



The **abc's** of Physical Development

This Term incorporates all of the FUN-damental movement skills, introducing new skills and further developing the movement patterns your child will have already developed previously.

| EYFS Aims Incorporated in Sporty Minis  | Acronyms     |
|---|--------------|
| Personal, Social and Emotional Development (Making Relationships)               | PSED (MR)    |
| Personal, Social and Emotional Development (Self-Confidence and Self-Awareness) | PSED (SC/SA) |
| Personal, Social and Emotional Development (Managing Feelings and Behaviour)    | PSED (F/B)   |
| Physical Development (Moving and Handling)                                      | PD (MH)      |
| Physical Development (Health and Self-care)                                     | PD (HSC)     |
| Communication and Language (Listening and Attention)                            | CL (LA)      |
| Communication and Language (Understanding)                                      | CL (U)       |
| Communication and Language (Speaking)   | CL (S)       |
| Literacy (Reading)  | L (R)        |
| Literacy (Writing)  | L (W)        |
| Mathematics (Numbers)   | M (N)        |
| Mathematics (Shape, Space and Measure)  | M (SSM)      |
| Understanding the World (People and Communities)                                | UW (PC)      |
| Understanding the World (The World)   | UW (TW)      |
| Understanding the World (Technology)  | UW (T)       |
| Expressive Arts and Design (Exploring and Using Media and Materials)            | EAD (MM)     |
| Expressive Arts and Design (Being Imaginative)                                  | EAD (BI)     |

Fundamental Movement Skills Categories:



| <b>Week</b>                        | <b>Session</b>                    | <b>FMS Focus</b>  | <b>EYFS Links</b>  |
|------------------------------------|-----------------------------------|---|--|
| w/c 6 <sup>th</sup> January 2020   | Hoop Stars                        | Jumping/Running/Balancing/Throwing/Stretching/Walking/Landing/Collecting/Dodging  | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| w/c 13 <sup>th</sup> January 2020  | Totally Target                    | Running/Jumping/Balancing/Walking/Landing/Turning/Throwing/Collecting/Dribbling/Stretching/Striking/Rolling/ Kicking/Bouncing/Twisting          | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| w/c 20 <sup>th</sup> January 2020  | Rob the Nest                      | Running/Jumping/Balancing/Walking/Landing/Turning/ Collecting/Stretching/Dodging  | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| w/c 27 <sup>th</sup> January 2020  | Skip Skip Away                    | Running/Balancing/Collecting/Stretching/Pivoting/Turning/ Jumping/Hopping/Twisting/Galloping  | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| w/c 3 <sup>rd</sup> February 2020  | Big Balls Small Balls             | Running/Walking/Throwing/Bouncing/Catching/Collecting/ Stretching/Turning/Jumping   | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| w/c 10 <sup>th</sup> February 2020 | Rugby Rush                        | Running/Walking/Kicking/Throwing/Twisting/Turning/Pivoting/Catching/Stretching/Jumping/Collecting   | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| w/c 17 <sup>th</sup> February 2020 | Basketball Bonanza                | Running/Bouncing/Throwing/Dribbling/Catching/Walking/Stretching/Turning/Pivoting/Jumping/Collecting   | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| w/c 24 <sup>th</sup> Feb 2020      | Badminton Blast (Racquet Rockers) | Striking/Running/Walking/Twisting/Turning/Stretching/Throwing/Collecting/Pivoting/Curling/Jumping   | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| w/c 2 <sup>nd</sup> March 2020     | Parachute Play                    | Running/Walking/Stretching/Turning/Catching/Curling/ Jumping/Landing  | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| w/c 9 <sup>th</sup> March 2020     | Furious Frisbee Fun               | Throwing/Running/Walking/Collecting/Balancing/Twisting/Turning/Catching/Jumping/Curling/Pivoting  | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| w/c 16 <sup>th</sup> March 2020    | Circus Fun                        | Walking/ Turning/Twisting/Pivoting/Balancing/Landing/ Stretching/ Collecting  | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| w/c 23 <sup>rd</sup> March 2020    | Football Superstars               | Running/Walking/Kicking/Dribbling/Turning/Twisting/Collecting   | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| w/c 6 <sup>th</sup> April 2020     | Games Galore                      | Running/Jumping/Balancing/Walking/Landing/Turning/Throwing/Collecting/Dribbling/Striking/Twisting/Stretching/ Curling/Catching/Kicking/Bouncing | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| Make Up Week                       | 13 <sup>th</sup> March            |   |  |

