

Medium Term Plan – PE - EYFS Autumn 1 Coordination (Footwork) and Static balance (One leg)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE Platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (Coordination)	Lessons 1-3	Lessons 1-3	Warm up (Bike adventure) Skill (exploring footwork) Skill application (I'm riding on my bike) Review method
	Side-step in both directions.	Keep head up	fluency	
	Gallop, leading with either foot with:	Bend knees to help you balance.	gallop	
	good control.	work off balls of feet.	side-step	Warm up (Bike adventure) Skill (footwork) Skill application (I'm riding on my bike) Review method
	good balance.		control	
	smooth movements	Lessons 4-6	hop	Warm up (Bike adventure) Skill (footwork) Skill application (Off for a ride) Review method
	Lessons 4-6 (Static balance)	Keep head up and still.	skip	
	On both legs:	Keep tummy tight.	directions	Warm up (Pirate adventure) Skill (exploring 1 leg balance) Skill application (Oh you'll never get to sea) Review method
	Stand still for 5 seconds with:	Keep back straight.	forwards	
	minimum wobble.		backwards	Warm up (Pirate adventure) Skill (one leg) Skill application (Oh you'll never get to sea) Review method
	standing foot still.		Lessons 4-6	
	non-standing foot off the floor.		back (body)	Warm up (Pirate adventure) Skill (one leg) Skill application (popping pirates) Review method
			challenging	
			wobble	
			muscles	
			straight	

Medium Term Plan – PE - EYFS Autumn 2 Dynamic agility (jumping and landing) and static balance (seated)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE Platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (Dynamic agility)	Lessons 1-3	Lessons 1-3	Warm up (moon adventure) Skill (exploring jumping and landing) Skill application (I jumped aboard a rocket ship) Review method
	Jump from 2 feet to 2 feet forwards, backwards with:	Bend knees on take-off and landing.	width	Warm up (moon adventure) Skill (jumping and landing) Skill application (home planet) Review method
	good take off and height.	Keep feet a shoulder width apart.	take-off	
	balance and control on landing.	Keep head up and land on balls of feet.	balance	Warm up (moon adventure) Skill (umping and landing) Skill application (home planet) Review method
	soft landings.	Lessons 4-6	jump	
	Lessons 4-6 (static balance)	Keep back straight.	Lessons 4-6	Warm up (fun in the jungle) Skill (exploring seated balance) Skill application (Five cheeky monkeys) Review method
	Balance with both hands/ down.	Keep head up and still.	seated	
	Balance with 1 hand/ 2 feet down.	Keep tummy tight.	balance	Warm up (fun in the jungle) Skill (seated) Skill application (Five cheeky monkeys) Review method
	Balance with 2 hands/ 1 foot down with:		wobble	
	hands/feet up for 10 seconds.		position	Warm up (fun in the jungle) Skill (seated) Skill application (cheeky monkey says) Review method
	minimum wobble (control).		touching	
	balance held without strain.		control	

Medium Term Plan – PE - EYFS Spring 1 Dynamic balance (on a line) counter Static balance (stance)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE Platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (Dynamic balance)	Lessons 1-3	Lessons 1-3	Warm up (train adventure) Skill (on a line) Skill application (5 little puffer trains) Review method (magic bean bags)
	Walk forwards with fluidity and minimum wobble with:	Keep back straight	minimum	
	smooth movements.	Keep head up and still.	line	
	balance maintained on the line.	Swing arms to help move and balance.	wobble	Warm up (train adventure) Skill (on a line) Skill application (5 little puffer trains) Review method (magic bean bags)
	opposite arm and leg moving forwards.	Lessons 4-6	backwards	
	Lessons 4-6 (Static balance)	Keep feet a shoulder width apart.	Lessons 4-6	Warm up (train adventure) Skill (on a line) Skill application (puffing along) Review method (magic bean bags)
	Stand on line with good stance for 5 seconds with:	Keep balls of feet on the line.	stance	
	both feet facing forwards.	Keep back straight and head up.	balance	Warm up (line out) Skill (exploring stance) Skill application (children on a rope) Review method (magic bean bags)
	feet still.		ball	
	minimum wobble (control)		line	
			heel	Warm up (line out) Skill (stance) Skill application (children on a rope) Review method (magic bean bags)
				Warm up (line out) Skill (stance) Skill application (tightrope twins) Review method (magic bean bags)

Medium Term Plan – PE - EYFS Spring 2 coordination (ball skills) and counter balance (with a partner)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE Platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (ball skills)	Lessons 1-3	Lessons 1-3	Warm up (Clown's naughty ball) Skill (Exploring ball skills) Skill application (Shoulders, tummy, knees and toes) Review method (badge of honour)
	Sit and roll a ball along the floor around body using 2 hands.	Keep tummy tight.	Toes	
	Sit and roll a ball along the floor around body using 1 hand (right and left) with:	Keep back straight and head up.	Rock	
	balance maintained throughout.	Hold on to your partner's forearms.	Lean	Warm up (Clown's naughty ball) Skill (ball skills) Skill application (Shoulders, tummy, knees and toes) Review method (badge of honour)
	smooth, controlled movements.	Lessons 4-6	side-to-side	
	coordinated movements with partner.	Keep tummy tight.	Lessons 4-6	
	Lessons 4-6 (counter balance)	Keep back straight and head up.	Toes	Warm up (Clown's naughty ball) Skill (ball skills) Skill application (Add a clown move) Review method (badge of honour)
	Sit holding hands with toes touching, lean in together then apart.	Hold on to your partner's forearms.	rock	
	Sit holding 1 hand with toes touching, lean in together then apart with:		lean	
	balance maintained throughout.		side-to-side	Warm up (Off to the seaside) Skill (Exploring counter balance) Skill application (Hold on tight) Review method (badge of honour)
	smooth, controlled movements.			Warm up (Off to the seaside) Skill (with a partner) Skill application (Hold on tight) Review method (badge of honour)
	coordinated movements with partner.			Warm up (Off to the seaside) Skill (with a partner) Skill application (Whacky water sports) Review method (badge of honour)

Medium Term Plan – PE - EYFS Summer 1 coordination (sending and receiving) and agility (reaction/response)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE Platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (coordination)	Lessons 1-3	Lessons 1-3	Warm up (Circus training school) Skill (Exploring sending and receiving) Skill application (Bouncing balls) Review method (Gift cards)
	Roll large ball and collect the rebound with: accuracy when sending. appropriate power/weight when sending. a good position when receiving.	Look at partner. Use backswing and follow through. Adopt a good 'ready position' (weight on balls of feet, wide base). Keep eyes focused on the ball.	Roll Partner ready position	Warm up (Circus training school) Skill (sending and receiving) Skill application (Bouncing balls) Review method (Gift cards)
	Lessons 4-6 (agility)	Lessons 4-6	rebound	Warm up (Circus training school) Skill (sending and receiving) Skill application (partner juggle) Review method (Gift cards)
	From 1, 2 and 3 metres: React and catch large ball dropped from shoulder height after 2 bounces with: minimum wobble. standing foot still. non-standing foot off the floor.	Push off hard with feet. Keep head steady and watch the ball. Move feet to get to the ball, rather than stretching, and bend knees.	backswing power weight	Warm up (Land of the beans) Skill (Exploring reaction and response) Skill application (RINGO) Review method (Gift cards)
			Lessons 4-6	
			Reach shoulder height catch	Warm up (Land of the beans) Skill (reaction and response) Skill application (RINGO) Review method (Gift cards)
				Warm up (Land of the beans) Skill (reaction and response) Skill application (magic beans) Review method (Gift cards)

Medium Term Plan – PE - EYFS Summer 2 Agility (ball chasing) and static balance (Floorwork)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE Platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (agility)	Lessons 1-3	Lessons 1-3	Warm up (The hairy, scary, woods) Skill (Exploring ball chasing) Skill application (Two cheeky squirrels) Review method (Always, sometime, rarely)
	Roll a ball, chase and collect it in balanced position facing opposite direction with: control when starting and stopping quickly. timing to get in the right position. balance/control when collecting the ball.	Take up a good ready position and push off hard. Keep head steady and watch the ball. Try rolling the ball at different speeds to get the right challenge.	Roll collect chase	Warm up (The hairy, scary, woods) Skill (Ball chasing) Skill application (Two cheeky squirrels) Review method (Always, sometime, rarely)
	Lessons 4-6 (Static balance)	Lessons 4-6	Lessons 4-6	Warm up (The hairy, scary, woods) Skill (Ball chasing) Skill application (Collecting nuts for winter) Review method (Always, sometime, rarely)
	Hold mini-front support position: balance maintained throughout. correct position held. control when changing balance/ position.	Keep back straight and tummy tight. Keep knees in line with hips. Complete this slowly.	mini-front support position reach round hold	Warm up (Little Kitties time to play) Skill (Exploring floor work) Skill application (Hungry, hungry Casper cat) Review method (Always, sometime, rarely)

				Warm up (Little Kitties time to play) Skill (Exploring floor work) Skill application (Hungry, hungry Casper cat) Review method (Always, sometime, rarely)
				Warm up (Little Kitties time to play) Skill (Exploring floor work) Skill application (Create a cat) Review method (Always, sometime, rarely)