

# Dance

EYFS : Themes: Jungle, Nursery Rhymes, Seasons, The Circus, Toys

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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SKILLS</b>  I can.....	Use my body and create simple theme related shapes, movements and actions	Use my body to express simple theme related shapes, movements and feelings	Travel safely and creatively in space.  Show different levels when I travel	Communicate effectively with a partner  Use pictures to create shapes, movements and actions	Work with a partner.  Look at pictures and create shapes, movements and actions	Remember and perform a basic sequence of movement when led by a teacher  Identify what good looks like

# Fine Motor Skills 1

## EYFS - Fine Motor Skills 1

This unit looks to build on children’s gross motor skills and combines locomotion skills with fine motor activities.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p><b>SKILLS</b></p> <p>I can.....</p>	<p>Run skilfully</p> <p>Negotiate space suc-cessfully</p>	<p>Use the strength in my hand to manipulate objects</p> <p>Pick up, carry and put down with care</p>	<p>Pick up, carry and put down with care.</p> <p>Attack and defend in chasing games</p> <p>Pick up, carry and put down with care.</p>	<p>Thread with control</p> <p>Negotiate space suc-cessfully</p>	<p>Be excited about, and confident in, my jobs.</p> <p>Pick up, carry and thread with control</p>	<p>Be excited about, and confident in, my jobs.</p> <p>Build carefully using small objects</p>

# Fundamental Movement 1

## Fundamental Movement skills 1

In this unit children work on developing their fine motor skills.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SKILLS</b>	Run skilfully	Pick up, carry and put down with care	Show increasing control over an object.	Balance on one leg	Be excited about, and confident in, my jobs.	Thread objects
I can.....	Negotiate space successfully	Use tools to help me manipulate objects	Control my emotions when playing games	Move through an obstacle course skilfully	Encourage my teammates whilst I wait my turn	Play games fairly

# Gym

## Nursery - Gymnastics - Travelling, stopping and making shapes

Travelling, stopping, making shapes

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SKILLS</b>		Travel in different ways along the floor	Jump in different ways	Travel with confidence & skill around,	Travel high and low in	Travel in different ways with my weight
I can.....	Mirror a friend's movements	Balance on different body parts	Make up a short sequence	under, over & through. Travel, stop & balance with control in	different pathways	on my hands.
	Make up a short sequence	Make up a short sequence	Use apparatus imaginatively	curled or stretched shapes.	Link 2 movements together.	Start & finish my work
	Use apparatus safely	Use apparatus		Link 2 movements together.		in interesting ways
						Link movements together.

# Gym

## Reception - Gymnastics - Rocking and rolling

### Rocking and rolling

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SKILLS</b>	Rock on different body parts	Travel from a rock into a roll	Roll sideways and forwards with control	Perform varieties of pencil rolls	Rock and roll	Demonstrate 3 different ways of rolling with good control.
I can.....	Perform a sequence of moves where I transfer the weight from one part of my body to another.	Perform a log and egg roll with control and as part of a sequence.	Leap Scissor kick	Jump from low apparatus in different ways	Perform in canon with a partner	Move from one roll to another by rocking.  Give good feedback to a partner

# Locomotion 1

## EYFS - Locomotion

One of the 3 key Fundamental movement skill areas, locomotion 1 introduces children to moving in different ways whilst learning about their own space and negotiating space with others

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SKILLS</b>	Find a space	Run skilfully and negotiate space.	Hop on either leg	Jump in different ways	Dodge	Gallop
I can.....	Walk forwards and backwards, stopping when instructed	Work as part of a team	Negotiate space suc-cessfully	Move freely and with pleasure and confidence in a range of ways	Slide to my left and right	Manipulate objects whilst galloping
	Negotiate space suc-cessfully					Gallop confidently with either leg as the lead leg

# Locomotion 2

## EYFS - Locomotion 2

Locomotion 2 builds on those ways of travelling from locomotion 1 and looks at linking movements and involves apparatus like a skipping rope.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SKILLS</b>	Jump in a variety of ways	Jump for distance	Jump for height	Jump with a scissor kick	Skip with a rope	Skip with more consistency with a rope
I can.....		Jump from a standing position	Jump with a run up	Jump with a small run	Jump with a small run	Jump in a variety of ways

# Object Manipulation 1

## EYFS - Object Manipulation 1

One of the 3 key fundamental movement skills this unit works on children's familiarity with objects and confidence in moving them in different ways.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SKILLS</b>  I can.....	Find a good space  Show increasing control over an object in pushing it around parts of my body  Play games, taking turns.	Show increasing control over an object  Twist and turn  Reach and bend	Move a ball with control and in different directions  Apply the right amount of force to a ball	Roll a ball  Stop a ball when it is rolled to me.	Catch an object.  Throw underarm accurately for my friend to catch.	Bounce and catch a ball.  Travel around bouncing safely

# Stability 1

## EYFS - Stability 1

Stability is a fundamental movement skill and this unit focuses on static balances and then moves into dynamic ways of balancing.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SKILLS</b>  I can.....	Balance on one leg whilst still.  Maintain balance whilst moving slowly	Twist, bend and reach whilst maintaining my balance  Respond quickly to instructions	Push down, up, forward, backwards, high  Pull down, up, forward, backwards, high	Jump in a variety of ways  Leap	Maintain my balance whilst lifting and carrying.  Pick something up whilst balanced on one leg	Dodge  Use space safely

# Stability 2

## EYFS - Stability 2 Twisting, bending, reaching, balancing and dodging.

This unit builds on stability one and focuses on more dynamic balance and particularly dodging a pre-requisite for being successful in invasion games

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SKILLS</b>  I can.....	Twist, bend and reach whilst maintaining my balance  Follow instructions and play games	Maintain balance whilst twisting and bending and reaching  Slide to my left and right	Dodge to my left foot off my right foot.  Travel safely considering others	Dodge to the right off my left foot?  Travel around with control and awareness of others.	Dodge off either foot  Travel confidently	Evade others.  Travel with awareness of others

# Yoga

## EYFS - Yoga

In this unit children will create poses associated with topical themes

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SKILLS</b>	Perform a butterfly pose	Pose like creatures and features that can be found in The Arctic	Think imaginatively Stretch high and retain my balance	Perform a tree pose Perform a downward dog pose	Hold poses which depict Romans and Roman life	Hold poses which depict life at sea
I can.....	Perform a lion pose					