



# PE EYFS - KS1

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Specific Area of Learning</p> <p style="text-align: center; font-size: 2em; font-weight: bold;">PE</p>	<p style="text-align: center;"><b>ELG 6</b> <b>Gross Motor Skills</b></p>	<p style="text-align: center;"><b>How this is achieved in EYFS</b></p>	<p style="text-align: center;"><b>PE KS1</b></p>
	<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>A range of games, gymnastics and dance activities within the PE curriculum promote and develop these gross motor skills.</p> <p>Children also partake in a daily morning stretching routine with their teachers.</p> <p>Children have access to an outdoor playing space, where they have a climbing frame, balancing equipment and bikes that they can ride and use.</p>	<p><b>Games Activities - Year 1 and Year 2</b></p> <p><b><i>Fundamental units - comprising of throwing/catching/retrieving.</i></b> (Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.)</p> <p><b><i>Rounders</i></b> (Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations, participate in team games, developing simple tactics for attacking and defending.)</p> <p><b>Gymnastics -Year 1 and Year 2</b> (Access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.)</p> <p><b>Dance - Year 1 and Year 2</b> (Perform dances using simple movement patterns.)</p> <p><b>Athletics - Year1 and Year 2</b> (Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination,</p>
	<p style="text-align: center;"><b>ELG 7</b> <b>Fine Motor Skills</b></p>	<p>Children take part in a playdough disco with their teachers to encourage and promote their fine motor skills. Children also develop their fine motor skills through accessing the range of small tools and drawing and painting options that are open to them.</p> <p>Fine motor bags are sent home to children who need additional support to develop the skills.</p>	
	<p>Hold pencil effectively in preparation for fluent writing - using the tripod grip in almost all cases.</p> <p>Use a range of small tools, including scissors, paintbrushes and cutlery.</p> <p>Begin to show accuracy and care when drawing.</p>		
	<p style="text-align: center;"><b>Key Vocabulary to be developed in EYFS</b></p>		
<p>Exercise, healthy, beating, move, heart, warm, cool, stretch, jump,</p>			



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	throw, catch, bounce, hold, space, slow, fast, quicker, cut, direction, forwards, backwards, sideways, ball, dance, gymnastics, games, race, teams, teamwork, competition, points, ball, bench, apparatus, hit, kick, bat, roll, skills		and begin to apply these in a range of activities.)
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