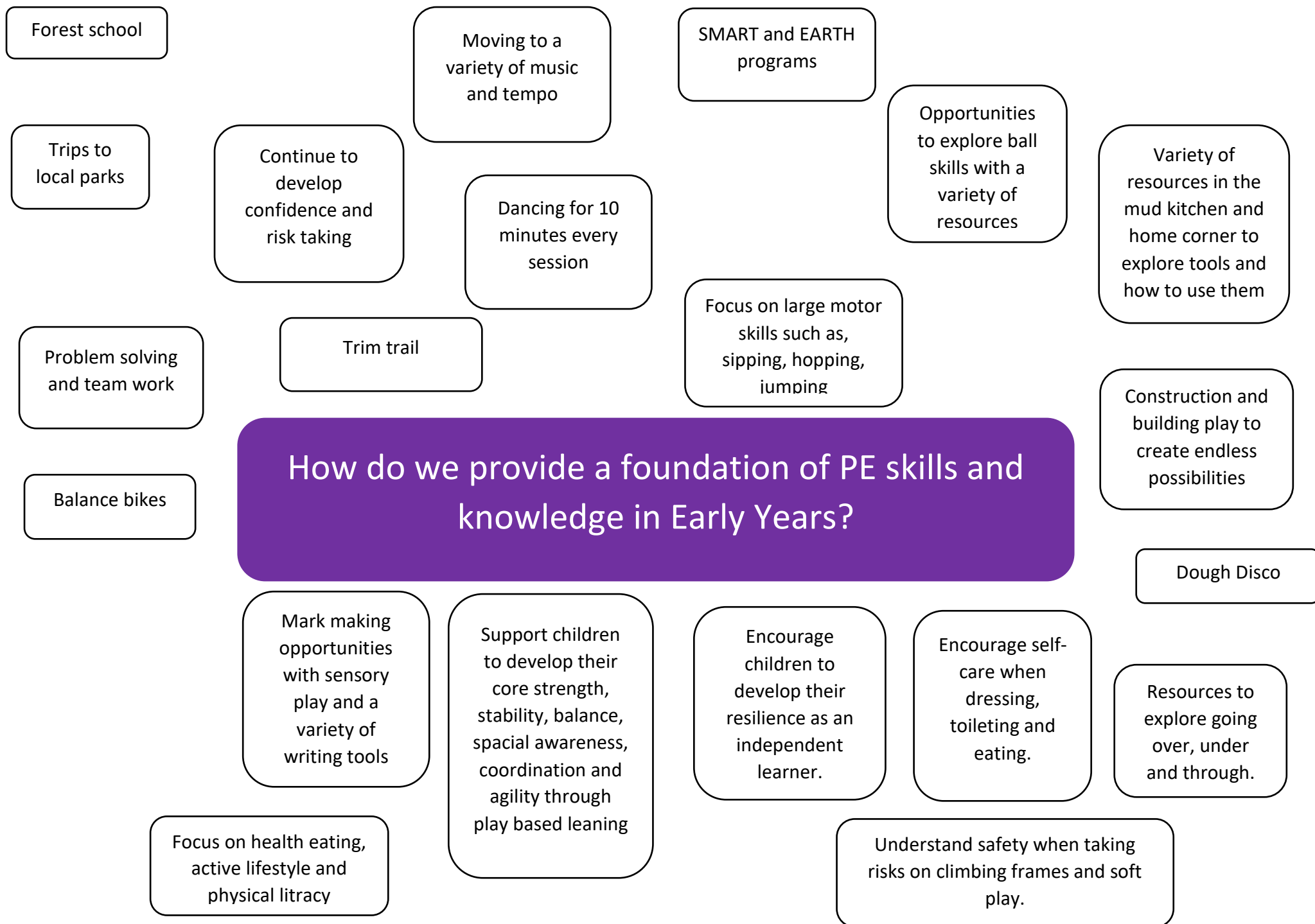




Howden-Le-Wear EYFS Curriculum links to Physical Education

Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.

Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons

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

Reception

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines

Combine different movements with ease and fluency

Progress towards a more fluent style of moving, with developing control and grace

Revise and refine the fundamental movement skills they have already acquired

Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.

Develop the foundations of a handwriting style which is fast, accurate and efficient

Further develop the skills they need to manage the school day successfully

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

Use a range of small tools, including scissors, paintbrushes and cutlery.

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases

Demonstrate strength, balance and coordination when playing

Begin to show accuracy and care when drawing.

Negotiate space and obstacles safely, with consideration for themselves and others

ELG's

Nursery

Explore different materials and

Use large and small motor skills to do things independently

Fit themselves into different spaces and move around

Show an increasing desire to be independent

Walk, run, jump and climb

Spin, roll and use ropes and swings

Gradually gain control of their whole body through continual practice of large movements

Build independently with a range of

Develop manipulation and

Clap and stamp to music

Enjoy starting to kick, throw and catch balls.

Continue to develop their movement, balancing, riding and ball skills

Go up steps and stairs, or climb up apparatus, using alternate feet

Increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.

Use large-muscle movements to wave flags and streamers, paint and make marks

Choose the right resources to carry out their own plan

Match their developing physical skills to tasks and activities in the setting

Use one-handed tools and equipment

Show a preference for a dominant

Start taking part in some group activities which they make up for themselves, or in teams

Collaborate with others to manage large items

Use a comfortable grip with good control when holding pens and pencils.

Be increasingly independent as they get dressed and undressed

Nursery