

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
N	Play, Move, Explore	Move, Match, Magic	Explore, Evade, Escape	Search, Steal, Share	Crawl, Climb, Collect	Hands, Feet, Equipment
R	Play, Move, Explore	Move, Match, Magic	Explore, Evade, Escape	Search, Steal, Share	Crawl, Climb, Collect	Hands, Feet, Equipment

Y1	Look Run Avoid Throw Prepare Catch	Agility Balance Coordination Duel Win Lose	Inspire Create Perform Hands Feet Equipment	React Roll Retrieve Fair Share Dare	Jump Shape Create Target Control Combine	Run Jump Throw Send Receive Return
Y2	Look Run Avoid Throw Prepare Catch	Agility Balance Coordination Duel Win Lose	Inspire Create Perform Hands Feet Equipment	React Roll Retrieve Fair Share Dare	Jump Shape Create Target Control Combine	Run Jump Throw Send Receive Return

Many of the EYFS units focus on the the statutory framework and each unit is specifically designed to address the three prime areas:
• communication and language • physical development • personal, social and emotional development

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. **Gross and fine motor experiences** develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, coordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, coordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye coordination.

All of the EYFS units are designed and written with this progression in mind.

For further details of how we progress to build on these fundamental movement skills, please see [PE Progression Overview 2023 2024.docx](#)

Y3	Hands Feet Equipment	Agility Balance Coordination	Duel Win Lose	Fair Share Dare	Inspire Create Perform	Run Jump Throw
	Hands Feet Equipment (Link to Football)	Look Run Avoid (Link to Tag Rugby)	Strike React Rally (Link to Tennis)	React Roll Retrieve (Link to Cricket)	Target Control Combine (Link to Rounders)	Accuracy Power Distance (Link to Athletics)
Y4	Hands Feet Equipment	Agility Balance Coordination	Duel Win Lose	Fair Share Dare	Inspire Create Perform	Run Jump Throw
	Hands Feet Equipment (Link to Football)	Look Run Avoid (Link to Tag Rugby)	Strike React Rally (Link to Tennis)	React Roll Retrieve (Link to Cricket)	Target Control Combine (Link to Rounders)	Accuracy Power Distance (Link to Athletics)
Y5	Evade Invade Capture (Lacrosse)	Symmetry Balance Travel	Fair Share Dare	Lend Move Score	Explore Slove Challenge	Inspire Create Perform
	Block Guard Support (Link to Basketball)	Watch Move Connect (Link to Tag Rugby)	Aim Strike Retrieve (Link to Cricket)	Serve Set Slam (Link to Tennis)	Run Jump Throw (Link to Athletics)	Speed Distance Strength (Link to Athletics)
Y6	Evade Invade Capture (Lacrosse)	Symmetry Balance Travel	Fair Share Dare	Lend Move Score	Explore Slove Challenge	Inspire Create Perform
	Block Guard Support (Link to Basketball)	Watch Move Connect (Link to Tag Rugby)	Aim Strike Retrieve (Link to Cricket)	Serve Set Slam (Link to Tennis)	Run Jump Throw (Link to Athletics)	Speed Distance Strength (Link to Athletics)

PE - Beyond The Physical - taught by class teachers and as part our of CPD programme with Nathan Lowe
Sport Coaching (now linked to BtP) taught by Dean Jordan (KS2 PPA)
External specialist coaches