

PE in our EYFS

Early Years Statutory Framework: Educational Programme Physical Development

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. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Linked Early Learning Goals:

Gross Motor Skills - Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

A taste of PE in action...

Climbing, swinging and balancing on our outdoor climbing frame.

Regular movement breaks between transition times such as 'Danny Go' where we dance with scarves!

Playing games and developing our skills in our weekly PE session.

Enjoying parachute games.

Practicing throwing, catching and rolling balls towards a target.

Chalking our own hopscotches.

Our weekly Footprint Friday adventures! Climbing trees, lifting heavy branches, running the length of the field and exploring the outdoors with our friends!

Using the bikes and scooters in our outdoor area. Practicing our balancing and how to safely navigate around the space.

Re-enacting stories together such as 'We're Going on a Bear Hunt!'

Enjoying sports day practice, such as using the balance bikes!

Enjoying barefoot yoga in the sunshine outdoors!

Rolling tyres, lifting planks and stacking crates to design our own outdoor obstacle courses. Exploring how we can move in different ways.

Moving to music! Thinking about how music can alter our movements.

Learning traditional playground games that we can play with our friends outside e.g duck, duck, goose, what's the time Mr wolf...

Cosmic Kids Yoga!