



PE in EYFS

PE at Foundation Stage is covered in the prime area 'Physical Development' of the EYFS Curriculum, specifically the aspect of 'Gross Motor Skills' Below are some examples of what is taught.

- Children learn to adjust steps to negotiate obstacles, explore different surfaces and uneven ground and push and pull large toys.
- Children learn how to throw and catch large balls and slow falling objects such as scarves and balloons. Begin to run skilfully, jump with two feet together and balance on one foot with adult support.
- Children learn to enjoy moving indoors and outdoors and begin to copy large movements e.g. wave, kick, clap, stomp.
- Children learn to move their bodies to music and use large muscle movements such as waving flags, scarves, pom poms and ribbons crossing the midline.
- Children learn to explore spaces such as crawling into tunnels, hiding in dens and climbing into large boxes. Preposition focus – in, behind, under.
- Children learn how to engage their core muscles by exploring a range of movements such as spinning, rolling, stretching, bending and climbing.
- Children learn how to link two movements such as jumping, crawling and climbing.
- Children learn how to balance on different surfaces such as low beams, benches and stepping stones.
- Children learn to direct balls at a target area using their own methods such as kick, roll or throw.
- Children learn how to send balls using tools such as scoops, bats and ball launcher.
- Children learn how to work with a partner during simple games and begin to join in with running games such as catch.
- Children learn how to use bikes safely such as wearing helmets and holding on to the handlebars.
- Children learn to follow simple instructions such as stop and go using visuals.
- Children learn to keep their feet on the pedals to push and power the bike.
- Children learn to hold the handlebars to steer and can look around.
- Children learn how to use coordination and balance to navigate with more accuracy.
- Children learn how to participate in a range of games and movements to develop their core muscles.



Daily opportunities
to move our bodies

Tots for tires

Wake and
shake

Outdoor play,
climbing, running
and exploring

Sports Day

Water and sand
play exploring
materials

What does PE look like in our Early Years class- room?

Action songs
and rhymes

Game of the
week during
play times

Movement zone
in class

Large outdoor
toys and bikes

Getting dressed

Ball games

Weekly PE lessons

Obstacle
courses