



FLORENCE MELLY COMMUNITY PRIMARY SCHOOL

PHYSICAL EDUCATION FROM EYFS TO KEY STAGE 1

IF YOU CAN DREAM IT, YOU CAN DO IT!



Physical Education Long-Term Sequence Early Years Foundation Stage to Key Stage 1

Prime Area - Physical Development	<p>Early Learning Goals</p> <p>Physical Development</p> <p>Fine Motor Skills</p> <p>Hold a pencil effectively in preparation for fluent writing—using the tripod grip in almost all cases.</p> <p>Use a range of small tools, including scissors, paintbrushes and cutlery.</p> <p>Begin to show accuracy and care when drawing</p> <p>Gross Motor Skills</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>Examples of how this is achieved in EYFS</p> <p>By creating games and providing opportunities for play both indoors and outdoors. adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility.</p> <p>Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.</p> <p>In line with the whole school PE curriculum, EYFS are taught the following areas:</p> <p>Fundamental Movement Skills, Dance, Ball skills, Games and Gymnastics</p>	<p>PE KS1 National Curriculum</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 will be taught to:</p> <p>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</p> <p>participate in team games, developing simple tactics for attacking and defending</p> <p>perform dances using simple movement patterns.</p>	<p>Stories that could unlock this learning include:</p>	
	<p>Fundamental Movement Skills</p> <p>Run and stop with some control.</p> <p>Explore skipping as a travelling action.</p> <p>Jump and hop with bent knees.</p> <p>Throwing larger balls and beanbags into space.</p> <p>Balance whilst stationary and on the move.</p> <p>Change direction at a slow pace.</p> <p>Explore moving different body parts together.</p>	<p>Ball Skills/Games</p> <p>Move a ball with feet/Kick larger balls to space.</p> <p>Throw and roll a variety of beanbags and larger balls to space.</p> <p>Stop a beanbag or large ball sent to them using hands.</p> <p>Attempt to stop a large ball sent to them using feet.</p> <p>Hit a ball with hands.</p> <p>Run and stop when instructed.</p> <p>Move around showing limited awareness of others.</p> <p>Make simple decisions in response to a situation.</p>	<p>Dance</p> <p>Copy basic body actions and rhythms.</p> <p>Choose and use travelling actions, shapes and balances.</p> <p>Travel in different pathways using the space around them.</p> <p>Begin to use dynamics and expression with guidance.</p> <p>Begin to count to music.</p>	<p>Key Vocabulary to be developed in EYFS</p> <p>Fundamental Movement Skills</p> <p>Balance, direction, jump, run, slow, travel, bend, hop, land, safely, space, crawl, fast, rules, slide, stop</p> <p>Ball Skills</p> <p>Dribbling, catch, hit, partner, ready, run, target, bounce, ball, kick, points, roll, score, throw</p> <p>Games</p> <p>Pass, space, catch, direction, dribble, partner, rules, team, kick, run, path, score, jump, aim, safely, throw, stop, bounce, points, land, lose, win</p> <p>Gymnastics</p> <p>Around, copy, land, roll, star, through, balance, hold, over, shape, still, bend, jump, rock, squeeze, straight, travel</p> <p>Dance</p> <p>Action, direction, high, move, shape, space, travel, counts, finish position, low, quickly, slowly, start position</p>	