

Foundations for PE in EYFS at Pipworth



National Curriculum Purpose of study

- A high-quality physical education curriculum inspires all pupils to succeed and excel in
- competitive sport and other physically-demanding activities. It should provide opportunities
- for pupils to become physically confident in a way which supports their health and fitness.
- Opportunities to compete in sport and other activities build character and help to embed
- values such as fairness and respect.

National Curriculum Aims

- The national curriculum for physical education aims to ensure that all pupils:
- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Key stage 1

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to:
 - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
 - participate in team games, developing simple tactics for attacking and defending
 - perform dances using simple movement patterns

Regular physical activity

- Small equipment such as balls, bats, skipping ropes etc are all available for use in the outdoor provision
- Lunchtimes, play times, access to outdoor provision
- PE sessions in the hall
- Local walks



PE lessons

- Children have access to PE lessons in the hall each week and use both small and large apparatus within lessons
- PE coaches have worked in EYFS with staff providing CPD
- Team Games, Large and small apparatus and fundamentals



Promoting the 3 pillars : Motor Competence

- Coordination of fine and gross motor skills that are necessary to manage everyday tasks, such as walking, running, jumping, catching, throwing, kicking, and rolling through PE lessons, provision and active times.



Promoting the 3 pillars : Rules, Strategies & Tactics

- Lots of opportunities in EYFS for turn taking, following instructions, learning tactics through different areas of the provision both indoor and outdoors.

Taking turns in board games



Following instructions on a dinosaur treasure hunt on the large play equipment

Promoting the 3 pillars : Healthy Participation

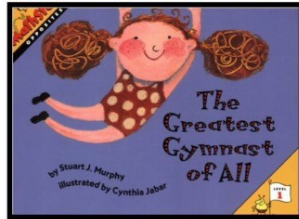
- Lots of activities in EYFS during the school day promote healthy participation.
- For example: snack time, daily ten minutes exercise (particularly as a result of lock down), access to the outdoors, equipment on the yard to use at lunchtime
- Themes/Topics which promote health e.g. Look at me! I am 3! Topic in FS1 which covers exercise, eating, sleep habits, hygiene and how they contribute to good health.



Promoting PE through Books

After reading a story about a tiger on crutches children had the opportunity to use them themselves

The story of the week is:



Under

On

Far

Outside

We are learning to describe our body actions using prepositional language.

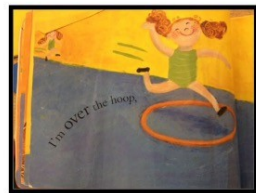
Near

Over



Low

In



High

PIC-COLLAGE



After reading Handa's Surprise the children practised balancing fruits on their heads.

Language Development

- EYFS provision provides LOTS of opportunities for introducing language and vocabulary such as run, jump, left, right, up, down, fast, slow etc.....



The children sat in a circle and responded to language such as up, down, fast, faster etc.

Half Termly Themes/Topics

- FS1

Look at me! I am 3!

Fantastic Food



- FS2

Marvellous Me *learning all about themselves and personal hygiene*

We can be Heroes! *Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - tooth brushing - sensible amounts of 'screen time' - having a good sleep*

We have been learning about super heroes. The children made their own super hero capes. They told me what super powers their capes gave them. J "I can run faster than I normally do!"



Through Literacy and Maths



Blending to read in phonics



Children using numbers to determine how many times they threw or kicked the ball.

Promoting Physically Active Careers



Home Learning

- Physical Development and exercise were promoted as part of home learning.

"Willow's favourite song is Dance Monkey so she was very excited to do the dancing this morning. She said she found it a bit hard but gave it a good go." Mum on Tapestry



PSED Skills

- **Managing Self** – *resilience, perseverance in the face of challenges, explaining the reasons for rules, managing basic hygiene needs including dressing*
- **Building Relationships** – *working and playing cooperatively and taking turns with others*

