

PE in EYFS

Physical development & the impact these skills have on learning & development is evident in most activities within EY. The revised EYFS Statutory Framework 2021 aspects of health and self-care are now included within the educational programme for PSED rather than Physical Development. Physical development contributes to cognitive development – as learners move and explore the world they learn about the properties of objects and their own capabilities (UTW). It is widely believed that physical development can also help with the development of expression, personal and social skills such as self-confidence, interaction, taking turns, getting along with others, resilience, determination, practice to get better/improve and so on (EAD/PSED).

Development Matters	ELG Early Learning Goal	How this is achieved in EYFS	By the end of EYFS learners will know...
<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 • crawling • walking • jumping • running • hopping • skipping • climbing <ul style="list-style-type: none"> ● 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, sport and swimming ● Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor ● 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 	<p>Physical Development:</p> <p>Gross Motor</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>-bikes, trikes & scooters</p> <p>-basic movements daily practise</p> <p>outside eg. run, hop, skip, jump, jog, heels, tip-toes, side steps</p> <p>-hoops, bats & balls</p> <p>-dances eg. firework movements</p> <p>-climbing equipment, stilts & sitting cups</p> <p>-brushes - sweeping leaves</p> <p>-PE apparatus in the hall</p> <p>- Golden Mile</p> <p>- active minutes</p> <p>-intra multi-skills festivals</p> <p>- sports day</p> <p>-sponsored walk</p> <p>-basic shapes (marking making exercise daily)</p>	<p><u>Dance:</u></p> <ul style="list-style-type: none"> ● I know how to march in time to the music by myself & with a partner ● I can make up a simple dance ● I know how to move in different directions with speed & control <p><u>Gymnastics:</u></p> <ul style="list-style-type: none"> ● I know how to do a standing straight shape, star shape & tuck with control ● I know how to balance ● I can hold these shapes & balance for a count of 3 ● I can travel safely around the space and along the benches ● I can link simple movements to make a short sequence ● I can travel on my feet & hands safely around the space & along the benches <p><u>Games:</u></p> <ul style="list-style-type: none"> ● I know how to move safely in the space, changing direction & with control ● I can carry & aim equipment safely ● I know how to roll an object ● I know how to throw an object ● I know how to catch an object ● I can kick a ball with increasing control ● I know some simple effects of exercise on my body ● I know the importance of regular exercise

Vocabulary: **Dance** - march, timing, action, dance, perform, turn, repeat, rhythm, pathways, posture, individual, group, partner, control, speed, actions, mirror, lead, tip-toes, light, heavy, freeze; **Gymnastics** - straight, tuck, star, control, perform, repeat, link, balance, movement, travelling, stretch, copy, practice, link, start, finish, body, stillness, position, land, mat, beam, bench, table; **Games** - space, change, direction, control, aim, roll, carry, throw, catch, bounce, dribble, kick, freeze, crouch, jog, balance, forwards, backwards, target, receive, send, one-handed, two-handed, avoid, technique, bibs, quoit, hoop, cone, reverse, turn, weave