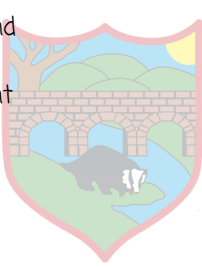




EYFS

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 well-being

- Development Matters



Physical Development

Being involved in active games that involve big movements through space, such as spinning, swooping, rolling and swinging. Exploring and engaging with a variety of apparatus such as hoops, bean bags, different sized balls. Engaging in obstacles courses and developing their own. Climbing, swinging balancing. Running, jumping and learning to avoid obstacles in their way. Engaging in parachute type games.



Expressive Art & Design

Moving and responding to different types of music. Engaging in action rhymes and songs with large movements. Engaging in baking and cooking activities with lots of mixing, stirring, kneading. Dressing up in the role play area, having a go at fastenings. Begin to put a sequence of movements together.



Understanding the World

Gardening, digging, manoeuvring a wheelbarrow. Engaging in activities using age appropriate, bikes, trikes and scooters. 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. Constructing with large bricks outdoors.



What does PE look like in early years?

Personal, Social and Emotional

Learning how to manage risks safely. Getting dressed-putting in and taking off their coat. Getting ready for outdoor play e.g. putting wellingtons on. 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.



Literacy

Engaging in early mark making activities, using a variety of different tools. Engaging in role play activities.



Communication and Language

Making up their own games. Observe simple rules in the games that they make up and play. Working collaboratively and independently.



Mathematics

Engaging in measuring, and pouring activities. Observing and playing with/moving different sized objects.

