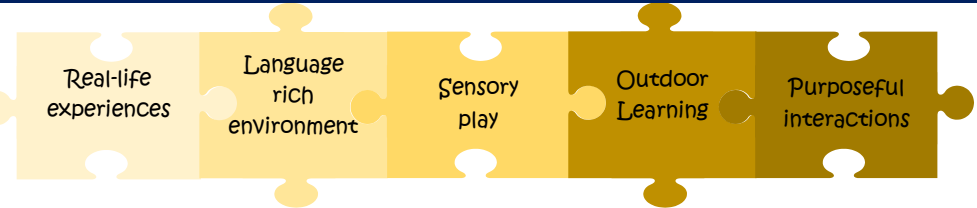


EYFS Curriculum Links



What does PE look like in Early Years?



In EYFS, children are introduced to PE through the 'Physical Development' area of learning; 'Gross Motor Skills' and 'Fine Motor Skills' Early Learning Goals and also through the 'Personal, Social and Emotional Development' area of learning; specifically, the 'Managing Self' Early Learning Goal. By the end of Reception, Children who are at the expected level of development in the area will:

- Negotiate space and obstacles safely, with consideration for themselves and others. *(Gross Motor Skills)*
- Demonstrate strength, balance and coordination when playing. *(Gross Motor Skills)*
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. *(Gross Motor Skills)*
- Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. *(Fine Motor Skills)*
- Use a range of small tools, including scissors, paint brushes and cutlery. *(Fine Motor Skills)*
- Begin to show accuracy and care when drawing. *(Fine Motor Skills)*
- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. *(Managing Self)*

Our youngest children begin to develop their understanding of physical education in Nursery and Reception by exploring basic movement skills; engaging in self competition. They are provided with rich opportunities aimed at developing both fine and gross motor skills and begin to understand how to be healthy and take care of themselves. Skills are revisited over time and are carefully planned for in the continuous/enhanced provision in both the indoor and outdoor environment. In Reception, children also practise their 'getting ready' skills by getting changed for PE lessons; buttoning/unbuttoning, zipping/unzipping etc... Their learning in early years provides strong foundations by preparing them for their transition into the KS1 curriculum where they continue to explore the basic movement skills of running, jumping, kicking, throwing and catching, whilst focussing on physical attributes of balance, agility and co-ordination.