

Medium Term Plan: Supporting Implementation of

Subject: EYFS – Autumn 2 - Fundamentals: Unit 2

In this unit children will develop their fundamental movement skills through the topic of 'places and spaces'. Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space and understand and follow rules and instructions. They work independently and with a partner to complete tasks.

Development Matters links:

- Develop overall body strength, balance, co-ordination and agility.
- Revise and refine the fundamental movement skills they have already acquired.

Key skills:

- Physical: run, jump, hop, balance, change direction, travel, catch, throw
- Social: work safely, support others, share and take turns, co-operation
- Emotional: perseverance, honesty, determination, confidence, acceptance
- Thinking: comprehension, creativity, select and apply, exploration

Long-term Learning (what pupils MUST know and remember) End Goals

Games

- I am confident to try new challenges, deciding on the skills I use to complete the task.
- To negotiate space safely with consideration for myself and others.
- To follow instructions involving several ideas or actions.
- To play co-operatively, take turns and congratulate others.
- To play games honestly with consideration of the rules.
- To show an understanding of my feelings and can regulate my behaviour.
- To use movement skills with developing balance and co-ordination.

Key Vocabulary

Balance, bend, crawl, fast, hop, jump, land, rules, run, safely, slide, slow, stop

Session 1 – Theme: At the Circus

To develop balancing.

Success Criteria

- Squeeze your muscles to balance.
- Use wide arms to help you balance.

Whole Child Objectives

- Social: To take my time and work safely around others.
- Emotional: To challenge myself to try the more difficult tasks.
- Thinking: To understand and follow instructions.

Circus audio to be used - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11135>

Vocabulary:

Balance, safely, land, stop

Session 2 – Theme: On Safari

To develop running and stopping

Success Criteria:

- Bend your knees to help you to stop.
- Keep your chest up.
- Take big steps to run and small steps to stop.

Whole Child Objectives:

- Social: To leave a space when following a partner to keep us both safe.

Medium Term Plan: Supporting Implementation of

- Emotional: To play games honestly.
- Thinking: To listen to and follow instructions.

African safari audio to be used - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=24179>

Vocabulary:

stop, safely, run, bend

Session 3 – Theme: Under the Sea

To develop changing direction.

Success Criteria:

- Bend your knee and push off in the opposite direction.
- Turn your body to face a new direction.
- Use small steps to help you to change direction.

Whole Child Objectives:

- Social: To congratulate others when they do well.
- Emotional: To try my best.
- Thinking: To think of my own movement to do on the spot.

Under the sea audio to be played - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11130>

Vocabulary:

bend, jump, rules, run, stop

Session 4 – Theme: Space Explorers

To develop jumping.

Success Criteria:

- Bend your knees to jump and land.
- Look straight ahead, keeping your chest up.
- Squeeze your muscles to help you to balance when landing.

Whole Child Objectives:

- Social: To share equipment with others and wait for my turn.
- Emotional: To be confident to try new challenges.
- Thinking: To understand and follow instructions.

Vocabulary

Jump, land, balance, slow

Medium Term Plan: Supporting Implementation of

Session 5 – Theme: At the Farm

To develop hopping.

Success Criteria:

- Bend your knees when landing.
- Keep your chest up to stop you from falling forwards.

Whole Child Objectives:

- Social: To work co-operatively with others.
- Emotional: To understand that sometimes we play games where I get caught and this is only part of the game.
- Thinking: To understand the rules of the game.

Vocabulary

Bend, hop, balance

Session 6 – Theme: Into the Woods

To explore different ways to travel using equipment.

Success Criteria:

- Bend your knees when jumping and landing.
- Crawl using your hands and feet.
- March with high knees.
- Slide using different body parts.

Whole Child Objectives:

- Social: To take turns and share equipment with others.
- Emotional: To confidently use equipment.
- Thinking: To explore different ways to travel.

Vocabulary

crawl, bend, jump, land, slide

Future learning this content supports:

Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space and understand and follow rules and instructions. They work independently and with a partner to complete tasks. These important skills facilitated throughout this unit will act as the basis for their improvement throughout KS1 and KS2.