



## EYFS PE Overview

Key Concepts NC PoS Reference	Vocabulary	Substantive Knowledge	Disciplinary & Procedural Knowledge
<p>Ball Skills</p> <ul style="list-style-type: none"> <li>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> <li>Work and play cooperatively and take turns with others.</li> <li>Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>Use a range of small tools, including scissors, paint brushes and cutlery.</li> <li>Demonstrate strength, balance and coordination when playing.</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping, and climbing.</li> <li>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</li> </ul>	<ul style="list-style-type: none"> <li>Collect</li> <li>ball control</li> <li>games</li> <li>bounce</li> <li>count</li> <li>hand</li> <li>high</li> <li>explore</li> <li>safety</li> <li>height</li> </ul>	<ul style="list-style-type: none"> <li>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment.</li> <li>Shows some understanding towards the effects of activity on their body.</li> <li>Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.</li> </ul>	<ul style="list-style-type: none"> <li>Can play in a group, extending and elaborating play ideas within the group.</li> <li>Shows increasing control when throwing and catching a large ball.</li> <li>Begins to accept the needs of others and can take turns and share, sometimes with the support of others.</li> </ul>

<p>Dance</p> <ul style="list-style-type: none"> <li>• Moves confidently in a range of ways, safely negotiating space.</li> <li>• Knows the importance for good health of physical exercise and a healthy diet.</li> <li>• Can manage their own basic hygiene and personal needs successfully, including dressing.</li> <li>• Confident to try new activities and say why they like some more than others.</li> <li>• Work as part of a team.</li> </ul>	<p>Teamwork</p> <ul style="list-style-type: none"> <li>• Music</li> <li>• Movement</li> <li>• Count</li> <li>• Together</li> <li>• Counting</li> <li>• Create</li> <li>• Ideas</li> <li>• Dance</li> <li>• Impression</li> <li>• Mirror</li> <li>• Character</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the concept of playing characters and taking on different roles</li> <li>• and perform in character to the music.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore different movements – keeping good balance and coordination.</li> <li>• Show different emotions, impressions and expressions depending on the stimuli.</li> <li>• Listen to the music and move in time with it.</li> <li>• Work well with a partner, copying and mirroring movements.</li> <li>• Work well with others.</li> </ul>
<p>Fun &amp; Games</p> <p>Plays cooperatively, taking turns with others.</p> <ul style="list-style-type: none"> <li>• Understand and follow rules.</li> <li>• Work as part of a team.</li> <li>• Confident to try new activities and say why they like some more than others.</li> <li>• Handles equipment and tools effectively, including pencils for writing.</li> <li>• Moves confidently in a range of ways, safely negotiating space.</li> </ul>	<p>Look</p> <ul style="list-style-type: none"> <li>• Watch</li> <li>• Sight</li> <li>• Hear</li> <li>• Listen</li> <li>• Run</li> <li>• Direction</li> <li>• Head Up</li> <li>• Work Together</li> <li>• Counting</li> <li>• Breathing</li> </ul>	<p>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment.</p> <ul style="list-style-type: none"> <li>• Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.</li> </ul>	<p>Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</p> <ul style="list-style-type: none"> <li>• Begins to accept the needs of others and can take turns and share, sometimes with the support of others.</li> <li>• Moves freely and with pleasure and confidence in a range of skilful ways.</li> <li>• Shows understanding when counting objects to 10 and beginning to count beyond 10</li> </ul>
<p>Me &amp; Myself</p> <p>Understand and follow rules.</p> <ul style="list-style-type: none"> <li>• Plays cooperatively, taking turns with others.</li> <li>• Can manage their own basic hygiene and personal needs successfully, including dressing.</li> <li>• Knows the importance for good health of physical exercise and a healthy diet.</li> </ul>	<ul style="list-style-type: none"> <li>• Uniform</li> <li>• Changing</li> <li>• Quick/Speed</li> <li>• Lesson</li> <li>• Listen</li> <li>• Instruction</li> <li>• Body Parts</li> <li>• Direction</li> <li>• Awareness</li> <li>• Heart Rate</li> </ul>	<p>Shows some understanding towards the effects of activity on their body.</p> <ul style="list-style-type: none"> <li>• Responds to ideas showing understanding, asking appropriate questions of others</li> </ul>	<p>Ability to dress themselves with support if necessary.</p> <ul style="list-style-type: none"> <li>• Moves freely and with pleasure and confidence in a range of skilful ways.</li> <li>• Engages in conversation with others.</li> <li>• Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</li> <li>• Ability to link sounds to letters, naming and sounding the letters of the alphabet.</li> </ul>
<p>Movement Development</p> <p>Shows good control and co-ordination in large and small movements</p>	<p>Control</p> <ul style="list-style-type: none"> <li>• Coordination</li> <li>• Slow</li> <li>• Fast</li> <li>• High</li> <li>• Low</li> <li>• Walk</li> </ul>	<p>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks.</p> <ul style="list-style-type: none"> <li>• Shows some understanding towards the effects of activity on their body.</li> <li>• Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.</li> </ul>	<p>Travels with confidence and skill in a range of movements when using equipment.</p> <ul style="list-style-type: none"> <li>• Moves freely and with pleasure and confidence in a range of skilful ways.</li> <li>• Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles</li> </ul>

<ul style="list-style-type: none"> <li>• Moves confidently in a range of ways, safely negotiating space.</li> <li>• Knows the importance for good health of physical exercise and a healthy diet.</li> <li>• Can manage their own basic hygiene and personal needs successfully, including dressing.</li> <li>• Confident to try new activities and say why they like some more than others.</li> <li>• Understand and follow rules.</li> </ul>	<ul style="list-style-type: none"> <li>• Run</li> <li>• Fluently</li> <li>• Free</li> <li>• Awareness</li> <li>• Space</li> <li>• Creative</li> <li>• Movements</li> </ul>		
<p>Throwing &amp; Catching</p> <p>Can manage their own basic hygiene and personal needs successfully, including dressing.</p> <ul style="list-style-type: none"> <li>• Shows good control and co-ordination in large and small movements.</li> <li>• Handles equipment and tools effectively, including pencils for writing.</li> <li>• Plays cooperatively, taking turns with others.</li> <li>• Understand and follow rules.</li> <li>• Confident to try new activities and say why they like some more than others.</li> </ul>	<p>Throw</p> <ul style="list-style-type: none"> <li>• Catch</li> <li>• Watch</li> <li>• Aim</li> <li>• Target</li> <li>• Push</li> <li>• Roll/push</li> <li>• Kick</li> <li>• Hands</li> <li>• Bounce</li> <li>• Count</li> <li>• Ready</li> </ul>	<p>Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment.</p> <ul style="list-style-type: none"> <li>• Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.</li> </ul>	<p>Showing increased control when catching a ball.</p> <ul style="list-style-type: none"> <li>• Shows increasing control over an object, pushing, passing, throwing, catching, or kicking it.</li> <li>• Moves freely and with pleasure and confidence in a range of skilful ways.</li> <li>• Can play fairly in a group. Show the ability to accept the needs of others and can take turns and share resources, sometimes with support from others.</li> </ul>
<p>Working With Others</p> <p>Can manage their own basic hygiene and personal needs successfully, including dressing.</p> <ul style="list-style-type: none"> <li>• Shows good control and co-ordination in large and small movements.</li> <li>• Handles equipment and tools effectively, including pencils for writing.</li> <li>• Work as part of a team.</li> <li>• Understand and follow rules</li> </ul>	<ul style="list-style-type: none"> <li>• Throw</li> <li>• Catch</li> <li>• Watch</li> <li>• Aim</li> <li>• Target</li> <li>• Ready</li> <li>• Roll</li> <li>• Bounce</li> <li>• Count</li> <li>• Help</li> <li>• Team</li> <li>• Partner</li> </ul>	<p>Shows some understanding that good practices regarding exercise, eating, sleeping and hygiene can contribute to good health.</p> <ul style="list-style-type: none"> <li>• Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.</li> </ul>	<p>Can play in a group.</p> <ul style="list-style-type: none"> <li>• Keeps play going by responding to what others are saying or doing.</li> <li>• Begins to accept the needs of others and can take turns and share, sometimes with the support of others.</li> <li>• Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</li> </ul>