



EYFS & KS1 LONG TERM PE PLAN 2022-2023

EYFS GOALS: -Negotiate space and obstacles safely, with consideration for themselves and others. -Demonstrate strength, balance and co-ordination when playing - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. -Begins to self regulate, manage self and build relationships			KS1 GOALS: -Master basic movements including running, jumping, throwing and catching. -Develop balance, agility and co-ordination and apply to a range of activities. -Participate in team games developing simple tactics for attacking and defending. -Perform dance movements using simple patterns.			
	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
EYFS	MOVEMENT GAMES	MOVEMENT GAMES	APPARATUS	APPARATUS	ATHLETIC CIRCUITS	SPORTS DAY PREP
	INSTRUCTION GAMES	DANCE	OUTDOOR PLAY	OUTDOOR PLAY	OUTDOOR PLAY	OUTDOOR GAMES
YEAR 1	MULTI SKILLS	MIGHTY MOVERS (RUN)	BALL SKILLS	THROWING & CATCHING	ACTIVE ATHLETICS	SPORTS DAY PREP GAMES
	BOOTCAMP	STORYTIME DANCE	GROOVY GYMNASTICS	GYMFIT	COOL CORE	FITNESS FRENZY
YEAR 2	MULTI SKILLS	MIGHTY MOVERS (RUN)	BALL SKILLS	THROWING & CATCHING	ACTIVE ATHLETICS	SPORTS DAY PREP GAMES
	BOOTCAMP	GROOVY GYMNASTICS	DANCE/ACTIVE ATHLETICS	GYMFIT	COOL CORE	FITNESS FRENZY
EYFS & KS1 EXPECTATIONS						
	EYFS		YEAR 1		YEAR 2	

DANCE/YOGA	Moves freely using a range of actions. Has body awareness and can make different shapes.	Performs dances using simple movement patterns and body shapes. Uses the space and has a rhythmic response to music.	Accomplishes simple movement patterns and body shapes and can link a series of movements together. Uses the space creatively and has a rhythmic response to music.
GYMNASTICS	Has an awareness of space and can successfully travel over, under, around and through balancing equipment.	Travels safely around obstacles (agility) and can balance and support body weight in different ways. Carries out gymnastics shapes ie curling & stretching.	Continues to travel, support body weight in balance and begins to understand about transference of weight ie rocking and rolling. Linking movements together. Learning to launch and land safely.
GAMES	Experiments with catching, throwing, rolling, kicking, large balls and shows increasing control. Mainly individual work, introducing partner work later in the year.	Continues catching, throwing, rolling, kicking, striking balls of varying sizes. Introduction to partner, group work and teamwork to encourage co-operation.	Practices catching, throwing, rolling, bouncing, kicking, striking balls of differing sizes with increased accuracy. Participate in team games developing simple attacking and defending tactics.
ATHLETICS	Explores running, jumping, hopping, skipping and throwing skills. Uses skills to contribute to sports day.	Experiments and practices the basic movements of running, jumping and throwing. Participates in house sports day.	Continues to practice and masters the basic movements of running, jumping and throwing. Participates in house sports day.
HEALTH & FITNESS	Awareness of changes in body during exercise.	Recognise that the body feels different before, during and after exercise and describes the differences.	Describes the differences and why the body feels different before, during and after exercise.
PERSONAL SOCIAL AND EMOTIONAL DEVELOPMENT	Able to listen to and follow instructions. To regulate emotions, taking turns and work cooperatively with peers. Begin to try new activities and show resilience, independence and perseverance. Explain the reason for rules and behave accordingly.		

