

# PE in the Early Years

Dance  
Gymnastics  
Striking and Fielding (FMS)  
Invasion Games (FMS)  
Health and Self Care

## EYFS Curriculum....

### 0-3 years:

- Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking.
- Clap and stamp to music.
- Enjoy starting to kick, throw and catch balls.

### 3-4 years:

- Continue to develop their movement, balancing, riding and ball skills.
- Going 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.
- Start taking part in some group activities which they make up for themselves, or in teams.
- Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.
- Show a preference for a dominant hand.
- Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.

### Reception:

- 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.
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.
- 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.

## But Why?

Children need to develop their core strength, control, balance and co-ordination to support their gross and fine motor skills, including the ability to write.

Children need to be able to dress independently and have a good awareness of their own bodies and how to look after themselves

## PE looks like this....



"Look at me balance on this!"  
Developed core strength and ability and balance.



Exploring different ways of travelling- under, over, through. Negotiating space and working in partnership with others.



Making up their own dragon dance to celebrate Chinese New Year.

Travelling with confidence and showing good control in large and small movements whilst climbing equipment.



Developing hand-eye co-ordination by catching a range of objects.

## Progression into Year 1...

**Dance:** Copy dance moves. Make up a short dance, after watching one. Dance imaginatively. Change rhythm, speed, level and direction

**Gym:** Make body tense, relaxed, curled and stretched, showing some tension. Begin to work on alone/with someone to make a sequence of shapes/travels. Climb safely, showing some shapes and balances when climbing. Keep balance travelling in a range of ways along bench, spots, mat etc. Roll in stretched/curled positions e.g. 'log' and 'egg rolls'

**Striking and Fielding:** Show some different ways of hitting, throwing and striking a ball  
Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points.) Play as a fielder and get the ball back to a STOP ZONE. Begin to follow some simple rules (carrying the bat, not over taking someone)

**Invasion Games:** Throw underarm, bounce & catch ball by self & with partner. Kick/stop a ball using a confident foot while static. Run straight and on a curve and sidestep with correct technique. Begin to follow some simple rules.