



Physical Education – EYFS – KS1

Specific Area of Learning Physical Development	ELG 6 Gross Motor Skills	How this is achieved in EYFS	Key Vocabulary to be developed in EYFS	Physical Education KS1
	<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>Children have weekly PE sessions with Mrs Dyer on a Friday.</p> <p>Additional Experiences</p> <ul style="list-style-type: none"> • Children have regular access to appropriate outdoor space through the day. • Open-ended resources are provided Children often make assault courses that develop their balance and co-ordination. • Open-ended resources are available for extended, repeated and regular practising of physical skills like lifting, carrying, pushing, pulling, constructing, stacking and climbing. • Children visit the outdoor equipment in the willow garden regularly. 	<ul style="list-style-type: none"> • Move • Direction • Forward • Backward • Ball • Dance • Hit • Kick • Move • Roll • Skills • Throw 	<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. • Perform dances using simple movement patterns.