



	ELG's	How this is achieved in EYFS	Physical Education KS1
Prime Area of Learning Physical Development	<ul style="list-style-type: none"> ● Physical Development: Gross Motor Skills: <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. ● Physical Development: Fine Motor Skills: <ul style="list-style-type: none"> ➤ Hold a pencil effectively in preparation for fluent writing- using the tripod grip in almost all cases. ➤ Use a range of tools, including scissors, paint brushes and cutlery. ➤ Begin to show accuracy and care when drawing. ● Early Learning Goal Personal, Social and Emotional Development: Managing Self- Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing. ● Personal, Social and Emotional Development: Building Relationships: Work and play 	<ul style="list-style-type: none"> ● Being involved in active games that involve big movements through space, such as spinning, swooping, rolling and swinging. (Weekly P.E sessions with the coach) ● Playing with a range of open-ended materials to play that allow for extended, repeated and regular practising of lifting, carrying, pushing, pulling, constructing, stacking and climbing. ● Gardening, digging, pulling weeds, planting etc ● Engaging in activities using age appropriate, bikes, trikes and scooters. (outdoor play) ● Engaging in den building activities. Collecting, carrying objects for their den. Stretching to place fabric or other materials over the top. Crawling into the den. (Forest sessions/ outdoor play) ● Exploring and engaging with a variety of apparatus such as hoops, bean bags, different sized balls. (P.E sessions with coach) ● Experimenting to move in different ways. ● Engaging in obstacles courses and developing their own. ● Climbing, swinging balancing. (Forest school, P.E sessions, Outdoor play) ● Running, jumping and learning to avoid obstacles in their way. (P.E sessions/ outdoor play) ● Moving and responding to different types of music (Dance with P.E coach) ● Engaging in loose parts play with planks, crates etc. (Outdoor play) 	<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.E – EYFS – KS1



	<p>cooperatively and take turns with others. coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <ul style="list-style-type: none">• Expressive Arts and Design: Being Imaginative and Expressive Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.	<ul style="list-style-type: none">• Engaging in action rhymes and songs with large movements.• Engaging in parachute type games.• Constructing with large bricks outdoors.• Engaging in early mark making activities, using a variety of different tools.• Working collaboratively and independently.• Learning how to manage risks safely.• Getting dressed- putting on and taking off their coat.• Dressing up in the role play area, having a go at fastenings.• Talking about what makes a healthy lifestyle, the food we may choose to eat and why it is important to exercise and get enough sleep.• Talk about how exercise makes them feel.• Begin to put a sequence of movements together. (Gymnastics with P.E coach)• Making up their own games.• Observe simple rules in the games that they make up and play.• Manipulating objects using fine motor skills- threading, weaving, cutting, dough disco.	
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