



EYFS PE Overview - Barcroft 2026-2027

Nursery

Week	Assessment of Physical Development	Gymnastics	Dance and movement	Ball skills.	Team games	Athletics
1	Meet the teacher I can get to know the teacher. (Outdoor time with coach)	I can take turns. I can travel in various ways including rolls, jumps, slides, walking, running and hopping.	I can stop and start with music.	I can take turns. I can throw a ball at a target using an underarm through.	I can work in a team to complete a relay race.	I can take turns. I can complete a simple running race. I can cheer on my friends.
2	Moving to the hall I can walk in a line (with aids) to a new part of the school. I can sit in the hall.	I can stretch my body. I can contract my body. I can move quietly around a space.	I can copy movements to music.	I can roll a ball to a target.	I can work in a team to complete a rolling game (Robin hood)	I can use my agility to climb over and under equipment in an obstacle race.
3	I can choose a big space. I can find a space that is safe and away from others. I can stop moving when I hear the whistle.	I can hold a balance pose.	I can change my movement to the volume of music. Slow - quiet Fast - loud	I can kick a ball to a target	I can work in a team to collect the most balls.	I can use problem solving to create a path. I can balance on spots. I can move equipment to a new space that I can reach.



						I can use these skills in a race.
4	I can travel slowly. I can travel fast. I can travel with different parts of my body. I can travel safely. I can slow myself down to a stop.	I can step onto steps, benches and other pieces of equipment. I can step off of slight height. I can alternate the foot on which I step.	I can change my movement to the tempo of the music. Fast - fast Slow - slow	I can dribble a ball (hockey) using a tennis racket. I can dribble through cones.	I can work in a team to complete a kicking game (Robin hood)	I can balance while racing. I can use hand-eye coordination when moving. I can compete in an egg and spoon race.
5	I can name different parts of my body, I can touch different parts of my body. I can put parts of my body on the floor.	I can walk along a bench. I can jump off of a bench safely.	I can remember a short sequence and repeat this. "Clap clap pat your head" "Head, shoulders, knees and toes"	I can manipulate a ball with my hands. I can throw and catch independently with a variety of equipment.	I can follow the leader. I can copy a friend and follow their path. I can create movements and direction that my friends can copy.	I can race over hurdles.



I can jump with both feet leaving the ground.
I can climb confidently.
I can run.
I can kick a ball.
I can catch a large ball.

Coaches to assess children against these LOs taken from EYFS Development Matters
Use free play with choice of climbing frames and various equipment.

I can hold a balance pose on the bench. I can move in various ways along a bench.

I can lead a group and have them copy my moves.
I can copy my friend's movement.

I can throw and catch with a friend using a variety of equipment.

Musical statues in balance partners.
I can help my partner balance on one foot.
I can use my partner to support me balancing on one foot.

I can use an overarm through to through over a long distance.

Week	Physical Development Skills	Gymnastics	Dance and movement	Ball skills	Team games	Athletics
1	I can find a space. I can choose a space that is safe and away from others. I can move to safe spaces and change direction to find space. I can stop at the sound of the whistle. I can travel in a variety of ways and speeds.	I can take turns. I can travel in various ways including rolls, jumps, slides, walking, running and hopping.	I can stop and start with music. I can copy movements to music.	I can manipulate a ball in various ways. <i>Throwing, rolling, bouncing, kicking, moving around waist, squeezing between knees, holding under chin.</i> I can do this and incorporate safe travel.	I can cheer on my team. I can regulate my emotions. I can understand winning and losing. I can follow rules in a game. (Robin hood)	I can complete a simple running race. I can start on command. I can slow down after passing the finishing line.
2	I can travel and maintain safe space. I can stop and start on the whistle. I can walk and run. I can travel backwards and look behind me. I can jump with two feet. I can hop.	I can stretch and contract my body. I can make a straight shape, stood up and lying. I can point my toes. I can make a tucked shape, sat up and lying. I can make a star shape, stood up or lying.	I can clap, stamp, jump and perform other movements in time to music.	I can throw and catch a ball independently. I can throw and catch a ball with a partner. I can count my successful catches and aim to beat this.	I can run a relay with my team.	I can complete an obstacle course. I can travel over, under and through equipment.



	I can balance on one foot. I can name different body parts. I can put different body parts on the floor. I can balance on different body parts.	I can roll using my shapes. Log roll - straight. Egg roll - tuck.	I can perform a simple sequence of movements. "Clap, stamp, clap, stamp" "Pat, jump, touch your toes"	I can throw a ball at a target. I understand that shorter distances require an underarm throw. I understand that longer distances require an overarm throw.	I can play a team game that involves throwing and catching.	I can balance a piece of equipment on different parts whilst moving.
4	I can change directions quickly and safely at the sound of the whistle. I can do this in a variety of travels.	I can jump from heights. I can jump and land on the same spot. I can jump between spots. I can jump and make shapes in the air. I can land safely.	I can choose a simple movement and perform this for my friends. I can copy my friend's movements.	I can roll a ball. I can roll a ball at a target. I can tap a ball to roll it and angle it in different directions (through cones)	I can play a team game that involves kicking.	I can perform one or two legged static jumps for distance.
5	I can bend and change my body position to make different shapes.	I can travel across a bench. I can travel forwards, backwards and side wards. I can travel high and low.	I can change my movement based on emotion. I can change my movement based on volume. I can change my movement based on tempo.	I can dribble a ball (hockey). I can dribble a ball through cones using a tennis racket.	I can play a team game that involves agility.	I can maintain speed whilst completing hurdles.



I can think of my own ways of moving equipment.
I can demonstrate my ideas.
I can copy others' ideas.

I can hold balances on a bench.

I can incorporate travel, balance and jumping to create a simple routine and perform this.

I can learn, remember and perform a basic taught routine.

I can control a ball with my feet. I can balance with one foot on the ball.
I can kick a ball to a target.
I can dribble a ball with my feet.
I can alternation both feet in dribbling.

I can communicate with my peers. I can be a leader/captain.

I can use an over arm throw to throw over long distances.