, turn, rhythm, step, music, beat, stretch, curl, feet, high, fast, low, high.
Spring 2 – Cooperation and problem solving	Organise and match items, images, colours and symbols. Work with a partner to listen, share ideas and questions. Collect, distinguish and differentiate colours and create a shape as a team.	Coordinate similar types of objects in a variety of ways. Differentiate ways of manoeuvring different objects. Skip with a rope and in isolation.	To match colours and symbols. To work as a team to complete a task. To use bodies to make number shapes. To follow a trail. To work with others to make a pattern. To work with a partner to complete challenges.	Cooperate, team, individual, partner, pair, work, choose, collect, suits, decks, cards, trail, body, shape, number.
Summer 1 – Gymnastics	Develop confidence in fundamental movements. Experience jumping, rolling, sliding, moving over and under apparatus. Develop coordination and gross motor skills.	Following simple instructions. Has basic movements such as walking, running, jumping and crawling.	To move safely. To take off and land on two feet. To balance and move balls and beanbags. To travel on mats and benches. To copy and repeat actions. To perform simple shapes and balances.	Balance, control, fast, high, jump, link, low, pattern, stretch.

<p>Summer 2 – Speed, agility and travel.</p>	<p>Change direction at speed through choice and instruction. Perform actions demonstrating change in speed. Stop, start, pause, prepare.</p>	<p>Exploring a variety of rolling, sliding etc... Jumping with a variety of take offs and lands. Participated in a variety of small group activities.</p>	<p>To move in different directions. To keep bodies safe in running games. To jump in different directions. To stop safely. To move at slow and fast speeds. To stop safely in different ways.</p>	<p>Pause, prepare, freeze, high, low, switch, agility, music, beat.</p>
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*A combination of Sports Plus and PE Hub have supported the planning of this document.