

# EYFS Physical Education



# Autumn, Spring and Summer

Two's and  
Nursery

All topics cross over all terms:

- Forest School
- Daily outdoor provision with physical aspects - see weekly planning
- Planned movement sessions - adult directed - see weekly planning
- Just Dance/go noodle - You Tube
- Squiggle while you wiggle
- Dough Disco - You tube
- Cosmic Kids Yoga
- HartBeeps - Summer Term: External provider

Motor skills	Movement	Problem solving
<p><b>Develop Gross Motor Skills:</b> Children use large, sweeping movements to create shapes and patterns, strengthening their core and arm muscles. While primarily focused on fine motor skills, Dough Disco also indirectly contributes to gross motor skills by engaging the larger muscles in the arms and shoulders as children manipulate the playdough.</p> <p><b>Improve Fine Motor Control:</b> By translating these large movements into smaller, controlled marks on paper or other surfaces, children refine their hand-eye coordination and finger dexterity.</p> <p>Dough Disco involves a variety of actions like rolling, pinching, and squeezing playdough, which strengthens the small muscles in the hands and fingers.</p> <p><b>Enhance Letter Formation Awareness:</b> The activity encourages children to think about the shapes of letters and how they can be formed using specific movements.</p> <p><b>Boost Confidence in Mark Making:</b> "Squiggle Whilst You Wiggle" aims to make mark-making fun and engaging, helping children feel confident in their ability to create and experiment with different shapes and patterns.</p> <p><b>Prepare for Writing in Reception:</b> The program is designed to support children as they transition into formal writing in Reception class by building a strong foundation in motor skills. By strengthening hand muscles and improving dexterity, Dough Disco lays the foundation for developing proper pencil grip and handwriting skills.</p> <p><b>Enhanced Hand-Eye Coordination:</b> Dough Disco activity requires children to coordinate their hand movements with visual cues, improving their ability to control their hands and fingers effectively.</p> <p><b>Muscle Control:</b> Dough Disco helps children develop better control over their hand and finger movements, which is crucial for tasks like writing and using scissors.</p> <p><b>Increased Self-Esteem:</b> Successfully completing the Dough Disco exercises can boost children's confidence and sense of accomplishment.</p> <p><b>Sensory Experience:</b> The tactile experience of playing with playdough can be calming and engaging for children, providing a positive sensory experience.</p>	<p><b>Develop Gross Motor Skills</b> <b>Locomotion:</b> Activities like crawling, walking, running, jumping, hopping, skipping, and climbing to develop movement skills.</p> <p><b>Object Manipulation:</b> Throwing, catching, kicking, and using tools like balls, hoops, and climbing equipment.</p> <p><b>Core Strength and Stability:</b> Activities like tummy time, crawling, climbing, and balancing exercises to build a strong core.</p> <p><b>Outdoor Play:</b> Providing ample opportunities for outdoor play on various surfaces and with varied equipment to encourage exploration and movement.</p> <p><b>Develop fine motor skills:</b> <b>Hand-Eye Coordination:</b> Activities like drawing, coloring, using scissors, manipulating small objects, and playing with building blocks.</p> <p><b>Pencil Grip and Control:</b> Developing a proper pencil grip and control for drawing and writing.</p> <p><b>Self-Care Skills:</b> Activities like dressing and undressing, using utensils, and washing hands to promote independence.</p> <p><b>Balance Activities:</b> Providing opportunities to balance on beams, stepping stones, or while riding scooters.</p> <p><b>Coordination Activities:</b> Activities that require the coordination of different body parts, such as throwing and catching a ball, or skipping.</p> <p><b>Spatial Awareness:</b> <b>Understanding Space:</b> Activities that encourage children to understand their own bodies in relation to space, such as navigating obstacle courses or playing games like tag.</p> <p><b>Integration of Skills:</b> <b>Combining Gross and Fine Motor Skills:</b> Encouraging children to use both large and small muscle groups together, such as climbing a ladder and then drawing a picture.</p>	<p><b>Holistic Development:</b> Forest School aims to develop the whole child, encompassing social, emotional, physical, and cognitive growth.</p> <p><b>Resilience and Confidence:</b> Children gain confidence and resilience by taking supported risks, learning to manage challenges, and developing problem-solving skills.</p> <p><b>Physical Development:</b> Outdoor play naturally promotes gross and fine motor skills, strength, and balance.</p> <p><b>Independent Learning:</b> Children are encouraged to explore, discover, and initiate their own learning, fostering independence and self-directed learning.</p>

Autumn	Ball Skills	Dance
Reception	<ul style="list-style-type: none"> <li>• Handles tools, objects, construction, and malleable materials safely and with increasing control.</li> <li>• Understands that equipment and tools have to be used safely.</li> <li>• Shows increasing control over an object, pushing, patting, throwing, catching or kicking it.</li> <li>• Explains own knowledge and understanding, and asks appropriate questions of others.</li> <li>• Negotiates space successfully when playing racing and chasing games with other children, adjusting speed, or changing direction to avoid obstacles.</li> <li>• Observes the effects of activity on their body.. Can catch a large ball.</li> <li>• Can play in a group, extending and elaborating play ideas.</li> <li>• Begin to accept the needs of others and can take turns and share resources, sometimes with support from others.</li> </ul>	<ul style="list-style-type: none"> <li>• Emphasise that the children need to listen to the music.</li> <li>• Perform pirate impressions to the music.</li> <li>• Emphasise that the children need to understand their characters.</li> <li>• Perform in character to the music.</li> <li>• Emphasise that the children need to move in time with others in the group.</li> <li>• Perform all together to the music.</li> <li>• Emphasise that the children need to mirror their partner.</li> </ul>

Spring	Fun and Games	Fitness
Reception	<ul style="list-style-type: none"> <li>• Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</li> <li>• Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.</li> <li>• Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</li> <li>• Plays alongside other children who are engaged in the same theme.</li> <li>• Two-channelled attention - can listen and do for short span.</li> <li>• Respond to simple instructions.</li> <li>• Shows increasing control over and object, pushing, patting, throwing, catching or kicking it.</li> <li>• Can describe self in positive terms and talk about abilities.</li> <li>• Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.</li> <li>• Understands that equipment and tools must be used safely.</li> <li>• Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</li> <li>• Observes the effects of activity on their body.</li> </ul>	<ul style="list-style-type: none"> <li>• Dresses with help.</li> <li>• Aware of the boundaries set, and of behavioural expectations in the setting.</li> <li>• Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</li> <li>• Explains own knowledge and understanding, and asks appropriate questions of others.</li> <li>• Shows understanding of prepositions such as 'under', 'on top', 'behind' by carrying out an action.</li> <li>• Keeps play going by responding to what others are saying or doing. Listens and responds to ideas expressed by others in conversation or discussion.</li> <li>• Experiment with different ways of jumping.</li> <li>• Can describe self in positive terms and talk about abilities.</li> <li>• Links sounds to letters, naming and sounding the letters of the alphabet.</li> </ul>

Summer	Movement and Development	Throwing and Catching
Reception	<ul style="list-style-type: none"> <li>• Travels with confidence and skill around, under, over and through balancing and climbing equipment.</li> <li>• Can describe self in positive terms and talk about abilities.</li> <li>• Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.</li> <li>• Practices some appropriate safety measures without direct supervision.</li> <li>• Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</li> <li>• Uses language to imagine and recreate roles and experiences in play situations.</li> <li>• Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</li> <li>• Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles. Is able to follow directions.</li> </ul>	<ul style="list-style-type: none"> <li>• Shows increasing control over an object, pushing, patting, throwing, catching, or kicking it.</li> <li>• Understands that equipment and tools must be used safely.</li> <li>• Shows increasing control over an object, pushing, patting, throwing, catching, or kicking it.</li> <li>• Can catch.</li> <li>• Respond to simple instructions.</li> <li>• Shows increasing control over an object when throwing it.</li> <li>• Can catch a ball.</li> <li>• Moves freely and with pleasure and confidence in a range of ways such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, and hopping.</li> <li>• Can play in a group.</li> <li>• Begin to accept the needs of others and can take turns and share resources, sometimes with support from others.</li> </ul>