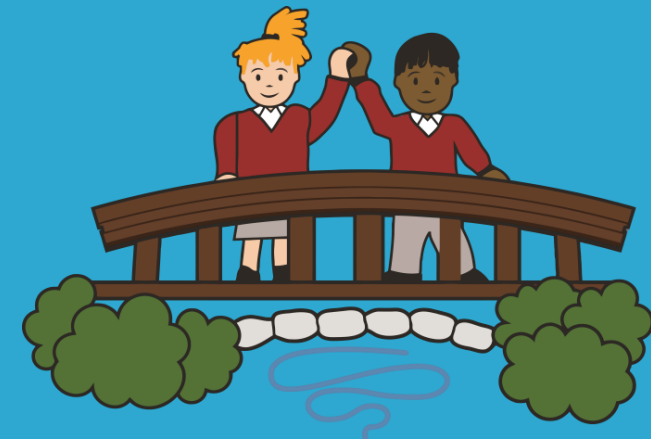




Subject Information



Soaring to success

P.E. Early Years

In EYFS, children are taught physical development through PE lessons and outdoor provision.

In discrete PE lessons, children are taught fundamental movement skills; coordination, agility, balance, running, jumping, throwing and catching. In EYFS, children focus on one unit of PE per half term, mastering the basic movements and applying them in a variety of ways.

They develop these through a wide range of PE units that involve them working independently and with others. Pupils will be taught through the following PE units:

- Movement skills
- Gymnastics
- Target Games
- Dance
- Balance
- Locomotion
- Athletics