

## EYFS and PE

The most relevant statements for PE are taken from the following areas of learning:

- **Personal, Social and Emotional Development**
  - **Physical Development**
  - **Expressive Arts and Design**

### **Reception- Personal, Social and Emotional Development**

Manage their own needs. - personal hygiene

Know and talk about the different factors that support overall health and wellbeing: - regular physical activity

### **Reception- Physical Development**

Revise and refine the fundamental movement skills they have already acquired: - rolling - running - crawling - hopping - walking - skipping - jumping - climbing

- Progress towards a more fluent style of moving, with developing control and grace.
- Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Combine different movements with ease and fluency.
- Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.
- Develop overall body strength, balance, coordination and agility.

### **Reception- Expressive Arts and Design**

Explore, use and refine a variety of artistic effects to express their ideas and feelings.

- Return to and build on their previous learning, refining ideas and developing their ability to represent them
- Create collaboratively, sharing ideas, resources and skills.
- Listen attentively, move to and talk about music, expressing their feelings and responses.
- Watch and talk about dance and performance art, expressing their feelings and responses.
- Explore and engage in music making and dance, performing solo or in groups.

### **ELG Personal, Social and Emotional Development- Managing self:**

Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.

- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing

### **ELG Personal, Social and Emotional Development -Building relationships:**

Work and play cooperatively and take turns with others.

## **ELG Physical Development- 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.

## **ELG- Expressive Arts and Design- Being Imaginative and Expressive**

Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.

### **How does PE link to our Aspirations at Woodcroft**

#### **Aspiration 1: To retell our favourite story**

Begin to develop gross and fine motor skills

Engage in story times and discuss

Use range of tool such as scissors

To develop FMS, effective pencil grip & accuracy/care in drawing

To use FMS to create props

Resilience & perseverance in face of challenge

Work cooperatively with minimal support

Watch cbeebies ballets/shows

Model/Explore instruments and represent story/songs with them

Learn simple songs and rhymes to practice and perform

Choose song to practice and perform with their show

#### **Aspiration 2: To create a game to play with our friends.**

Engage with a range of different physical resources and explore climbing apparatus

Listen carefully and follow simple instructions for how to play a game, with adult support

Play throwing & catching games, with adult support

Consider the feelings of others when playing together

Take turns with their peers, without adult support

To use motor skills to create and play their designed game.

Explain the rules of your created game to your friends, including how they can win.

Celebrate the achievement of others and be happy for peers if they win the game

Be kind to their peers when playing together

#### **Aspiration 3: To create and nurture a habitat**

Begin to develop fine motor skills to stack and arrange natural objects e.g sticks.

Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks

Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.

Develop their small motor skills so that they can use a range of tools competently, safely and confidently.

Explore and engage in music making and dance, performing solo or in groups. Plant growth movement dance.

Sing in a group or on their own, increasingly matching the pitch and following the melody – sing songs about changing seasons

Listen with increased attention to sounds- listen to bird calls and native animal sounds