



EYFS

Unit Overviews

Unit:	Overview:
Core Unit 1: Athletics	<p>Skills: Agility, Coordination, Teamwork, Communication</p> <p>In this unit, the children will experiment with different ways of moving and learn how to successfully negotiate space. They will also learn how to adapt their movements to change speed and direction. During the unit, they will also work on their paired/group work, focusing on taking turns.</p>
Core Unit 2: Gymnastics	<p>Skills: Agility, coordination, Balance</p> <p>The gymnastics unit will continue to build on learning how to negotiate space, as well as developing different ways of moving. The children will also learn how to jump off an object appropriately and begin to perform balances with confidence.</p>
Core Unit 3: Fairytale Dance	<p>Skills: Coordination, Team work, Musicality, Balance, Agility</p> <p>In this unit, the children will develop their coordination and musicality by learning simple steps and movements to create a sequence of dance. The children will learn how moves move in time to the music, copying and replicating simple dances.</p>
Core Unit 4: Multi Skills	<p>Skills: Coordination, Balance, Agility, Teamwork</p> <p>In this unit, the children will begin to learn how to balance on equipment and develop skills to change direction quickly when moving. This will also learn how to keep control of objects whilst moving and pass objects to a target.</p>
Core Unit 5: First PE	<p>Skills: Coordination, Agility</p> <p>In this unit, the children will learn different techniques to move and pass different objects (balls/balloons etc). They will also learn basic throwing and catching skills, as well as how to pass the ball with their feet.</p>
Unit 6: Enjoy Ball	<p>Skills: Coordination, Communication, Team work, accuracy</p> <p>In this unit, the children will develop new techniques to throw and catch objects. They will also learn how to dribble the ball with their feet. The children will develop skills in using the ball in different ways, including bouncing.</p>

Unit 7: Tennis**Skills: Coordination, Agility, Throwing and Catching**

In this unit, the children will learn how to throw and catch the ball in different ways, focusing on pushing, patting and kicking. They will also begin to find their more dominant hand, as well as experiment with using a tennis racket.