

Physical Education – EYFS – KS1

	Gross Motor Skills	How this is achieved in EYFS	Key Vocabulary to be developed in EYFS	Physical Education KS1
Specific Area of Learning Physical Development	<ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others Demonstrate strength, balance and co-ordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<p>At St Peter's we use Lancashire PE Passport to teach PE across the school including in EYFS.</p> <p>Children are given lots of opportunities to practise and refine the Five Key Fundamental Movement Skills- running, jumping, hopping, catching, throwing.</p> <p>Additional Experiences</p> <ul style="list-style-type: none"> Children have regular access to our EYFS outdoor area which provides further opportunities to develop the 5 FMS as well as climbing, balancing, co-ordination and taking risks. Open-ended resources are provided and children often make assault courses that develop their balance and co-ordination. Open-ended resources are available for extended, repeated and regular practising of physical skills like lifting, carrying, pushing, 	<ul style="list-style-type: none"> Move Direction Forward Backward Ball Dance Hit Kick Move Roll Skills Run Jump Hop Catch Throw 	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Perform dances using simple movement patterns.

pulling, constructing, stacking
and climbing.

- Children use the KS1 trim trail
at lunchtimes.