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| **EYFS** |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Athletics  | Gymnastics  | Dance  | Athletics | Gymnastics | Dance |
| Striking and fielding Games  | Invasion Games  | Striking and fielding Games | Invasion Games | Striking and fielding Games | Invasion Games |
| Health and Self Care to be continually referred to throughout the year.  |

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| Progression Statements  |
| **Invasion games**(links to moving & handling)  | **Striking & Fielding Games**(links to moving & handling) | **Dance**(links to being imaginative) | **Gymnastics**(links to moving & handling) | **Athletics**(links to moving & handling) |
| Send & receive a ball by rolling from hand & striking with footAim & throw object underarm Catch balloon/bean bag/scarf & sometimes a bouncing ballMove and stop safely in a specific area Play a passing & target game alone and with a partner | Aim & throw object underarm Catch balloon/bean bag/scarf & sometimes a bouncing ballUse hand to strike a bean bag or ball and move towards a scoring area Begin to use a bat to hit a ball or bean bag | Move to music. Copy dance moves.Perform some dance moves.Move around the space safely. | Make body tense, relaxed, curled andstretched.Balance on small/large body parts & understand stillnessMake large and small body shapesClimb & hang from apparatusPerform basic travelling actions on various body parts | Explore different ways of moving.Practise running. |