



Cliffe Woods Primary school

Physical Education Coverage Overview

EYFS

Terms 1 & 2	Terms 3 & 4	Terms 5 & 6
<p>Physical development in EYFS has two strands – Gross Motor Skills and Fine Motor Skills.</p> <p>Children in EYFS have daily access to resources which help to develop their gross motor skills and spatial awareness. These include bikes, scooters, balance bikes, climbing wall, hoops, bats, balls of various sizes, stilts, balance trails. Children in EYFS will also participate in weekly focused PE lessons and weekly focused dance lessons.</p> <p>Children in EYFS will have daily access to resources which will help to develop their fine motor skills – pens, pencils, scissors, peg-boards, tweezers, pegs, nuts and bolts.</p>		
<p>Spatial awareness Travelling using different parts of the body Jumping and landing Balancing</p>	<p>Spatial awareness Throwing and catching Climbing Sequencing two movements</p>	<p>Spatial awareness Controlling a ball Team games and races Creating a sequence of movements</p>



Cliffe Woods Primary school
Physical Education Coverage Overview

Milestone 1

Week	Terms 1 & 2		Terms 3 & 4		Terms 5 & 6	
	Fundamental Element	Activity	Fundamental Element	Activity	Fundamental Element	Activity
1	Object Control	Tag Games	Object Control	Target Games	Stability	Gymnastics
2						
3	Locomotion	Invasion Games				
4						
5						
6						
7						
8						
9	Stability	Dance	Object Control	Net & Wall Games	Object Control	Striking & Fielding Games
10						
11						
12						



Cliffe Woods Primary school
Physical Education Coverage Overview
Milestone 2

Week	Terms 1 & 2		Terms 3 & 4		Terms 5 & 6	
	Fundamental Element	Activity	Fundamental Element	Activity	Fundamental Element	Activity
1	Stability	Outdoor & Adventurous Activities	Stability	Gymnastics	Locomotion	Athletics
2						
3						
4						
5	Object Control	Tag Games	Object Control	Target Games	Object Control	Striking & Fielding Games
6						
7						
8						
9	Locomotion	Invasion Games	Object Control	Net & Wall Games	Object Control	Striking & Fielding Games
10						
11						
12						
			Stability	Dance		



Cliffe Woods Primary school
Physical Education Coverage Overview
Milestone 3

Week	Terms 1 & 2		Terms 3 & 4		Terms 5 & 6	
	Fundamental Element	Activity	Fundamental Element	Activity	Fundamental Element	Activity
1	Stability	Gymnastics	Stability	Outdoor & Adventurous Activities	Object Control	Striking & Fielding Games
2						
3						
4	Object Control	Target Games	Object Control	Tag Games		
5						
6						
7	Object Control	Net & Wall Games	Object Control	Tag Games	Locomotion	Athletics
8						
9						
10	Stability	Dance	Locomotion	Invasion Games		
11						
12						