

Dance

In Foundation, children will be offered experiences to explore movement through dance as part of PE taught lessons and in their continuous provision. Children will be encouraged to move their bodies in response to the tempo and rhythm of accompanying music and explore dance movements such as stretching, twisting, reaching and bending. They will also have opportunities to use a variety of objects to enhance their dancing such as ribbons, streamers and scarves and explore how their body movements affect these objects. The children will have the opportunities to continue to make up their own dance movements on the performance stage in the outdoor classroom.

Athletics

In Foundation, children will have the opportunity to take part in a range of athletic disciplines such as running, jumping and throwing. They will be able to use a range of equipment to assist them in developing these athletic skills such as balls, hurdles and beanbags. Children will also be able to describe the benefits of exercise to health and well-being and discuss how their body feels before and after exercise and use comparative language to describe the speeds, distances and heights they have travelled in their athletic activities.

P.E

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, co-ordination 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, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional wellbeing.

Games

In Foundation children will begin to participate in simple team games, learning to take their turn and work collaboratively with their peers. They will also learn the importance of rules in team games and how they make things fair and safe. Children will develop ball skills such as passing, throwing, hitting and kicking and will show increasing control over equipment when performing these actions. Children will continue to develop their spatial awareness and co-ordination through these activities.

Gymnastics:

Children will be taught how to move in different ways such as skipping, hopping, jumping, crawling, spinning etc. developing an awareness of others in the space. They will develop their balancing skills through PE lessons which focus on balancing on different parts of their body and developing their core strength. These skills will be further developed through the provision in the outdoor area of balancing and climbing apparatus including planks and crates which the children can create into their own obstacle courses. Children will have the opportunity to climb, swing and jump on a variety of apparatus and develop core strength and arm strength to further support their fine motor development. They will be taught a range of different rolls such as pencil rolls, tuck rolls and teddy bear rolls to develop core strength and posture. Children will explore how to make a sequence of gymnastic movements to perform to others.