



## Physical Education Curriculum Overview

### EYFS

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Aspect	Agility	Balance	Coordination	Jumping	Play	Target
Skills	<ul style="list-style-type: none"> <li>-Spatial awareness.</li> <li>-Travelling.</li> <li>-Movement using arms and legs.</li> <li>-Locomotive movement in various directions.</li> <li>-Movement with equipment.</li> <li>-Coordination.</li> <li>-Footwork.</li> <li>-Running skilfully.</li> </ul>	<ul style="list-style-type: none"> <li>-Static balance.</li> <li>-Explore shape and balance.</li> <li>-Floorwork balance with partners.</li> <li>-Balance in motion.</li> <li>-Balance with different body parts.</li> <li>-Balance with equipment.</li> </ul>	<ul style="list-style-type: none"> <li>-Explore using sports equipment.</li> <li>-Working with partners.</li> <li>-Hand-Eye coordination.</li> <li>-Foot/Eye coordination.</li> <li>-Unilateral movement.</li> <li>-Bilateral movement.</li> <li>-Reactions.</li> </ul>	<ul style="list-style-type: none"> <li>-How to jump and land safely.</li> <li>-Jumping with control.</li> <li>-Technique.</li> <li>-Coordination.</li> <li>-Direction.</li> <li>-Controlled movement.</li> </ul>	<ul style="list-style-type: none"> <li>-Movement through dance.</li> <li>-Movement in games.</li> <li>-Variety of movements.</li> <li>-Exploring objects.</li> <li>-Problem solving.</li> <li>-Personal strengths and weaknesses.</li> <li>-Artistic and imaginative gymnastics.</li> <li>-Understand the importance of exercise.</li> <li>-Movement at speed.</li> </ul>	<ul style="list-style-type: none"> <li>-Aim.</li> <li>-Accuracy.</li> <li>-Team work.</li> <li>-Competition.</li> <li>-Throwing technique.</li> <li>-Kicking.</li> <li>-Shooting.</li> <li>-Putting.</li> <li>-Hitting.</li> </ul>