



Tudor Grange Primary Academy Langley

Physical Education Overview

	0-3 Preschool	3-4 EYFS1	4-5 EYFS2	Links to KS1 C
EYFS Area of Learning	Physical			
Fundamental Knowledge: Fine Motor	- Learn to know when they want to use the toilet with help, eat finger food and develop likes and dislikes. Understand the importance of teeth cleaning. - Try a wider range of foods with different tastes and textures. - Build independently with a range of appropriate resources. - Use large and small motor skills to do things independently, for example manage buttons and zips, pour drinks and show an increasing desire to be independent, such as wanting to feed themselves and dress or undress.	- Be increasingly independent in meeting their own care needs, e.g. eating using cutlery, brushing teeth, using the toilet, washing and drying their hands thoroughly. - Start to eat independently and learning how to use a knife and fork. - Use one-handed tools and equipment, for example, making snips in paper with scissors. - Show a preference for a dominant hand. - Use a comfortable grip with good control when holding pens and pencils.	- Independently meet their own needs to eat using appropriate cutlery, use the toilet, wash and dry hands thoroughly, brush teeth - Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. - Develop the foundations of a handwriting style which is fast, accurate and efficient.	Pupils should be taught to: - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending - perform dances using simple movement patterns.
Fundamental Knowledge: Gross Motor	- Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them. - Clap and stamp to music - Enjoy starting to kick, throw and catch balls. - Spin, roll and independently use ropes and swings (for	- Use large-muscle movements to wave flags and streamers, paint and make marks. - Skip, hop, stand on one leg and hold a pose for a game like musical statues and are increasingly able to use and remember sequences and patterns of movements which are	- Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing - Develop the overall body strength, co-ordination, balance and agility needed	

	example, tyre swings). • Walk, run, jump and climb - and start to use the stairs independently • Sit on a push-along wheeled toy, use a scooter or ride a tricycle	related to music and rhythm. • Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. • Go up steps and stairs, or climb up apparatus, using alternate feet • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills	to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. • Combine different movements with ease and fluency • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group • Further develop and refine a range of ball skills (including: throwing, catching, kicking, passing, batting, and aiming) developing confidence, competence, precision and accuracy.	
Early Learning Goal	<u>Gross Motor</u> -Negotiate space and obstacles safely, with consideration for themselves and others. -Demonstrate strength, balance and coordination when playing. -Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <u>Fine Motor</u> -Hold a pencil effectively in preparation for fluent writing - using the tripod grip in almost all cases. -Use a range of small tools, including scissors, paintbrushes and cutlery. -Begin to show accuracy and care when drawing			

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1						
Gymnastics	Gymnastics	Gymnastics	Speed- stacking	Gymnastic s	Dodgeball	` Dodgeball
Multi skills & fun	Multi skills & fun	Multi skills	Football	Football	Football (DJ)	Football (DJ)
			Y3 Speed stacking Comp		Links to Dodgeball and Basketball festival and Football team selection	
Autumn 2						
Dance	Dance	Dance	Cheer leading	Cheer leading	Indoor athletics	Indoor athletics
	Ball Games	OAA (DJ)	Kwik Sticks	Kwik sticks	Basketball	Basketball
			Competition			
Spring 1						
	Fitness	Indoor Athletics	Gymnastics	Gymnastic s	Gymnastics/ Dance	Gymnastics / Dance
		Tennis	Tennis	Tennis	Netball (DJ)	Netball (DJ)
Spring 2						
	Rugby Fundamentals	Football (DJ)	Tag Rugby	Chance to shine cricket	Chance to shine cricket	Kwik Cricket
	Jungle Yoga	Dodgeball	Indoor athletics	Indoor athletics	Dance	Badminton
				Cricket Festival	Cricket Festival	
Summer 1						
Football	Football	TAG Rugby	Quad Kids	Cricket	Athletics (DJ)	Athletics (DJ)
Tennis	Tennis	Golf	Dance	Quad Kids	Badminton	Badminton
Summer 2						
Athletics	Athletics	Athletics (DJ)	Athletics	Athletics	Rounders	Rounders
		Kwik Cricket	Badminton	Rounders	Rugby	Rugby