**EYFS P.E. Curriculum – Summer Term 2**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Theme:** | | | | | | | |
| **Curriculum objectives** | | **Vocabulary** | | | | | **Links across the curriculum** |
| Fundamentals  To develop balancing whilst stationary and on the move. To develop running and stopping. To develop changing direction. To develop jumping and landing. To develop hopping and landing with control. To explore different ways to travel | | **Keyword** | Definition | direction | Which way you are going | |  |
| Balancing | Staying still or not falling over |  |  | |
| jumping | When you push up into the air |  |  | |
| landing | How you safely come back down |  |  | |
| hopping | Standing or jumping on 1 leg |  |  | |
| stationary | When you don’t move |  |  | |
| **Prior Learning:** | | | | **Future Learning:**  Year 1  Fundamentals To explore balance, stability and landing safely. To explore how the body moves differently when running at different speeds. To explore changing direction and dodging. To explore jumping, hopping and skipping actions. To explore co-ordination and combination jumps. To explore combination jumping and skipping in an individual rope. | | | |
| **Lesson Sequence** | **Key Knowledge** | | | | | **Key Skills** | |
| To develop balancing whilst stationary and on the move | Social: To help others, freeing them if they are stuck.  Emotional: To show honesty when playing tagging games.  Thinking: To make decisions about where to move to keep myself and others safe. | | | | | Squeeze your muscles to make your body tense. | |
| To develop running and stopping | Social: To move around keeping myself and others safe.  Emotional: To challenge myself to try to hopping over the cone.  Thinking: To understand and follow instructions. | | | | | Bend your knees to help you to stop.  Take big steps to run and small steps to stop. | |
| To develop changing direction | Social: To keep myself safe when moving around.  Emotional: To try my best.  Thinking: To decide when to change direction and where to go to try to lose my partner. | | | | | Bend your knee and push off in the opposite direction.  Turn your body to face a new direction.  Use small steps to help you to change direction. | |
| To develop jumping and landing | Social: To wait for others to finish using the hoop before I jump in, to help keep everyone safe.  Emotional: To show determination to land with control when using different take offs and landings.  Thinking: To understand and follow instructions. | | | | | Bend your knees to jump and land.  Look straight ahead and keep your chest up. | |
| To develop hopping and landing with control | Social: To wait for others to finish using the hoop before I jump in, to help keep everyone safe.  Emotional: To try my best.  Thinking: To understand which colours match the task. | | | | | Bend your knees when landing.  Keep your head up.  Squeeze your muscles to balance. | |
| To explore different ways to travel | Social: To move safely around others.  Emotional: To show honesty when playing games.  Thinking: To select and apply skills to travel. | | | | | Bend your knees to take off and land when jumping.  Crawl using hands and feet.  March with high knees.  Slide using different parts of your body.  Use the pattern step, jump, step to gallop. | |