

EYFS PE overview

Nursery	Introduction to PE : Unit 1	Fundamentals : Unit 1	Gymnastics : Unit 1	Dance : Unit 1	Ball Skills : Unit 1	Games : Unit 1
Reception	Introduction to PE : Unit 2	Fundamentals : Unit 2	Gymnastics : Unit 2	Dance : Unit 2	Ball Skills : Unit 2	Games : Unit 2

In EYFS in both our pre-school and Reception Classes, we balance PE lessons- with the teacher and the PE coach provided by PH sports with outdoor provision to ensure Physical development areas of the curriculum are met.

In pre school our Physical development checklist ensures pupils in the 2-3 years milestones:

- *Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking.
- *Walk, run, jump and climb – and start to use the stairs independently
- *Makes connections between their movement and the marks they make.
- *Go up steps and stairs, or climb up apparatus, using alternate feet.
- *Enjoy starting to kick, throw and catch balls.
- *Able to build independently with a range of appropriate resources (Both large or small scale structures with loose parts).
- *Spin, roll and independently use ropes and swings (for example, tyre swings).
- *Beginning to recognise danger and seeks support of significant adults for help.
- *Kicks a stationary ball with either foot.
- *Throws a ball with increasing force. *Starts to catch a large ball by using two hands and their chest to trap it.
- *Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
- *Beginning to 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.
- *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.

In pre school our Physical development checklist ensures pupils in the 3-4 years milestones:

- Can run confidently.
- Can kick a ball.
- Can jump with both feet off the ground at the same time.
- Can catch a large ball.
- Can pedal a tricycle.
- 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. Are 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.
- Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.
- Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.

In Reception our Physical development checklist ensures pupils by the end of the reception year at the expected level of development:

- 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.

Milestones for both Pre-school and Reception within the EYFS curriculum are met through explicit teaching from sports coaches and teachers as well as opportunities for gross motor control skills inside and outside the classroom on a daily basis.

Introduction to PE

Part 1

In this unit children will be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'. They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping, skipping.



Part 2



In this unit children will be introduced to Physical Education and structured movement through the topic of 'everyday life'. They will spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group.

They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.

Fundamentals

Part 1

In this unit children will develop their fundamental movement skills through the topic of 'all about me'.



Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities. They will learn how to stay safe using space, follow rules and instructions and work independently and with a partner.

Part 2

In this unit children will develop their fundamental movement skills through the topic of 'places and spaces'. Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space and understand and follow rules and instructions. They work independently and with a partner to complete tasks.



Gymnastics

Unit 1

In this unit children will develop their basic gymnastic skills through the topic of 'animals and their habitats'. Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when traveling and balancing.



Unit 2

In this unit children will develop basic gymnastic skills through the topic of 'traditional tales', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when travelling and balancing.



Dance

Unit 1

In this unit children will develop their expressive movement through the topic of 'everyday life'. Children explore space and how to use space safely. They explore



travelling movements, shapes and balances. Children choose their own actions in response to a stimulus. They are given the opportunity to copy, repeat and remember actions. They are introduced to counting to help them keep in time with the music. They perform to others and begin to provide simple feedback.

Unit 2



In this unit children will develop their expressive movement through the topic of 'places'. Children explore space and how to use space safely. They explore traveling actions, shapes and balances. Children choose their own actions in response to a stimulus. They also are given the opportunity to copy, repeat and remember actions. They continue to use counting to help them keep in time with the music. They explore dance through the world around them. They

perform to others and begin to provide simple feedback.

Ball skills

Unit 1

In this unit children will develop their ball skills through the topic of 'minibeasts'. Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Children will be able to develop their fine and gross motor skills through a range of game play using a variety of equipment. Children will be given opportunities to work independently and with a partner.



Unit 2



In this unit children will develop their ball skills through the topic of 'weather'. Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills through a range of game play with balls. Children will work independently and with a partner and will develop decision making and using simple tactics.

Games

Unit 1

In this unit children will develop their understanding of playing games through the topic of 'transport'. Children will practise and further develop fundamental movement skills through games. They will also learn how to score and play



by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing.

Unit 2



In this unit children will practise and further develop their fundamental movement skills through the topic of 'around the world'. Children will learn and develop these skills by playing a variety of games. They will also learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules.