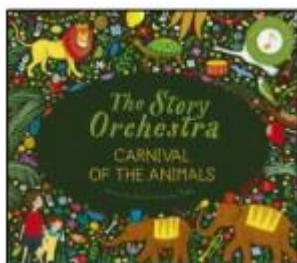




Physical Education – EYFS – KS1

	<p align="center">ELG Gross Motor - Physical development</p>	<p align="center">How this is achieved in EYFS</p>	<p align="center">Key Vocabulary to be developed in EYFS</p>	<p align="center">Physical Education KS1</p>
<p align="center">Specific Area of Learning Physical Development</p>	<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Negotiate space and obstacles safely Spatial awareness</p> <ul style="list-style-type: none"> • How to climb and crawl using hands and legs appropriately. • How to run and look at the same time – dodging and jumping obstacles safely. • How to ride bikes, trikes and scooters safely. How to use their legs and steer at the same time. <p>Developing strength, balance and coordination</p> <ul style="list-style-type: none"> • How to cross the midline. • How to use both hands with symmetrical movement, e.g. pushing a wheelbarrow. • How to use hands / feet with reciprocal movement, e.g. riding a bike / climbing a ladder. • How to use leading and supporting hand, e.g. when digging one hand does the work while the other steadies the spade / fork. 	<ul style="list-style-type: none"> • Race • Chase • Travel • Obstacle • Weave • Follow • Land • Control • Strength • Movement • Balancing • Physical activity • Active • Stamina • Health 	<p>PE</p> <p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</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

Key texts:



- How to ride a bike / trike / scooter using legs to push off and glide.
- How to catch a ball - cupping hands, move to meet the object, elbows bent.
- How to throw a ball – other arm aims, sideways on, bring arm back let go, keep arm in direction of ball.
- How to static and dynamic balance.
- How to carry equipment safely.
- How to choose the right tools and equipment for a job

Move energetically

- How to keep our bodies healthy.
- The importance of exercise.
- Different ways of moving.
- Techniques for running, e.g. use of arms to power, knees up.
- Techniques for skipping and hopping, e.g. practise standing on one foot.
- How to stay safe when climbing (3 points of contact).

- perform dances using simple movement patterns.



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