

EYFS Overview Long Term Plan 24 - 25

		Physical Development					
		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Theme		What makes me, me?	What do I celebrate and why?	Traditional Tales: Should they change, or should they stay the same?	Spring Growth	Minibeasts: What can we find crawling in the grass, ground, under pots and all around?	Under the Sea: What does life look like under the sea?
Physical Development	Gross Motor Skills	<p style="text-align: center;">PE Unit-Play</p> <p>3&4:</p> <ul style="list-style-type: none"> - Skip, hop, stand on one leg and hold a pose for a game like musical statues. - Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. <p>Rec:</p> <ul style="list-style-type: none"> - Refine the fundamental movement skills, such as: crawling, walking, jumping, running, hopping, skipping. - Combine different movements with ease and fluency. - Further develop and refine a range of ball skills including: throwing, catching, kicking and passing. <p>ELG:</p> <ul style="list-style-type: none"> - Negotiate space and obstacles safely, with consideration for themselves and others. - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<p style="text-align: center;">PE Unit- Balance</p> <p>3&4:</p> <ul style="list-style-type: none"> - Skip, hop, stand on one leg and hold a pose for a game like musical statues. - Continue to develop their movement, balancing. - Start taking part in some group activities which they make up for themselves, or in teams. <p>Rec:</p> <ul style="list-style-type: none"> - Develop the overall body strength, co-ordination and balance. - Use their core muscle strength. <p>ELG:</p> <ul style="list-style-type: none"> - Demonstrate strength, balance and coordination when playing. 	<p style="text-align: center;">PE Unit- Co-ordination</p> <p>3&4:</p> <ul style="list-style-type: none"> - Match their developing physical skills to tasks and activities in the setting. <p>Rec:</p> <ul style="list-style-type: none"> - Combine different movements with ease and fluency. - Develop overall body-strength, balance, co-ordination and agility. - Further develop and refine a range of ball skills including: throwing, catching, kicking, passing and aiming. <p>ELG:</p> <ul style="list-style-type: none"> - Negotiate space and obstacles safely, with consideration for themselves and others. 	<p style="text-align: center;">PE Unit-Jumping</p> <p>3&4:</p> <ul style="list-style-type: none"> - Go up steps and stairs, or climb up apparatus, using alternate feet. - Skip, hop, stand on one leg and hold a pose for a game like musical statues. - Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. - Refine the fundamental movement skills, such as: jumping, hopping, and skipping. - Develop overall body-strength, balance, co-ordination and agility. <p>ELG:</p> <ul style="list-style-type: none"> - Negotiate space and obstacles safely, with consideration for themselves and others. - Demonstrate strength, balance and coordination when playing. - Move energetically, such as running, jumping, hopping, skipping and climbing. 	<p style="text-align: center;">PE Unit- Agility</p> <p>Rec:</p> <ul style="list-style-type: none"> - Combine different movements with ease and fluency. - Develop overall body-strength, balance, co-ordination and agility. <p>ELG:</p> <ul style="list-style-type: none"> - Negotiate space and obstacles safely, with consideration for themselves and others. - Demonstrate strength, balance and coordination when playing. 	<p style="text-align: center;">PE Unit- Target</p> <p>3&4:</p> <ul style="list-style-type: none"> - Start taking part in some group activities which they make up for themselves, or in teams. - Match their developing physical skills to tasks and activities in the setting. <p>Rec:</p> <ul style="list-style-type: none"> - Further develop and refine a range of ball skills including: throwing, catching, kicking, passing and aiming. <p>ELG:</p> <ul style="list-style-type: none"> - Demonstrate strength, balance and coordination when playing.
	Fine Motor Skills	<p>3&4:</p> <ul style="list-style-type: none"> - Choose the right resources to carry out their own plan. - Collaborate with others to manage large items. - Use one-handed tools and equipment. - Use a comfortable grip with good control when holding pens and pencils. - Show a preference for a dominant hand. - Be increasingly independent as they get dressed and undressed. <p>Rec:</p> <ul style="list-style-type: none"> - Develop their small motor skills so that they can use a range of tools competently, safely and confidently. - Further develop the skills they need to manage the school day successfully. <p>ELG:</p> <ul style="list-style-type: none"> - Use a range of small tools, including scissors, paint brushes and cutlery. 	<p>3&4:</p> <ul style="list-style-type: none"> - Use one-handed tools and equipment. - Use a comfortable grip with good control when holding pens and pencils. - Be increasingly independent as they get dressed and undressed. <p>Rec:</p> <ul style="list-style-type: none"> - Develop their small motor skills so that they can use a range of tools competently, safely and confidently. - Develop the foundations of a handwriting style which is fast, accurate and efficient. <p>ELG:</p> <ul style="list-style-type: none"> - 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, paint brushes and cutlery. - Begin to show accuracy and care when drawing. 	<p>Rec:</p> <ul style="list-style-type: none"> - Develop their small motor skills so that they can use a range of tools competently, safely and confidently. - Develop the foundations of a handwriting style which is fast, accurate and efficient. <p>ELG:</p> <ul style="list-style-type: none"> - 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, paint brushes and cutlery. - Begin to show accuracy and care when drawing. 			