

Physical Education in the Foundation Stage—Nursery



Early Years Outcomes—Physical Development

3-4 years

- Continue to develop their movements, balancing, riding (scooters, trikes and bikes) and ball skills.
- go up steps and stairs, or climb up apparatus, using alternate feet.
- Skip, hop, stand on one leg and hold a pose for a game like musical statues.
- Use large muscle movements to wave flags and streamers, paint and make marks.
- Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk, run across the plank, depending on its length or width.
- Use one handed tools and equipment, for example making snips in paper.
- Use a comfortable grip with good control when holding pens and pencils.
- Start to eat independently and learning how to use a knife and fork.
- Show a preference for a dominant hand.
- Be increasingly independent as they get dressed and undressed for example putting on coats and zipping up zips.

What does it look like?

In Nursery one of the prime areas of learning is Physical Development. Children have access to physical activities both indoors and outdoors daily. In the outdoor environment they have access to bikes, scooters and the ability to dig in a large sand pit. Nursery children also follow the Kinetic letter writing scheme which involves young children developing the core strength in their bodies to support with their mark making/writing. Nursery children also have P.E weekly in the school hall having activities such as movement to music and ring games..



Key Knowledge and Skills- Children will:

- Be able to move with confidence
- Explore different ways of moving
- Follow some simple instructions
- Be able to negotiate space and adjust speed accordingly
- Explore movement to music
- Be able to mount steps using alternate feet
- Play tag games alongside other children
- Understand what different ways of moving are such as slithering, shuffling, rolling, crawling etc

WOW words

Healthy
Unhealthy
Move
Jump
Run
Over
Under

Key Questions

Can you move to the music?
Is it fast or slow?
Can you slither like a snake?
Is your body feeling hot or cold?
Can you move under, over, through on the obstacle course?

