

EYFS – Cycle A

Fundamentals

Autumn 1	SKILLS	APPLICATION	PERFORM
	I know how to explore combination jumping and skipping in an individual rope.	I know how to explore balance, stability and landing safely	I know how to explore jumping, hopping and skipping actions.
	I know how to explore changing direction and dodging.	I know how to explore how the body moves differently when running at different speeds.	I know how to explore co-ordination and combination jumps.

Ball Skills

Autumn 1	SKILLS	APPLICATION	PERFORM
	I know how to develop dribbling a ball with your hands.	I know how to explore accuracy when rolling a ball.	I know how to explore tracking a ball that is coming towards me.
	I know how to explore catching with two hands.	I know how to explore throwing with accuracy towards a target	I know how to explore dribbling a ball with your feet.

Dance

Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to use counts of 8 to move in time and make my dance look interesting.	I know how to explore speeds and actions in our pirate inspired dance.	I know how to copy, repeat, create and perform actions that represent the theme.

	I know how to explore pathways in my dance	I know how to copy, remember and repeat actions that represent the theme.	I know how to create my own dance using, actions, pathways and counts.
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Gymnastics

Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to explore travelling movements.	I know how to develop stability and control when performing balances	I know how to develop technique in the barrel, straight and forward roll
	I know how to develop quality when performing and linking shapes.	I know how to develop technique and control when performing shape jumps.	I know how to link gymnastic actions to create a sequence.

Fitness

Spring 1	SKILLS	APPLICATION	PERFORM
	I know how to develop my understanding of how exercise can make you feel. I know how to develop my understanding of how exercise can make you strong and healthy. I know how to develop my understanding of how exercise relates to breathing.	I know how to develop my understanding of how exercise helps my muscles.	
	I know how to develop my understanding of how exercise helps my brain.	I know how to develop my understanding of the importance of daily exercise.	

Yoga

Spring 1	SKILLS	APPLICATION	PERFORM
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	I know how to explore yoga and mindfulness.	I know how to develop flexibility when holding poses.	I know how to create yoga poses using a hoop.
	I know how to copy and remember poses.	I know how to develop balance whilst holding poses.	I know how to create a yoga flow with a partner.

Team Building

Spring 2	SKILLS	APPLICATION	PERFORM
	I know how to develop talking, listening and sharing skills.	I know how to co-operate with a partner to complete challenges.	I know how to plan with a partner and small group to complete challenges.
	I know how to use speaking and listening skills to lead a partner.	I know how to explore and develop working as a team.	I know how to use talking, listening and sharing skills to complete challenges.

Target Games

Spring 2	SKILLS	APPLICATION	PERFORM
	I know how to develop underarm throwing towards a target.	I know how to develop underarm and overarm throwing at a target.	I know how to select the correct throw for the target.
	I know how to develop throwing for accuracy.	I know how to develop throwing for accuracy and distance using underarm and overarm.	I know how to develop throwing for accuracy and distance.

Sending and Receiving

Summer 1	SKILLS	APPLICATION	PERFORM
	I know how to develop rolling and throwing a ball towards a target.	I know how to be able to send and receive a ball with your feet.	I know how to develop throwing and catching over a longer distance.
	I know how to develop receiving a rolling ball and tracking skills.	I know how to develop throwing and catching skills over a short distance.	I know how to apply sending and receiving skills to small games.

Net and Wall games

Summer 1	SKILLS	APPLICATION	PERFORM
	I know how to defend space using the ready position.	I know how to explore hitting with a racket.	I know how to develop sending a ball using a racket.
	I know how to play against an opponent and keep the score.	I know how to develop racket and ball skills.	I know how to develop hitting over a net.

Athletics

Summer 2	SKILLS	APPLICATION	PERFORM
	I know how to move at different speeds over varying distances.	I know how to develop changing direction quickly.	I know how to develop throwing for distance.
	I know how to develop balance.	I know how to explore hopping, jumping and leaping for distance.	I know how to develop throwing for accuracy.

Striking and Fielding

Summer 2	SKILLS	APPLICATION	PERFORM
	I know how to develop underarm throwing and catching.	I know how to develop hitting a ball.	I know how to learn how to get a batter out.
	I know how to develop overarm throwing	I know how to develop collecting a ball	I know how to play games and understand how to score points.

EYFS – Cycle B

Introduction to PE 1

Autumn 1	SKILLS	APPLICATION	PERFORM
	I know how to move sensibly in a space with consideration of others.	I know how to use a range of equipment safely.	I know how to work with others co-operatively and play as a group
	I know how to move safely and stop with control.	I know how to use different travelling actions whilst following a path.	I know how to follow, copy and lead a partner.

Introduction to PE 2

Autumn 1	SKILLS	APPLICATION	PERFORM
	I know how to move around in a space safely.	I know how to develop control and stop safely using equipment.	I know how to follow a path and take turns.

	I know how to follow instructions and stop safely.	I know how to follow instructions and play safely as a group.	I know how to work co-operatively with a partner.
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Ball Skills

Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to roll a ball towards a target	I know how to develop accuracy when throwing a ball at a target.	I know how to develop dribbling a ball at my feet.
	I know how to stop a rolling ball.	I know how to develop bouncing and catching a ball.	I know how to develop kicking a ball.

Dance 1

Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to explore different body parts and explore how they move.	I know how to express and communicate ideas through movement exploring directions and levels.	I know how to copy and repeat actions showing confidence and imagination.
	I know how to explore different body parts, explore how they move and remember and repeat actions.	I know how to create movements and adapt and perform different dance patterns.	I know how to move with control and co-ordination, linking, copying and repeating actions.

Fundamentals 1

Spring 1	SKILLS	APPLICATION	PERFORM
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	I know how to develop balancing whilst stationary and on the move.	I know how to develop jumping and landing.	I know how to hop and land with control.
	I know how to develop running and stopping.	I know how to develop changing direction.	I know how to explore different ways to travel.

Games 1

Spring 1	SKILLS	APPLICATION	PERFORM
	I know how to work safely and develop running and stopping	I know how to play games understanding the different roles within it.	I know how to work co-operatively and learn to take turns.
	I know how to develop throwing and to keep score.	I know how to follow instructions and move safely when playing tagging games.	I know how to work with others to play team games.

Gymnastics 1

Spring 2	SKILLS	APPLICATION	PERFORM
	I know how to copy and create shapes with my body.	I know how to develop balancing and taking weight off different body parts.	I know how to develop rocking and rolling.
	I know how to create shapes whilst on apparatus.	I know how to develop jumping and landing safely.	I know how to copy and create short sequences by linking actions together.

Ball skills 2

Spring 2	SKILLS	APPLICATION	PERFORM
	I know how to develop rolling and tracking a ball.	I know how to develop dribbling skills with hands.	I know how to develop dribbling skills with my feet.
	I know how to develop accuracy when throwing to a target.	I know how to develop throwing skills to a partner.	I know how to develop kicking accuracy towards a target.

Dance unit 2

Summer 1	SKILLS	APPLICATION	PERFORM
	I know how to copy, repeat and explore actions in response to a theme.	I know how to explore movement using a prop with control and co-ordination.	I know how to remember and repeat actions moving in time with the music.
	I know how to explore and remember actions considering level, shape and direction.	I know how to move with control and co-ordination, expressing ideas through movement.	I know how to explore actions in response to a theme and begin to use counts.

Gymnastics unit 2

Summer 1	SKILLS	APPLICATION	PERFORM
	I know how to create short sequences using shapes, balances and travelling actions.	I know how to jump and land safely from a height.	I know how to explore travelling over, under and through apparatus.
	I know how to balance safely using apparatus.	I know how to develop rocking and rolling skills.	I know how to create sequences using apparatus.

Games unit 2

Summer 2	SKILLS	APPLICATION	PERFORM
	I know how to aim when throwing and practice keeping score.	I know how to play against a partner.	I know how to explore ways of striking a ball and keeping score.
	I know how to follow instructions and move safely when playing tagging games.	I know how to develop co-ordination and play by the rules.	I know how to work co-operatively as a team.

Fundamentals 2

Summer 2	SKILLS	APPLICATION	PERFORM
	I know how to develop a range of balancing skills.	I know how to develop change of direction.	I know how to develop hopping skills.
	I know how to develop running and stopping.	I know how to develop jumping skills	I know how to explore ways to travel using a range of equipment.