



EYFS Curriculum Overview

Physical Development						
	Red - Moving and handling			Blue - Health and Self Care		
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic/s	All about me Traditional tales/nursery rhymes	Autumn Healthy Me Christmas Time	Frozen lands People that help us Superheroes Chinese New year	Space Pets Spring time	Dinosaurs Where we live Growing	Minibeasts Farms The Seaside Pirate Theme/looking at underwater worlds.
30 - 50 months	<p><i>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. PE introduction unit.</i></p> <p><i>Mounts stairs, steps or climbing equipment using alternate feet. Clamber stack and exploring the adventure playground.</i></p> <p><i>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. Finding space in space finding PE activities. Adventure playground exploration.</i></p> <p><i>Can stand momentarily on one foot when shown. PE lessons warm up. PE introduction unit</i></p> <p><i>Draws lines and circles</i></p>	<p><i>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. Ball skills PE lessons - negotiating spaces whilst controlling a ball.</i></p> <p><i>Can catch a large ball. Ball skills PE lessons.</i></p> <p><i>Draws lines and circles using gross motor movements. Write dance and dough disco.</i></p> <p><i>Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors. Write dance and dough disco.</i></p> <p><i>Holds pencil between thumb and two fingers, no longer using whole-hand grasp. Handwriting teacher directed activities.</i></p> <p><i>Holds pencil near point</i></p>	<p><i>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Gymnastics PE unit.</i></p> <p><i>Mounts stairs, steps or climbing equipment using alternate feet. Clamber stack and exploring the adventure playground.</i></p>	<p><i>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Dance skills PE unit.</i></p>	<p><i>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. Games PE unit.</i></p>	<p><i>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. Games PE unit and practising of Sports Day games.</i></p>



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	<p><i>using gross motor movements. Write dance and dough disco.</i></p> <p><i>Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors. Write dance and dough disco.</i></p> <p><i>Can copy some letters, e.g. letters from their name. Writing name activity.</i></p> <p><i>Understands that equipment and tools have to be used safely. Introduction to classroom rules and safety procedures e.g. carrying scissors.</i></p> <p><i>Can usually manage washing and drying hands. Classroom routines for lunch.</i></p> <p><i>Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom. Focus on putting on and taking off jumpers, coats, wellies and mud suits independently. Focus on shoes and socks off for PE.</i></p>	<p><i>between first two fingers and thumb and uses it with good control. Handwriting teacher directed activities.</i></p> <p><i>Can copy some letters, e.g. letters from their name. Handwriting teacher directed activities.</i></p> <p><i>Observes the effects of activity on their bodies. Discussion about how exercise can keep us healthy. Learning about what happens to our bodies when we partake in exercise.</i></p> <p><i>Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom. Changing into PE kit for PE lessons. Costume changing for Christmas play.</i></p>				
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40 -60 months	<p><i>Jumps off an object and lands appropriately. Clamber stack and adventure playground exploration.</i></p> <p><i>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. PE 'finding a space' warm up games.</i></p> <p><i>Uses simple tools to effect changes to materials. Dough disco - cutting skills.</i></p> <p><i>Handles tools, objects, construction and malleable materials safely and with increasing control. Dough disco activities.</i></p> <p><i>Shows a preference for a dominant hand. Dough disco activities. Write dance and early mark making activities.</i></p> <p><i>Shows understanding of how to transport and store equipment safely. Introduction to classroom rules and safety procedures e.g. carrying scissors.</i></p> <p><i>Practices some appropriate</i></p>	<p><i>Experiments with different ways of moving. Fireworks dancing and movements. Introduction of GoNoodle. Jumping/playing in Autumn leaves. Introduction of Cosmic Kids yoga.</i></p> <p><i>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. PE - Ball skills unit - negotiating space whilst controlling balls.</i></p> <p><i>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. PE - Ball skills unit.</i></p> <p><i>Shows a preference for a dominant hand. Beginning to introduce letter shape families and make initial shapes.</i></p> <p><i>Begins to use anticlockwise movement and retrace vertical lines. Write dance. Dough disco. Introduction of letter families.</i></p> <p><i>Eats a healthy range of foodstuffs and understands need for variety in food. Looking at healthy/unhealthy choices</i></p>	<p><i>Experiments with different ways of moving. Gymnastics PE unit. Chinese New Year dragon dances and ribbon dancing.</i></p> <p><i>Jumps off an object and lands appropriately. Gymnastics PE unit - introduction of safe jumping from apparatus. Introduction of different styles of jump.</i></p> <p><i>Travels with confidence and skill around, under, over and through balancing and climbing equipment. Gymnastics PE unit. Superheroes role play - running in and out of spaces when being 'superheroes'.</i></p> <p><i>Handles tools, objects, construction and malleable materials safely and with increasing control. Using hammers and chisels to chip away at ice.</i></p> <p><i>Shows a preference for a dominant hand. Working on letter families.</i></p> <p><i>Begins to form recognisable letters. Working on letter families - introducing cursive</i></p>	<p><i>Experiments with different ways of moving. Dance PE unit.</i></p> <p><i>Begins to form recognisable letters. Continuation of working on letter families - introducing cursive handwriting.</i></p> <p><i>Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed. Continuation of working on letter families - introducing cursive handwriting.</i></p> <p><i>Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Dance PE unit.</i></p> <p><i>They handle equipment and tools effectively, including pencils for writing. Continuation of handwriting development.</i></p> <p><i>Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. Learning how to care for an animal, learning all living things</i></p>	<p><i>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Games PE unit.</i></p> <p><i>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Games PE unit.</i></p> <p><i>Uses simple tools to effect changes to materials. Exploring clay as part of art and design learning.</i></p> <p><i>Handles tools, objects, construction and malleable materials safely and with increasing control. Junk modelling tools to create houses. Using woodworking tools to learn how to hammer nails and saw wood.</i></p> <p><i>Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed. Continuation of handwriting development.</i></p> <p><i>Children show good control and co-ordination in large and small movements. They move</i></p>	<p><i>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Sports Day games. Water fight.</i></p> <p><i>Travels with confidence and skill around, under, over and through balancing and climbing equipment. Sports Day games.</i></p> <p><i>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Sports Day games.</i></p> <p><i>Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing. Working on making letters smaller and developing ability to 'sit' letters on the line.</i></p> <p><i>Eats a healthy range of foodstuffs and understands need for variety in food. Looking at healthy/unhealthy choices</i></p>
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	<p><i>safety measures without direct supervision. Introduction to classroom rules and safety procedures e.g. carrying scissors.</i></p>	<p>and sorting food. Learning to look for sugar content on packaging. Understanding too much sugar in unhealthy.</p> <p><i>Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. Looking at healthy lifestyles and learning how to keep healthy through hygiene, diet and exercise. Learning about our bodies and how we can keep bones, muscles and brains healthy.</i></p> <p><i>Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. Cutting fruit and vegetables with safety knives, graters and peelers.</i></p> <p><i>Practices some appropriate safety measures without direct supervision. Squeezing fruit for orange juice, hammering nails into pumpkins.</i></p> <p><i>Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways</i></p>	<p>handwriting.</p> <p><i>Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.</i> Gymnastics PE unit.</p> <p><i>They handle equipment and tools effectively, including pencils for writing.</i> Introduction of cursive handwriting.</p>	<p>have basic needs.</p>	<p><i>confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</i> Continuation of handwriting development.</p> <p><i>Eats a healthy range of foodstuffs and understands need for variety in food. Looking at growing own fruit and vegetables.</i></p> <p><i>Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. Cutting fruit for fruit salads.</i></p> <p><i>Practices some appropriate safety measures without direct supervision. Wearing safety equipment when using woodworking tools.</i></p> <p><i>Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</i> Learning about how to care for animals.</p>	<p>and sorting food. Learning to look for sugar content on packaging. Understanding too much sugar in unhealthy.</p> <p><i>Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. Looking at healthy lifestyles and learning how to keep healthy through hygiene, diet and exercise. Learning about our bodies and how we can keep bones, muscles and brains healthy.</i></p> <p><i>Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. Cutting fruit and vegetables with safety knives, graters and peelers.</i></p> <p><i>Practices some appropriate safety measures without direct supervision. Squeezing fruit for orange juice, hammering nails into pumpkins.</i></p> <p><i>Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways</i></p>
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		<p>to keep healthy and safe. <i>Learning about good practice regarding diet, hygiene and exercise.</i></p>				<p>to keep healthy and safe. <i>Learning about good practice regarding diet, hygiene and exercise.</i></p>
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