



Subject - PE	Year group: EYFS	Title: FMS- Different ways to travel (Transport)
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What should I already know? • To run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles • To move freely and with pleasure and confidence in a range of ways, such as, running, rolling, pushing and jumping • To experiment with different ways of moving • To show increasing control over an object in pushing, throwing, catching or kicking it • To travel with confidence and skill around, under, over and through balancing and climbing equipment.	Facts I will learn • To travel in a variety of ways • To adjust speed and direction to avoid obstacles • To show increasing control over an object pushing it • To perform a variety of gymnastic rolls • To overarm throw for distance • To climb equipment	<table><tr><th>Key vocab</th><th>Definition</th></tr><tr><td>tuck</td><td>a position with the knees bent and held close to the chest</td></tr><tr><td>position</td><td>a place where someone or something is</td></tr><tr><td>travel</td><td>to go from one place to another</td></tr><tr><td>crouch</td><td>a position where the knees are bent and the upper body is brought forward and down</td></tr></table>	Key vocab	Definition	tuck	a position with the knees bent and held close to the chest	position	a place where someone or something is	travel	to go from one place to another	crouch	a position where the knees are bent and the upper body is brought forward and down
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Key Skills..... • Develop their co-ordination, control, and movement • Understand the importance of physical activity • Show good control and co-ordination in large and small movements. • Move confidently in a range of ways, safely negotiating space • Develop throwing skills at a specific target	Experiences that school will provide: • Qualified Sports Coaches • Sporting competitions and events • Afterschool clubs 	Key questions • How many hands should we use to push an object? • How do we land safely? • Where should our knees be when performing a forward roll?										
Web links Lancashire PE App	Experiences that could be provided at home... • Go on a bus or train journey and look at the way they travel.											

