

Whittlefield's PE OVERVIEW

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Games FMS Fitness	Games FMS Fitness	FMS Bridge Games Fitness	Invasion Games Fitness	Invasion games Swimming Fitness	Invasion Games Swimming Fitness
Autumn 2	Games FMS Fitness	Games FMS Fitness	FMS Bridge Games Fitness	Invasion Games Fitness	Invasion games Swimming Fitness	Invasion games Swimming Fitness
Spring 1	Dance Games FMS	Dance Games FMS	Dance Invasion Games Swimming	Dance Invasion Games Swimming	Dance Net/wall games	Dance Net/wall games
Spring 2	Dance Games FMS	Dance Games FMS	Dance Invasion Games Swimming	Dance Invasion Games	Dance Net/wall games	Dance Net/wall games
Summer 1	Athletics Swimming FMS Gymnastics	Athletic Games Swimming Gymnastics	OAA Net/Wall Games Gymnastics	OAA Net and wall games Gymnastics	OAA Striking and Field games Gymnastics	OAA Striking and Field games Swimming Intervention Gymnastics
Summer2	Athletics Swimming FMS	Athletics Games Swimming	Athletics Striking and fielding	Athletics Striking and fielding	Athletics Striking and Field Games	Athletics Striking and Field Games

EYFS

Throughout the year all children work towards these early year goals:

Physical Development

Moving and Handling:

- Experiments with different ways of moving.
- Jumps off an object and lands appropriately.
- Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
- Travels with confidence and skill around, under, over and through balancing and climbing equipment.
- Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.

Whittlefield's PE OVERVIEW

- Uses simple tools to effect changes to materials.
- Handles tools, objects, construction and malleable materials safely and with increasing control.
- Shows a preference for a dominant hand.
- Begins to use anticlockwise movement and retrace vertical lines.
- Begins to form recognisable letters.
- Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.
- Children show good control and co-ordination in large and small movements.
- They move confidently in a range of ways, safely negotiating space.
- They handle equipment and tools effectively, including pencils for writing.
- Health and Self Care
- Eats a healthy range of foodstuffs and understands need for variety in food.
- Usually dry and clean during the day.
- Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.
- Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.
- Shows understanding of how to transport and store equipment safely.
- Practices some appropriate safety measures without direct supervision.
- Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.
- They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.