

What Physical Education looks like in EYFS

Areas of Study	3-4 year olds	Reception	ELG
	<p>Continue to develop their movement, balancing, riding and ball skills.</p> <p>Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Are increasingly able to use and remember sequences and patterns of movement which are related to music and rhythm.</p> <p>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</p> <p>Show more confidence in new situations.(PSED)</p>	<p>Revise and refine fundamental movements: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.</p> <p>Progress towards a more fluent style of movement, with developing control and grace.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Use the core muscle strength to achieve a good posture</p> <p>Combine different movements with ease and fluency.</p> <p>Confidently and easily use a range of large and small apparatus indoors and outdoors, alone and in a group.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Further develop and refine a range of ball skills including; throwing, catching, kicking, passing, batting and aiming.</p> <p>Develop confidence, competence, precision, and accuracy when engaging in activities that involves a ball.</p> <p>Shoe resilience and perserverence on the face of challenge (PSED)</p>	<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and co-ordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.(PSED)</p> <p>Give focused attention to what the teacher is saying(PSED)</p>

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