

EYFS Long Term Planning

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS – Fundamental Movement Skills Introducing the five fundamental movement skills of jumping, running, hopping, catching, skipping	EYFS – FMS – Space Travel in a variety of ways and adjust speed and direction to avoid obstacles. Show increasing control over an object by pushing it and to over arm throw for distance. Perform a variety of gymnastic rolls.	EYFS – FMS - Seaside Balance & travel on hands & feet. Show increasing control over an object pushing & patting it and to underarm throw. Perform a variety of gymnastic rolls.	EYFS – FMS – Jack and the Beanstalk Roll a ball, jump and land appropriately, perform a variety of gymnastic rolls & to climb up and down equipment using alternative feet.	EYFS – FMS – Rosie’s Walk Experiment with different ways of travelling: shuffling, running, jumping, skipping, sliding & hopping. To climb under, over & through climbing equipment	EYFS – FMS – Minibeasts Perform basic skill of jumping. Catch a large sponge ball with increasing accuracy. Travel over, under & through climbing equipment and to roll in a variety of ways.