



Physical Education Overview

EYFS Physical Development Educational Programme (Statutory)

physical activity is vital in children's all-round development, enabling them to pursue happy, healthy, and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, coordination, and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, coordination, and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control, and confidence.

Development Matters

- Revise and refine the fundamental movement skills they have already acquired: rolling; crawling; walking; jumping; running; hopping; skipping; climbing
- Progress towards a more fluent style of moving, with developing control and grace. Use their core muscle strength to achieve a good posture.
- 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.

ELG: - Gross Motor (Statutory)

Children at the expected level of development will:

- 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.

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PE Skills
<ul style="list-style-type: none"> • Posture • How to sit on the floor and at a table • How to do exercises and activities to strengthen the core • Life skills • How to line up • Dressing and undressing independently • Having a healthy lifestyle • Movement • Jumping, hopping, skipping, side stepping • How to change direction and speed and find a space • Balance • How to balance • How to climb safely • Ball skills • Throwing, catching, kicking, passing, patting and aiming ball skills • Team games • PE games • Playground games (adult led) • Sports day

PE Overview	
Term 1	Real PE Personal Skills - balance and co-ordination Group games
Term 2	Real PE Social Skills - Dynamic balance and Agility
Term 3	Real PE Cognitive Skills- Dynamic balance and static balance Group games
Term 4	Real PE Creative skills - coordination with ball skills and counterbalance in pairs
Term 5	Real PE Applying physical skills - coordination with equipment and reaction/response
Term 6	Real PE Health and fitness - Agility- ball chasing and static balance - floor work - Sports Day