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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 foot  Aim & throw object underarm  Catch balloon/bean bag/scarf & sometimes a bouncing ball  Move 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 ball  Use 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 and  stretched.  Balance on small/large body parts & understand stillness  Make large and small body shapes  Climb & hang from apparatus  Perform basic travelling actions on various body parts | Explore different ways of moving.  Practise running. |