Foundation Medium term plan 26-27 - Autumn

Week Commencing	Activity	Focus
7/9/26 14/9/26	Moving in different ways	Exploring walking, running, jumping, hopping and skipping. Developing awareness of space and moving safely around others. Develop running technique, changing speed and direction
21/9/2	Running	
28/9/26	Jumping and Landing	Exploring jumping with two feet and one foot practicing safety and control
5/10/26	Hopping	Developing balance and coordination
12/10/26	Balancing	Exploring different balances through different body parts
19/10/26	Moving with control	
26/10/26 2/11/26	Throwing	Combining different movements, travelling at different speeds

9/11/26	Catching	Exploring different ways to throw Developing hand-eye coordination through catching different objects
16/11/26	Rolling	Rolling balls and object towards targets developing accuracy and control
23/11/26	Kicking	Exploring kicking with aiming towards targets
30/11/26	Sending and receiving	Combining throwing, rolling and kicking skills
7/12/26	Target Games	Developing accuracy
14/12/26	Christmas Movement Activities	Developing fundament movement through festival games and activities
04/01/27 11/01/27	Moving with equipment	Explore moving safely while manipulating equipment carrying,pushing,rolling
18/01/27	Changing direction and speed	Responding to signal and changing direction and speed
25/01/27	Teamwork	Working as part of a team in team activities/games
01/02/27	Applying movement skills	Revisiting and celebrating progress through a range of

08/02/27	Fundamental movement Consolidation	fun movement activities and games.