



PHYSICAL DEVELOPMENT- PE ELEMENT (MOTOR SKILLS STRAND)

Intent Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. 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. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. 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.

Relevant Development Matters Statements and ELGs

Reception – Development Matters

- Refine movement skills such as rolling, crawling, walking, jumping, running, hopping, skipping and climbing and combine these in a sequence
- Develop overall body strength, core strength, co-ordination and ball skills
- Confidently and safely use a range of large and small equipment inside and out

Early Learning Goals (ELG)

- 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

Key Experiences

- Children have a weekly PE session
- Children have access to our Outdoor Classroom
- Annual Sports Day in conjunction with KS1
- Opportunities such as whole school skipping workshop



Our curriculum is underpinned by our RESPECT VALUES, which are covered throughout all subjects. The following values are exemplified in this subject:

Resilience: Children are encouraged to 'have a go' at different activities, movements and equipment. To understand that sometimes you or your team do not win

Empathy: To encourage other children who are finding it tricky to 'have a go', to demonstrate their skills and ideas to help others

Self-awareness: Children are encouraged to challenge themselves

Positivity: Having a positive attitude to physical exercise and to enjoy it

Excellence: Children try their best

Communication: Children use new vocabulary to describe movements and equipment e.g. pencil roll, forward roll

Teamwork: Working with other children in team games.

What this looks like in an EYFS Environment

In Reception have weekly PE sessions in collaboration with Primary Sports Coaching. In these sessions, children are taught to confidently move in different ways, including dance, and use a variety of apparatus whilst considering the safety of themselves and others. Children also have access to the large outdoor area with a climbing frame, trim trail, large brushes, bikes and building equipment such as tyres, planks and digging area with large spades. Adults encourage children to build, balance and climb whilst developing their resilience and confidence.