Soaring to success

Subject Information



P.E.
Early Years

“Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives.” (Statutory Framework for the Early Years Foundation Stage)

Physical Development is a prime area of learning and is particularly important for building a foundation for future learning.

In the Early Years Foundation Stage, children are taught physical development through a range of activities. The children have weekly discreet PE sessions. They also take part in gross motor and fine motor activities within lessons and carefully planned challenges and enhancements within the indoor and outdoor areas. Gross motor skill activities provide the foundation for social and emotional well-being and developing healthy bodies, as well as developing the basic physical skills of running, jumping, climbing and building physical strength. Fine motor activities, such as threading, completing jigsaw puzzles and the practice of using small tools, build hand-eye coordination and precision, which are linked to early writing.

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, in partners and in small groups. Pupils will be taught through the following PE units:

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