

Pre-school PE Planning Overview 2023-2024

Suggestions from Development Matters 2021

EYFS Statutory Educational Programme: Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults.

By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Ongoing throughout the year

Knowledge

- To know how to hold scissors to make snips in paper.
- To know how to hold a pencil/pen.
- To know how to put their coat on.
- To know how to pull up a zip.
- To know how to brush their teeth.
- To know how to wash and dry their hands.
- To know the healthy choices available.

Skills

- To be able to hold a pair of scissors.
 - To be able to hold a pencil in a tripod grip.
 - To be able to put their coat on, help them initially and then encourage them to do it independently.
 - To be able to put the zip in the correct position and pull up.
 - To be able to brush teeth. (having teeth and brushes in the role play area, out during continuous provision.)
 - To be able to use soap and water to wash hands and dry them carefully.
- To be able to start to make healthy choices

Suggestions:

You can begin by showing children how to use onehanded tools (scissors and hammers, for example) and then guide them with hand-over-hand help. Gradually reduce the help you are giving and allow the child to use the tool independently. The tripod grip is a comfortable way to hold a pencil or pen. It gives the child good control. The pen is pinched between the ball of the thumb and the forefinger, supported by the middle finger with the other fingers tucked into the hand. You can help children to develop this grip with specially designed pens and pencils, or grippers. Encourage children to pick up small objects like individual gravel stones or tiny bits of chalk to draw with.

	1 st half term	2 nd half term
Autumn Picture perfect & Fantastic Festivals	<p>Movement -action songs and an introduction to Big Moves</p> <p>Suggestions: Encourage children by helping them, but leaving them to do the last steps, such as pulling up their zip after you have started it off. Gradually reduce your help until the child can do each step on their own.</p>	<p>Music and movement – skipping, hopping, crawling and an introduction to Big Moves</p> <p>Suggestions: Encourage children to transfer physical skills learnt in one context to another one. Suggestion: children might first learn to hammer in pegs to mark their Forest school boundary, using a mallet. Then, they are ready to learn how to use hammers and nails at the woodwork bench.</p> <p>Model the vocabulary of movement – ‘gallop’, ‘slither’ – and encourage children to use it. Also model the vocabulary of instruction – ‘follow’, ‘lead’, ‘copy’ – and encourage children to use it</p>
Spring Tell a tale & Wonderful world	<p>Music and movement – fairies, giants</p> <p>Suggestions: Encourage children to become more confident, competent, creative and adaptive movers. Then, extend their learning by providing opportunities to play outdoors in larger areas, such as larger parks and spaces in the local area, or through Forest or Beach school</p>	<p>Music and movement – Stickman</p> <p>Suggestions: Encourage children to paint, chalk or make marks with water on large vertical surfaces. Suggestion: use walls as well as easels to stimulate large shoulder and arm movements. These experiences help children to ‘cross the mid-line’ of their bodies. When they draw a single line from left to right, say, they do not need to pass the paintbrush from one hand to another or have to move their whole body along</p>
Summer Amazing Animals & Interesting Investigation	<p>Music and movement – Games</p> <p>Suggestions: Explain why safety is an important factor in handling tools and moving equipment and materials. Have clear and sensible rules for everybody to follow</p>	<p>Athletics – Sports’ Day preparation</p> <p>Sports’ Day preparation- practise events</p> <p>Suggestions: Lead movement-play activities when appropriate. These will challenge and enhance children’s physical skills and development – using both fixed and flexible resources, indoors and outside</p>

Reception PE Planning Overview 2023-2024

	1 st half term	2 nd half term
Autumn Picture perfect & Fantastic Festivals	Big Moves & Basic Skills	Gym - Rolling and jumping Dance – join movements
Autumn CP/EP		
Spring Tell a tale & Wonderful world	Gym, travelling, climbing, shapes and balances. Fundamental movements.	Fitness and circuits (SAQ). Ball skills (kick, throw, catch, control, return and pass etc) (leading to invasion games in KS1)
Summer CP/EP		
Summer Amazing Animals & Interesting Investigation	Racket skills (net and wall) Yoga and Pilates	Athletics – Sports’ Day preparation Sports’ Day – practise events
Summer CP/EP		

Year 1 PE Planning Overview 2023-2024

	1 st half term	2 nd half term
Autumn Picture perfect & Fantastic Festivals	Speed, Agility (SAQ)	Gym, rolls jumps and hand stands
	Yoga and Pilates	Dance
Spring Tell a tale & Wonderful world	Gym - Balance and strength	invasion games – netball, basketball
	Fundamental movements	Circuit training
Summer Amazing Animals & Interesting Investigation	Striking and fielding – throwing, catching, cricket	Athletics - sports day prep skills such as travelling and linking actions
	Racket skills – Tennis (Net and wall)	Sports' Day preparation – practise events Sprinting (competitive) Javelin (competitive) Long jump (competitive) Egg and spoon (non-competitive) Discuss (non-competitive) Over and under with a ball (non-competitive) Hurdles/ladders (non-competitive) Sack race (non-competitive)

Metcalfe teaching

Overdale teaching

Year 2 PE Planning Overview 2023-2024

	1 st half term	2 nd half term
Autumn Picture perfect & Fantastic Festivals	Speed, Agility (SAQ)	Gym - Rolls, jumps & vaults
	Yoga and Pilates	Dance
Spring Tell a tale & Wonderful world	Gymnastics - handstands, cartwheels, travelling and linking movements.	Invasion games – football, Hockey
	Fundamental movements	Circuit training
Summer Amazing Animals & Interesting Investigation	Rounders (Striking and fielding)	Athletics - sports day prep
	Racket skills – Tennis (Net and wall)	Skills such as travelling and linking actions
		Sports' Day preparation – practise events
		Sprinting (competitive) Javelin (competitive) Long jump (competitive) Egg and spoon (non-competitive) Discuss (non-competitive) Over and under with a ball (non-competitive) Hurdles/ladders (non-competitive) Sack race (non-competitive)

Metcalfe teaching

Overdale teaching