

## Early Learning goals within our Physical Education Curriculum (Review 2021)



### **Physical Development Gross Motor Skills ELG**

- Show good control and coordination in large and small movements
- Move confidently in a range of ways, safely negotiating space
- Handle equipment and objects safely

### **Personal, Social and Emotional Development ELG**

- Confident to try new activities/say what they like & why/ask for help
- Work as part of a group to follow rules
- Play cooperatively with others

### **Expressive Art & Design:**

- sing songs and dance
- represent ideas through dance and gym

### **Communication & Language:**

- Follow instructions and answer how & why questions
- Explain rules/activities to others

**Physical literacy will be developed with the aim of engaging pupils to be motivated and confident learners.**

## **Early Years Foundation Stage Physical Education**

**Declarative knowledge – I know how to**      and      **Procedural knowledge - I can**

**Key competencies:**    **Motor competencies**                      **Rules/strategies & tactics**                      **Healthy participation**    (linked to PE Ofsted guidance 2022)

<b>Physical literacy Movement &amp; coordination skills</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Net wall type skills</b>	<b>Striking &amp; fielding skills</b>	<b>Athletics and OAA type skills</b>
<ul style="list-style-type: none"> <li>-run in different directions with control</li> <li>-jump forwards from 2 feet to 2 feet</li> <li>- hop on either foot with control</li> <li>- gallop using preferred leg</li> <li>- skip over a rope</li> <li>- gain height when jumping</li> <li>- slide a bean bag, roll, move &amp; throw a ball underarm towards a target</li> <li>- bounce and catch a ball with 2 hands</li> <li>- catch a ball with 2 hands</li> <li>- control a ball with dominant foot</li> <li>.</li> </ul>	<ul style="list-style-type: none"> <li>-demonstrate they can follow directions and each other</li> <li>-cooperate with a partner when moving</li> <li>- movements that represent animals</li> <li>-show both scared and strong expressions and actions</li> <li>- move with control at different speeds showing a change of direction</li> <li>- remember and repeat a pattern</li> <li>- use actions to express feelings in a dance</li> </ul>	<ul style="list-style-type: none"> <li>-follow instructions safely</li> <li>-perform 5 basic shapes with control</li> <li>-hold large and small shapes whilst balancing</li> <li>-demonstrate a safe (chair) landing from a jump</li> <li>-perform a straight jump with control from a bench</li> <li>-travel sideways using a roll</li> <li>-transfer weight from hands to feet (bunny hop)</li> <li>-link 2 skills on floor</li> <li>-use apparatus safely</li> </ul>	<ul style="list-style-type: none"> <li>-move and carry a beanbag without dropping it.</li> <li>- roll a ball/slide a bean bag to a stationary target.</li> <li>- throw a beanbag underarm into a hoop.</li> <li>- take it in turns</li> <li>-throw and catch a beanbag to self</li> <li>- move to stop a rolling ball.</li> <li>- hit beanbag off palm of hand into air</li> <li>- follow instructions to play in a game 1v1</li> </ul>	<ul style="list-style-type: none"> <li>- retrieve a bean bag &amp; ball using hands using hands</li> <li>- roll a ball towards targets</li> <li>-stop a moving ball along the floor</li> <li>- throw a small ball underarm to a target</li> <li>-catch a ball with 2 hands</li> <li>- strike a ball along the floor &amp; towards a target using your hand</li> <li>-work cooperatively with a partner to keep score</li> </ul>	<ul style="list-style-type: none"> <li>-run with control &amp; change speed when running</li> <li>- jump forwards from 2 feet to 2 feet</li> <li>-jump in different ways</li> <li>-throw objects forwards &amp; towards a target</li> <li>-follow simple rules &amp; scoring for an event</li> <li>- understand directions</li> <li>- be able to copy/model partner</li> <li>-recognise colours and collect matching items/objects</li> <li>-follow a partner and use different ways to communicate</li> <li>- follow instructions and recognise similarities</li> <li>-plan how to solve a problem as a group</li> </ul>

**Key skills: including health & fitness**

-follow & copy a partners actions -listen and follow instructions - to skip (no rope) & perform exercises with control -exercise continuously for 3 minutes -perform exercises safely share ideas and work together -work safely in a large space with partner/group