



2021/2022 Coverage to support Planning process

EYFS Progression and Content - PE

Phase & Year groups	Learning Area	Coverage	Vocabulary	End of Term Outcome
EYFS 2021/22	<b>Travelling – Agility, Balance and Coordination</b> <i>Autumn 1</i>	<ul style="list-style-type: none"> <li>Use space effectively and safely</li> <li>Listening and responding to instructions (movement)</li> <li>Travel with confidence and control</li> <li>List and recognise the different parts of the body</li> <li>Understand and develop knowledge of healthy me</li> <li>Use skills of dodging and evading</li> <li>Create own movements to travel</li> <li>Create a range of shapes with body (high, low, wide, thin)</li> <li>Use a range of speeds and directional play</li> <li>Name and balance on different body parts</li> <li>Knowledge of animals and space for movement games (cross curricular)</li> <li>Use a range of movements for travelling</li> <li>Develop some risk taking</li> <li>Working collaboratively</li> </ul>	Space, agility, balance, coordination, dodging, weaving, describe, shapes – high, low, wide, flat, tall, direction, body parts, stomach, elbow, travel, travelling, scanning, movement, running, jogging, galloping, skipping, forwards, backwards, fast, slow, bounding, leaping, bouncing, shuffling.	<p><b>Outcome:</b></p> <p>To understand and use space safely and effectively inside and outside.</p> <p>To improve speed, control and confidence whilst travelling.</p> <p>To work collaboratively with others.</p> <p>To establish and apply turn taking.</p> <p>To be able to scan for space.</p> <p>To travel in different directions at different speeds.</p> <p>To understand and apply dodging and weaving skills.</p>
	<b>Ball Handling and Manipulation Skills</b> <i>Autumn 2</i>	<ul style="list-style-type: none"> <li>Use a range of equipment to explore handling and hand and eye coordination.</li> <li>Develop skills with a bean bag</li> <li>Develop skills with a ball</li> <li>Use different parts of the body to travel with a ball or beanbag</li> <li>Throwing, rolling and catching hoops, bean bags, quoits and tennis balls.</li> <li>Introduce cup and cage technique</li> </ul>	Bounce, catch, mirror, scan, dodge, weave, roll, cup, cage, palm, body parts (to lesson) throw, catch, squeeze, push, pat, dribble, travel, kick,	<p><b>Outcome:</b></p> <p>To be able to balance, roll, bounce and manipulate bean bags, hoops, tennis balls and quoits.</p> <p>To be develop skills with a range of objects.</p> <p>To control and handle a range of equipment</p> <p>To work collaboratively with other learners.</p> <p>Develop rolling and dribbling skills with a range of different size balls.</p>
	<b>Sending and Receiving Skills (range of objects)</b> <i>Spring 1</i>	<ul style="list-style-type: none"> <li>Use of cup technique for catching an object</li> <li>Use of cage technique for catching an object</li> <li>Describe and compare different catching strategies</li> <li>Use the follow through technique for rolling and throwing</li> <li>Catch using hands, cones and domes.</li> <li>Explore a range of throwing skills</li> <li>Work with others to roll and bounce</li> <li>Work with others to bounce and catch</li> <li>Sending and receiving over a short or middle distance</li> <li>Sending and receiving between apparatus</li> </ul>	Bouncing, rolling, throwing, explore, cup, cage, catch, follow through, palm, secure, safe, eye contact, flight, bean bag, ball, pat, scan, control, close,	<p><b>Outcome:</b></p> <p>To be able to send and receive a range of balls and objects safely.</p> <p>To learn the follow through for successful aiming and throwing.</p> <p>To explore the concept of flight and assessment.</p> <p>Exploring a range of sending skills.</p> <p>Exploring a range of receiving skills.</p> <p>Articulate learnt strategies and showcase to others.</p> <p>Control a range of balls.</p> <p>Improve hands and eye coordination</p>
	<b>Balancing and Body Shapes</b> <i>Spring 2</i>	<ul style="list-style-type: none"> <li>Explore a range of movements</li> <li>Balance on different body parts</li> <li>Balance using a range of point balances</li> <li>Learn a range of shapes – t shape, arabesque, pike, tuck, dish, arch and straddle.</li> </ul>	Star, pencil, wide, flat, tall, point balances, tip toes, t shape, arabesque, pike, dish, tuck, arch, straddle, core, balance, muscles, stomach, teddy bear roll, star roll, log roll, shape, linking,	<p><b>Outcome:</b></p> <p>To roll safely using a range of rolling techniques.</p> <p>Learn, describe and explore different gymnastics shapes.</p>



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		<ul style="list-style-type: none"> <li>• Introduction to rolling safely</li> <li>• Explore and learn the technique of a range of rolls – teddy bear, star, log roll</li> <li>• Explore shapes and balances</li> <li>• Create shapes and alphabets (phonics) with bodies.</li> <li>• Identifying letters and sounds</li> <li>• Working collaboratively</li> </ul>		<p>To explore the children’s creativity with travel.          Improve flexibility and coordination.          Explore different shapes with and without linking.</p>
	<p><b>Jumping, Landing and Rolling</b>  <i>Summer 1</i></p>	<ul style="list-style-type: none"> <li>• To further explore, consolidate and refine rolling.</li> <li>• Use of apparatus within gymnastics</li> <li>• Jumping and landing between and over apparatus.</li> <li>• Travelling across apparatus</li> <li>• Jumping and landing from apparatus.</li> <li>• Explore some shapes during flight safely</li> <li>• Technique for jumping and landing; how to jump safely</li> <li>• Understand what a gymnast is and how to care for our bodies</li> <li>• Exploring a range of jumping</li> <li>• Describe and compare jumping techniques</li> </ul>	<p>Log roll, teddy bear roll, star roll, jumping, landing, flight, soft knees, feet apart, eye contact, pencil jump, gymnastics, apparatus, safety, box, spring board, wall bars, mats, vault, body weight</p>	<p><b>Outcome:</b>          Performing to peer          Understanding and managing of bodies          To be able to jump and land in a number of environments.          Use different types of jumping.          To roll in different ways          To jump in different ways          To jump and land safely without support          To roll safely without support</p>
	<p><b>Running, Jumping and Throwing Skills</b>  <i>Summer 2</i></p>	<ul style="list-style-type: none"> <li>• Explore running methods</li> <li>• Learning standing sprint starts</li> <li>• Throwing with bean bags and foam javelins safely</li> <li>• Explore jumping strategies and consolidating jumping and landing</li> <li>• Sprinting over short distances (20 yards)</li> <li>• Learn and explore the long jump</li> <li>• Throwing bean bags, tennis balls and javelins into targets</li> <li>• Introduction to relays and running events</li> </ul>	<p>Running, jumping, throwing, sprint start, sprint, long distance, short distance, drive, set, forward, soft knees, safely, overarm, t position, gallop, flight, follow through, land,</p>	<p><b>Outcome:</b>          To explore and practice different techniques for running.          To learn the javelin throw          To throw into a target          To perform the sprint, start position and sprint over 20 yards          To throw a range of objects including a foam javelin          To take part in competitive games          To perform a long jump safely          To articulate key techniques</p>