

Physical Education in the Foundation Stage- Reception



Early Years Outcomes

Children in Reception will:

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

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.

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

Combine different movements with ease and fluency.

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

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

Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.

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



Early Learning Goal— Gross Motor Skills

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.



What does it look like?

In the Foundation stage PE is taught through a mixture of adult-led and child-led activities that support children in developing their fine and gross motor skills. Our aim is to develop children's co-ordination, movement, control and manipulation. Activities are available both indoors and outdoors. Children have access to the outdoor area daily as part of our continuous provision. This is in conjunction with our whole school PE programme— GetSet4PE which the children take part in every week.



Key Knowledge and Skills- Children will:

- Explore the effects exercise has on our bodies.
- Be able to move safely around others.
- Learn how to move with control and co-ordination.
- Explore how to travel in different ways, directions and levels.
- Be able to move in time to music.
- Explore different body parts and how they move.
- Develop ball skills, such as, throwing, catching and rolling.
- Learn to work with others as part of team games.
- Perform basic skills on the floor and apparatus.
- Learn the basic shapes related to gymnastics and be able to perform these safely.
- Explain why exercise is good for our bodies.

WOW words

Exercise

Sway

Gallop

Heart

Stretch

Tuck

Roll

Straddle

Healthy

Key Questions

What part of your body are using to kick/ run, jump, walk?

What happens to your heart beat as you are exercising?

Why is exercise important?

What other ways can you use your legs/arms/feet?

What part of your body could you use to help you balance?