

# Physical Education in the Early Years

Physical Education at Foundation Stage (Reception) is covered in the 'Physical Development' prime area of the Early Years Framework. It is split into 2 sections-Gross Motor Skills and Fine Motor Skills. Gross and fine motor experiences develop 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 in the Reception class 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. Structured PE lessons take place twice per week. The areas these cover are: Spatial Awareness and General Movement, Gymnastics, Dance, Ball Skills and Games. Physical Education in the Early Years covers a number of objectives such as experimenting with different ways of moving, jumping off objects and landing appropriately, negotiating space successfully when playing chasing and racing games with other children by adjusting speed or changing direction to avoid obstacles, travelling with confidence and skill around, under, over and through balancing and climbing equipment, showing increasing control over an object in pushing, pulling, throwing, catching or kicking it.

Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing.

Develop overall body strength, co-ordination, balance & agility needed to engage successfully with future physical education sessions & other physical disciplines including dance, gymnastics, sport & swimming.

Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.

Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Develop overall body-strength, balance, co-ordination and agility.



A child-initiated activity with children devising their own game.



Working as a team to create a Chinese New Year dance in the garden.



Learning to work with a partner during tennis skills work.

Practising independent ball skills through tennis activities.

