



EYFS Curriculum Subject – PE

National Curriculum Subject	Link to EYFS Curriculum	Where you might see your subject.
PE	<p>Physical Development</p> <p><u>Gross Motor Skills</u></p> <ul style="list-style-type: none">• 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. <p><u>Fine Motor Skills</u></p> <ul style="list-style-type: none">• Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.• Use a range of small tools, including scissors, paintbrushes and cutlery.• Begin to show accuracy and care when drawing.	<p>Physical development is a prime area and entwined across the Early Years curriculum. Children are taught through the Champions Sports, Health and Fitness Programme, Cosmic Yoga and pen disco. Gross motor skills and Fine motor skills are central to the development of lots of the specific areas of learning. Our aim is to teach and support the development of these skills throughout the year.</p> <p>Taught:</p> <ul style="list-style-type: none">• Weekly P.E lesson• Dough disco and pen disco• Yoga• Effects of exercise on our bodies• Keeping healthy/Healthy eating <p>Provision: Children have access to fine and gross motor activities throughout the provision in Class 1. A variety of adult-led, and child-initiated activities are available to the children including scissor skills, large construction equipment and children have access to a range of physical development games. Daily fine motor activities effectively prepare children to use tools such as pens and pencils for writing. Adults model the correct pencil grip for effective use of tools for writing which is equipped with a simple, catchy rhyme: nip, pick and flick.</p> <p>Gross motor activities are available in the outdoor provision such as balance bikes, balance equipment, a climbing crest, gardening opportunities and balance bikes. Children also have access to a stage area to support gross motor development including, moving in time with music and using props to support movement.</p> <p>Skills:</p> <ul style="list-style-type: none">- Developing a sense of balance, coordination and spatial awareness.- Moving rhythmically with ease.- Developing ball skills.- Understanding the importance of staying healthy – including the benefits of exercise and a healthy diet.- Understanding simple rules for safety.- Developing accuracy when using gross motor and fine motor movements.



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	<p>Vocabulary: Language of movement such as: jump, run, walk, crawl, jog, fast, slow, rules, safety, balance, coordination, awareness, create, build, join, forwards, backwards, sideways, stretched, curled, tuck, body parts, follow, speed, direction.</p>
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