

SCHEME OF WORK: **PLAY:** EYFS

ACTIVITY	OUTLINE OF LESSON
1	To explore how the body moves through dance.
2	To find different ways to move around by playing games.
3	To develop a variety of ways to move.
4	To explore a variety of objects in ways that they are not designed for.
5	To develop skills with objects in ways that they are not designed for.
6	To discover boundaries and solve problems.
7	To understand personal strengths and weaknesses through play.
8	To be artistic and imaginative through basic gymnastics.
9	To understand the importance of exercise.
10	To move at different speeds.
11	To energise the body through movement.
12	Progress chart.

PROGRESS CHART: **PLAY:** EYFS

PUPIL'S NAME:

CLASS:

SKILL	SKILL ACHIEVED
Can the pupil link three movements together?	
Can the pupil travel in a variety of ways confidently?	
Does the pupil run skilfully and negotiate space?	
Can the pupil run at different speeds and change direction to avoid obstacles?	
Can the pupil jump over a rope and land appropriately?	
Can the pupil problem solve in specific tasks?	
Does the pupil show an increasing control over movement with a ball?	
Can the pupil use a ribbon effectively, using gross motor movement?	
Can the pupil stand on one leg when shown?	
Does the pupil show an understanding of why exercise is important?	
Can the pupil be creative in their movement with equipment?	