Opportunities to explore ball skills with a variety of resources

SMART and EARTH programs

Trips to local parks

Forest school

Moving to a variety of music and tempo

Variety of resources in the mud kitchen and home corner to explore tools and how to use them

Continue to develop confidence and risk taking

Dancing for 10 minutes every session

Focus on large motor skills such as, sipping, hopping, jumping

Problem solving and team work

Climbing trees

Construction and building play to create endless possibilities

How do we provide a foundation of PE skills and knowledge in Early Years?

Balance bikes

Dough Disco

Support children to develop their core strength, stability, balance, spacial awareness, coordination and agility through play based leaning

Encourage self-care when dressing, toileting and eating.

Encourage children to develop their resilience as an independent learner.

Mark making opportunities with sensory play and a variety of writing tools

Resources to explore going over, under and through.

Focus on health eating, active lifestyle and physical litracy

Understand safety when taking risks on climbing frames and soft play.

Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons

Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines

Revise and refine the fundamental movement skills they have already acquired

Progress towards a more fluent style of moving, with developing control and grace

Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases

Use a range of small tools, including scissors, paintbrushes and cutlery.

Begin to show accuracy and care when drawing.

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.

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

Develop the foundations of a handwriting style which is fast, accurate and efficient

Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

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

Further develop the skills they need to manage the school day successfully

Reception

Bearpark EYFS Curriculum links to Physical Education

ELG’s

Age 2 to 3

Show an increasing desire to be independent

Age 3 to 4

Clap and stamp to music

Gradually gain control of their whole body through continual practice of large movements

Explore different materials and tools

Continue to develop their movement, balancing, riding and ball skills

Start taking part in some group activities which they make up for themselves, or in teams

Use large-muscle movements to wave flags and streamers, paint and make marks

Walk, run, jump and climb

Collaborate with others to manage large items

Go up steps and stairs, or climb up apparatus, using alternate feet

Enjoy starting to kick, throw and catch balls.

Use large and small motor skills to do things independently

Choose the right resources to carry out their own plan

Use a comfortable grip with good control when holding pens and pencils.

Spin, roll and use ropes and swings

Build independently with a range of resources.

Use one-handed tools and equipment

Match their developing physical skills to tasks and activities in the setting

Increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.

Develop manipulation and control

Fit themselves into different spaces and move around them

Be increasingly independent as they get dressed and undressed

Show a preference for a dominant hand