

Pre-school PE Planning Overview 2024-2025

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	<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	<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	<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 2024 - 2025

	1 st half term		2 nd half term	
	Indoor	Outdoor	Indoor	Outdoor (weather permitting)
Autumn	Introduction to PE 1 <ul style="list-style-type: none"> Physical: run, jump, hop, skip, balance, crawl Social: share, communication, work safely, co-operation, leadership Emotional: independence, perseverance, confidence Thinking: select and apply actions, comprehension, reflection, make decisions 	Fundamentals 1 <ul style="list-style-type: none"> Physical: balance, run, jump, hop, change direction Social: support others, work safely, take turns Emotional: honesty, determination Thinking: decision making, comprehension, select and apply 	Introduction to PE 2 <ul style="list-style-type: none"> Physical: run, jump, throw, catch, roll, skip Social: work safely, co-operation, support others, communication Emotional: honesty, confidence, perseverance, determination Thinking: comprehension, make decisions, creativity 	Fundamentals 2 <ul style="list-style-type: none"> Physical: run, jump, hop, balance, change direction, travel Social: work safely, support others, share and take turns, co-operation Emotional: perseverance, honesty, determination, confidence, acceptance Thinking: comprehension, creativity, select and apply, exploration
Retrieval				
Spring	Dance 1 <ul style="list-style-type: none"> Physical: actions, dynamics, space Social: work safely, respect, collaboration Emotional: independence, confidence Thinking: select and apply actions, creativity, exploration, recall, provide feedback 	Ball Skills 1 <ul style="list-style-type: none"> Physical: roll, stop a rolling ball, throw, bounce, catch, dribble with feet, kick Social: work safely, collaboration, co-operation, support others Emotional: perseverance, independence, honesty Thinking: use tactics, comprehension 	Dance 2 <ul style="list-style-type: none"> Physical: actions, dynamics, space Social: work safely, respect, collaboration Emotional: confidence, independence Thinking: comprehension, provide feedback, select and apply actions, creativity 	Ball skills 2 <ul style="list-style-type: none"> Physical: roll, track, throw, dribble with hands, dribble with feet, kick, catch Social: co-operation, take turns, work safely, communication Emotional: perseverance, independence, determination, honesty Thinking: comprehension, use tactics
Retrieval				
Summer	Gymnastics 1 <ul style="list-style-type: none"> Physical: shapes, balances, jumps, rocking, rolling, travel Social: work safely, collaboration, share and take turns Emotional: determination, confidence Thinking: comprehension, creativity, select and apply 	Games 1 <ul style="list-style-type: none"> Physical: run, balance, change direction, throw, catch Social: work safely, communication, co-operation, support and encourage others Emotional: confidence, honesty, determination, manage emotions Thinking: comprehension, decision making 	Gymnastics 2 <ul style="list-style-type: none"> Physical: shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling Social: work safely, collaboration, share and take turns, support others Emotional: determination, confidence Thinking: comprehension, creativity, select and apply 	Games 2 <ul style="list-style-type: none"> Physical: run, change direction, throw, catch, strike Social: communication, help others, respect, take turns, co-operation Emotional: perseverance, honesty, determination, manage emotions Thinking: comprehension, decision making, select and apply, reflection
Retrieval				

Year 1 PE Planning Overview 2024-2025

	1 st half term		2 nd half term	
	Indoor	Outdoor	Indoor	Outdoor
Autumn	Fundamentals <ul style="list-style-type: none"> Physical: balance, jump, hop, run, speed, agility, dodge, skip, co-ordination Social: collaboration, work safely, support others Emotional: determination, self-regulation, honesty, perseverance Thinking: comprehension, select and apply skills 	Fitness <ul style="list-style-type: none"> Physical: run, jump, co-ordination, stamina, strength, agility, balance Social: communication, co-operation, support, work safely, kindness Emotional: kindness, perseverance, honesty, independence, determination Thinking: comprehension, creativity, problem solving, reflection, feedback 	Target Games <ul style="list-style-type: none"> Physical: underarm throw, overarm throw Social: collaboration, leadership, work safely, encourage others Emotional: perseverance, honesty Thinking: comprehension, select and apply, creativity 	Sending and receiving <ul style="list-style-type: none"> Physical: roll, throw, catch, track, kick, receive with feet, send with racket Social: support others, communication Emotional: determination, honesty, independence Thinking: comprehension, select and apply skills
Spring	Dance <ul style="list-style-type: none"> Physical: actions, dynamics, space, relationships Social: respect, work safely, collaboration, communication Emotional: empathy, confidence, acceptance, determination, kindness Thinking: creativity, select and apply actions, copy and repeat actions, provide feedback, recall 	Ball Skills <ul style="list-style-type: none"> Physical: dribble with hands, roll, throw, catch, dribble with feet, track Social: communication, support others, co-operation Emotional: perseverance, honesty, determination Thinking: exploration, make decisions, comprehension, use tactics 	Gymnastics <ul style="list-style-type: none"> Physical: travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll Social: respect, collaboration, sharing, work safely Emotional: confidence, self-regulation, perseverance Thinking: comprehension, select and apply action, creativity 	Invasion Games <ul style="list-style-type: none"> Physical: dribble, throw, catch, kick, receive, run, jump, change direction, change speed Social: supporting others, communication, co-operation, kindness Emotional: perseverance, confidence, honesty Thinking: comprehension, identifying strengths and areas for development, select and apply
Summer	Net and Wall Games <ul style="list-style-type: none"> Physical: throw, catch, hit a ball, track a ball Social: support others, work safely, communication, co-operation Emotional: perseverance, independence, determination Thinking: comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making 	Striking and Fielding <ul style="list-style-type: none"> Physical: underarm throw, overarm throw, catch, track, bat Social: communication, collaboration, support and encourage others, kindness Emotional: manage emotions, honesty, perseverance Thinking: comprehension, use tactics, select and apply, decision making 	Team Building <ul style="list-style-type: none"> Physical: run, jump, hit, balance, co-ordination Social: trust, communication, inclusion Emotional: determination, confidence Thinking: identify, comprehension, reflection, planning 	Athletics <ul style="list-style-type: none"> Physical: run, balance, agility, co-ordination, hop, jump, leap, throw Social: work safely, collaboration Emotional: perseverance, independence, honesty, determination Thinking: reflection, comprehension, select and apply skills

Year 2 PE Planning Overview 2024-2025

	1 st half term		2 nd half term	
	Indoor	Outdoor	Indoor	Outdoor (weather permitting)
Autumn	Yoga <ul style="list-style-type: none"> Physical: balance, flexibility, strength, co-ordination Social: respect, leadership, work safely, collaboration Emotional: confidence, perseverance, honesty, focus, identify feelings Thinking: create, select and apply, comprehension, decision making, reflection 	Fitness <ul style="list-style-type: none"> Physical: run, stamina, skip, co-ordination, agility, strength, balance Social: encourage others, communication Emotional: determination, perseverance Thinking: comprehension, identify strengths and areas for improvement 	Target Games <ul style="list-style-type: none"> Physical: roll, overarm throw, underarm throw, strike, dodge, jump Social: congratulate, support others, co-operation, kindness Emotional: manage emotions, honesty Thinking: identify areas of strength and areas for development, select and apply, comprehension, decision making 	Sending and receiving <ul style="list-style-type: none"> Physical: roll, track, catch, receive with feet, kick, send and receive with a racket Social: communication, collaboration, leadership Emotional: honesty, determination Thinking: identifying how to improve, comprehension
Spring	Dance <ul style="list-style-type: none"> Physical: actions, dynamics, space, relationships Social: respect, collaboration, work safely, communication Emotional: independence, confidence, perseverance, determination Thinking: provide feedback, comprehension, reflection, observation, creativity 	Ball Skills <ul style="list-style-type: none"> Physical: roll, track, dribble with feet, kick, throw, catch, dribble with hands Social: inclusion, communication, collaboration, leadership Emotional: independence, honesty, perseverance, determination Thinking: comprehension, select and apply skills, use tactics 	Gymnastics <ul style="list-style-type: none"> Physical: shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward roll Social: leadership, work safely, respect Emotional: confidence, independence Thinking: select and apply actions, creativity 	Invasion Games <ul style="list-style-type: none"> Physical: dribble, throw, catch, kick, receive, run, jump, change direction, change speed Social: communication, kindness, support others, co-operation, respect, collaborate Emotional: empathy, perseverance, honesty, integrity, independence Thinking: creativity, select and apply, comprehension, problem solving, provide feedback
Summer	Net and Wall Games <ul style="list-style-type: none"> Physical: throw, catch, hit, track Social: co-operation, respect, support others Emotional: perseverance, honesty Thinking: select and apply, reflection, decision making, comprehension 	Striking and Fielding <ul style="list-style-type: none"> Physical: underarm throw, overarm throw, catch, track, bowl, bat Social: communication, encourage others, collaboration Emotional: honesty, perseverance, determination, acceptance Thinking: use tactics, comprehension, select and apply, decision making 	Team Building <ul style="list-style-type: none"> Physical: balance, jump, run, co-ordination Social: support and encourage others, communication, inclusion, trust, kindness Emotional: perseverance, confidence, determination, accepting Thinking: comprehension, identify strengths and areas for development, problem solving 	Athletics <ul style="list-style-type: none"> Physical: run, jump for distance, jump for height, throw for distance, throw for accuracy Social: communication, work safely, support others Emotional: determination, independence Thinking: comprehension, observe and provide feedback, explore ideas, select and apply skills