

Know rules and why they are in place. Follow rules carefully.

Opportunities to develop balancing skills.

Opportunities to develop fine and gross motor skills.

Working with parents – feedback of physical activities children complete out of school.

Introduction to a variety of movement skills eg) galloping, walking, running, hopping, skipping, rolling, crawling, side steps.

Rolling balls along floor and around body using 1 and 2 hands.

Variety of teamwork activities.

Varied outdoor provision with a variety of resources to build, dig, construct.

Listening and responding to music.

Weekly PE sessions with teacher and PE coach.

How do we provide a foundation of physical development skills and knowledge in our Early Years?

Developing independence to dress and undress themselves.

Throwing and catching skills – using different sized balls.

Model how we can use our bodies to show different size and shapes.

Develop ball skills including throwing, catching, kicking, passing, batting and aiming.

Discussion linked to what happens to our body when we exercise.

Jumping skills – 2 feet to 2 feet forwards, backwards, sideways.

Use their bodies to complete simple motifs linked to in class learning.

Stretching skills – toe touching.

Copy basic dance movements.

Using gymnastic apparatus confidently to develop jumping skills.

