



# Cradley CE Primary School— PE in EYFS



## Key knowledge and skills

Explore the effects exercise has on our bodies.  
Be able to move safely around others.  
Learn how to move with control and co-ordination  
Explore how to travel in different ways, directions and levels.  
Be able to move in time to the music.  
Explore different body parts and how they move.  
Develop ball skills, such as, throwing, catching and rolling.  
Learn to work with others as part of team games.  
Perform basic skills on the floor and apparatus.  
Learn the basic shapes related to gymnastics and be able to perform these safely.  
Explain why exercise is good for our bodies  
Independently dress and undress for P.E. sessions

## Experiences

In the foundation stage PE is taught discretely for one lesson a week using the school-wide scheme 'Get Set4PE'. During these sessions children are taught to dress and undress independently and about the importance of physical activity, alongside being taught the fundamental P.E knowledge and skills preparing them for PE in KS1.

In addition to this, staff plan a variety of learning experiences to further develop gross motor skills. Outdoor learning sessions enable children to choose from a variety of physical activities including supported access to the trim trail, use of bikes/ scooters and a range of small equipment e.g. balls, hoops, rackets, beanbags, material. Natural world sessions, offer children the opportunity to challenge themselves physically e.g. developing a superhero obstacle course.

During 'challenge and choice' time, children are set physical challenges and are encouraged to challenge themselves to further develop their skills, both indoors and outdoors. Children will be encouraged to reflect on their work, talk about what they have done and make connections to prior learning and future opportunities. Children have access to the outdoor area daily as part of our continuous provision.

## EYFS outcomes

### Early learning goals

#### Physical Development - Gross Motor Skills:

Negotiate space and obstacles safely, with consideration for themselves and others.  
Demonstrate strength, balance and coordination when playing.  
Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

#### Expressive Arts and Design—Being imaginative and expressive:

Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.

#### Personal, Social and Emotional Development - Managing self:

Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.  
Explain the reasons for rules, know right from wrong and try to behave accordingly.  
Manage their own basic hygiene and personal needs, including dressing.

#### Personal, Social and Emotional Development - Building Relationships:

Work and play cooperatively and take turns with others.

## Developing language

Adults working with children will support language development through modelling and narration. They will facilitate conversations which encourage children to notice what they are doing, to verbalise and elaborate on their experiences and to make connections. They will use key vocabulary in context and encourage children to develop well constructed sentences through the use of sentence starters and key vocabulary linked to the new skills. Children will be encouraged to evaluate their own performance and skills and those of their peers.

*What part of your body are using to kick/run, jump, walk?*

*What happens to your heart beat as you are exercising?*

*Why is exercise important?*

*What other ways can you use your legs/arms/feet?*

*What part of your body could you use to help you balance?*

*What do we need to remember to keep ourselves safe?*

*What did you like about the performance? Can you use our key words to evaluate?*

## Vocabulary

Exercise  
Healthy  
Heart  
Movement  
High  
Low  
Fast  
Slow  
Stretch  
Tuck  
Roll  
Balance  
Run  
Jump  
Dance  
Hop  
Skip  
Climb  
Throw  
Catch

