 EYFS PE Overview

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| **Key Concepts****NC PoS Reference** | **Vocabulary** | **Substantive Knowledge** | **Disciplinary & Procedural Knowledge** |
| Ball Skills* Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
* Work and play cooperatively and take turns with others.
* Explain the reasons for rules, know right from wrong and try to behave accordingly.
* Use a range of small tools, including scissors, paint brushes and cutlery.
* Demonstrate strength, balance and coordination when playing.
* Move energetically, such as running, jumping, dancing, hopping, skipping, and climbing.
* Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
 | * Collect
* ball control
* games
* bounce
* count
* hand
* high
* explore
* safety
* height
 | * Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment.
* Shows some understanding towards the effects of activity on their body.
* Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.
 | * Can play in a group, extending and elaborating play ideas within the group.
* Shows increasing control when throwing and catching a large ball.
* Begins to accept the needs of others and can take turns and share, sometimes with the support of others.
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| Dance* 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.
 | Teamwork• Music• Movement• Count• Together• Counting• Create• Ideas• Dance• Impression• Mirror• Character | * Understand the concept of playing characters and taking on different roles
* and perform in character to the music.
 | * Explore different movements – keeping good balance and coordination.
* Show different emotions, impressions and expressions depending on the stimuli.
* Listen to the music and move in time with it.
* Work well with a partner, copying and mirroring movements.
* Work well with others.
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| Fun & GamesPlays 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. | Look• Watch• Sight• Hear• Listen• Run• Direction• Head Up• Work Together• Counting• Breathing | Shows understanding of the need for safety when tackling new challenges andconsiders and manages some risks when using equipment.• Aware of the boundaries set, and of behavioural expectations in the setting, and canrespond to simple instructions. | Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoidobstacles.• Begins to accept the needs of others and can take turns and share, sometimes with thesupport 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 |
| Me & MyselfUnderstand 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. | • Uniform• Changing• Quick/Speed• Lesson• Listen• Instruction• Body Parts• Direction• Awareness• Heart Rate | Shows some understanding towards the effects of activity on their body.• Responds to ideas showing understanding, asking appropriate questions ofothers | 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 ordirection to avoid obstacles.• Ability to link sounds to letters, naming and sounding the letters of thealphabet. |
| Movement DevelopmentShows 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. | Control• Coordination• Slow• Fast• High• Low• Walk• Run• Fluently• Free• Awareness• Space• Creative• Movements | Shows understanding of the need for safety when tackling newchallenges and considers and manages some risks.• Shows some understanding towards the effects of activity on theirbody.• Aware of the boundaries set, and of behavioural expectations inthe setting, and can respond to simple instructions. | Travels with confidence and skill in a range of movements whenusing equipment.• Moves freely and with pleasure and confidence in a range of skilfulways.• Runs skilfully and negotiates spaces successfully, adjusting speedor direction to avoid obstacles |
| Throwing & CatchingCan 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. | Throw• Catch• Watch• Aim• Target• Push• Roll/push• Kick• Hands• Bounce• Count• Ready | Able to respond to simple instructions, showing a good understanding ofsafety when using tools and equipment.• Aware of the boundaries set, and of behavioural expectations in thesetting, and can respond to simple instructions. | 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.• Can play fairly in a group. Show the ability to accept the needs of othersand can take turns and share resources, sometimes with support fromothers. |
| Working With OthersCan 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.• Work as part of a team.• Understand and follow rules | • Throw• Catch• Watch• Aim• Target• Ready• Roll• Bounce• Count• Help• Team• Partner | Shows some understanding that good practices regarding exercise, eating,sleeping and hygiene can contribute to good health.• Aware of the boundaries set, and of behavioural expectations in thesetting, and can respond to simple instructions. | Can play in a group.• Keeps play going by responding to what others are saying or doing.• Begins to accept the needs of others and can take turns and share,sometimes with the support of others.• Runs skilfully and negotiates spaces successfully, adjusting speed ordirection to avoid obstacles. |
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