

PE in the EYFS 2022

Development Matters	ELG	How this achieved in EYFS	Sticky Knowledge: By the end of EYFS the children will know...	PE in KS1
<p>Reception:</p> <ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and 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 indoor and outdoor 	<p>Gross Motor Skills</p> <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>Weekly PE session – with Mr C.</p> <p>Opportunities open to all during continuous provision.</p> <ul style="list-style-type: none"> Basketball hoop Bikes and trikes Scooters – stand up and sit down. Hoops Balls and beanbags Assault course Role play – stage and music Firework dances – ribbons and material. Playdough station Climbing wall and slide in the KS1 playground Balance beam and steppingstones Tyres <p><u>Autumn Term</u> Team games, turn taking, moving to music, listening to instructions, finding a space, moving in different ways, moving safely.</p> <p><u>Spring Term</u> Learning tucks and rolls, making different shapes with body and holding this, traveling on, over, under through balancing and climbing equipment, transferring floor skills to</p>	<p>Knowledge:</p> <p>Dance:</p> <ul style="list-style-type: none"> I know how to march in time to music by myself and with a partner. I can make up a simple dance with 3 parts. I know the parts of dance and can remember what to do. I know how to move in different directions with speed and control. <p>Gymnastics:</p> <ul style="list-style-type: none"> I know how to do a standing straight shape, star shape and tuck with control. I know how to balance. I can hold these shapes for a count of 3. I can travel safely around a space and along benches. I can link simple movements to make a short sequence. I can travel on my feet and hands and feet safely around a space and over benches. I can perform a simple sequence of movements. <p>Games:</p> <ul style="list-style-type: none"> I know how to move safely in a space, changing direction with control. I can carry and aim equipment safely. I know how to roll an object. I know how to throw a ball. I know how to catch a beanbag or medium sized ball. I can kick a ball with increasing control. <p>Vocabulary:</p> <p>Dance: Marching/Timing/Action/Dance/Perform/Turning/Repeat/Rhythm/Pathways/Posture/Soldier/Individual/Partner/Control/Speed/Range/Actions/Mirror/Lead/Follow/Gently/Tiptoes/Heavily/Stomp/Robotic</p> <p>Gymnastics: Straight/Star/Tuck/Control/Perform/Repeat/Link/Balance/Identify/Gymnastics/Movement/Stretch/Count/Copy/Explore/Practice/Linking/Travelling/Start/Finish/Body/Safely/Stillness/Position/Remember/Whole/Individual</p>	<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. <p>Perform dances using simple movement patterns.</p>

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<p>apparatus – alone and in groups.</p> <ul style="list-style-type: none"> • Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting and aiming. 		<p>apparatus, putting movements together, jumping and landing from equipment safely.</p> <p><u>Summer Term</u></p> <p>Throwing overarm and underarm with accuracy over greater distances, using apparatus and equipment safely – carrying and using</p> <p>Working as a team to complete challenges, improving ball skills and control e.g. throw and catch, bounce,</p>	<p>Games:</p> <p>Space/Change/Direction/Control/Safely/Aim/Roll/Carry/Throw/Catch/Bounce/Dribble/Kick/Freeze/Stretch/Crouch/Jogging/Balance/Slowly/Backwards/Forwards/Receiving/Sending/One handed/Two handed/Balloon/Target/Successfully/Avoid/Technique/Bibs/Tails/Hula Hoops/Quoit/Equipment/Passing/Ball/Landing/Jog/Jump/Reverse/Turn/Crouch/Crab/Weave</p>	
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