

## Wadsworth Fields EYFS Curriculum

### P.E.

#### EYFS Curriculum Physical Development – Gross Motor

<b>Nursery</b>	Skipping, hopping and standing on one leg and holding a position for a few seconds Balancing and riding a trike or scooter Going up steps or stairs using alternative feet Catch a large ball Move freely with pleasure and confidence in a range of ways such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping Run skillfully and negotiate spaces successfully, adjusting speed or direction to avoid obstacles Responding to music showing appropriate movement and rhythm		
<b>Reception</b>	<b>Autumn Term</b> Move freely with confidence in a range of ways Mount stairs, steps or climbing equipment using alternative steps Stand momentarily on one foot Run skillfully whilst negotiating space successfully, adjusting speed and direction as needed	<b>Spring Term</b> Start to experiment with different types of movement Jump off objects safely and carefully Negotiate space carefully Travel with confidence and skill when moving around, under, over and through various equipment Show increasing control when throwing catching and kicking a ball Use MAST project	<b>Summer Term</b> Negotiate space and obstacles safely with consideration for themselves and others Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing Run along a straight track
<b>Vocabulary</b>	Space. Movement words. Safety. Balance. Look. Equipment words. Vocabulary related to health.		
<b>Cultural Capital</b>	Foundation Sports Morning, Yoga,		