



EARLY YEARS FOUNDATION STAGE: PE CURRICULUM PROGRESSION



TERM	AUTUMN ONE	AUTUMN TWO	SPRING ONE	SPRING TWO	SUMMER ONE	SUMMER TWO
PHYSICAL DEVELOPMENT SKILLS	<p><u>STATUTORY FRAMEWORK</u> Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.</p> <p><u>BASELINE CHECKPOINTS</u> Understanding of positional and directional language Basic skills: walking, jumping, running, hopping, skipping – looking at balance, spatial awareness and control Climbing, weight bearing on the climbing frame and trim trail</p>					
Weekly PE Lesson Delivered by Premier Sport	<p><u>Fundamental Movement Skills</u> Spatial awareness Following simple instructions</p>	<p><u>Fundamental Movement Skills</u> Sending and receiving (rolling, throwing, catching, kicking)</p>	<p><u>Gymnastics</u> Balancing, special awareness and control Jumping Moving in different ways</p>	<p><u>Fundamental Movement Skills</u> Sending and receiving (rolling, throwing, catching, kicking)</p>	<p><u>Athletics</u> Mini Olympic events, running races</p>	
Cambridgeshire Scheme of Work (Can be delivered by class teacher as additional PE)	<p><u>Fundamentals Unit 1</u> -Bean bags -Hoops -Cones</p>	<p><u>Fundamentals Unit 1/2</u> -Cones -Variety of balls -Hoops -Spots</p>	<p><u>Dance – On Parade</u> Marching skills/ create a 3-part marching Dance</p>	<p><u>Fun Gym Shapes</u> Star, straight, tuck shapes Short movement phrases Holding fun gym shapes for count of 3.</p>	<p><u>Forest School</u> (See separate document) Den building, log rolling, rope bridge</p>	

<p style="text-align: center;">Additional areas to focus on to enable children to achieve ELG</p>	<p>Be introduced to the climbing frame and trim trail. Climb up the ladder independently and slide down the slide.</p> <p>Introduction to the scooters.</p>	<p>Walk along the trim trail balance beam using handrails. Climb onto/ sit on the chain linked moving tyres.</p> <p>Be able to push off with preferred foot when using a scooter.</p>	<p>Climb up the climbing wall on climbing frame independently and alternating foot and hand-holds.</p> <p>To complete a circular track, stopping and starting safely.</p>	<p>Slide down the pole independently. Travel across the chain linked moving tyres and chain bridge</p> <p>To negotiate obstacles with the scooter with control.</p>	<p>Complete a circuit of the trim trail confidently.</p> <p>To ride and negotiate space and obstacles safely and with control.</p>	<p><u>Gross Motor (ELG)</u> Negotiate space and obstacles safely, with consideration for themselves and others Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>
<p style="text-align: center;">Ongoing</p>	<p><u>GROSS MOTOR DEVELOPMENT</u> Children have access to large building blocks, wobble boards, stilt blocks, hoops, stepping-stones, skipping ropes, balls, quoits, cones, balance beams, crates and tyres.</p>					