



Kingsland CE Primary School

Let your light shine



“Let your light shine before others that they may see your good deeds and glorify your Father in heaven.” Matthew 5:16

Exploring Physical Education in the Early Years Foundation Stage

How does the curriculum provide a foundation of physical skills and knowledge in the EYFS?

Development Matters (linked to PE)	Early Learning Goals (linked to PE)	Bridge to KS1 (Y1) Curriculum	How might this look in our EYFS provision?
<p>Three- and Four-Year Olds</p> <p>Physical Development</p> <ul style="list-style-type: none"> • continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • go up steps and stairs, or climb up apparatus, using alternate feet. • skip, hop, stand on one leg and hold a pose for a game like musical statues. • use large-muscle movements to wave flags and streamers, paint and make marks. • start taking part in some group activities which they make up for themselves, or in teams. • increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm. • match their developing physical skills to tasks and activities in the setting. for example, they decide whether to crawl, walk or run across a plank, depending on its length and width. • collaborate with others to manage large items, such as 	<p>Physical Development</p> <p>Gross Motor Skills:</p> <ul style="list-style-type: none"> • negotiate space and obstacles safely, with consideration for themselves and others. • demonstrate strength, balance and coordination when playing. • move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns. 	<p>Physical Development</p> <p>Gross Motor Skills:</p> <ul style="list-style-type: none"> • PE lessons every week. • Write Dance sessions every week • a large outdoor area to run and play • a Wild Wood area, within the school playground, containing trees to negotiate <ul style="list-style-type: none"> • a Meadow area that is regularly used where they can carry large sticks, build dens, balance on benches and seesaws etc. • a play area to use at playtimes, which includes climbing, balancing, bars for swinging. • an all-weather outdoor area. • visits to the local park and playground. • playing with hoops, skipping ropes, bats and balls. • gymnastic sessions, including using beams, benches and the wall bars. • dance, music and movement sessions – including half a term of Dance with a specialist teacher. • games that include ball skills. • obstacle courses • PE Hub physical development scheme. • playing with large building/ construction in the outdoor area. • co-ordination games including skittles, bat and ball, hoopla, throwing and catching. • participating in sports day.

<p>moving a long plank safely, carrying large hollow blocks.</p> <p>Reception</p> <p>Physical Development</p> <ul style="list-style-type: none">• revise and refine the fundamental movement skills they have already acquired: - rolling, walking, running, skipping, crawling – jumping, hopping, climbing• progress towards a more fluent style of moving, with developing control and grace.• develop the overall body strength, co -ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics and sport.• combine different movements with ease and fluency.• confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.• develop overall body -strength, balance, co -ordination and agility.• further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.• develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.			<ul style="list-style-type: none">• opportunities to try a variety of sports within PE lessons which may include athletics, rounders, cricket, football, rugby, dance, gymnastics.
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