

## Physical Education

Physical Education develops the children's knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities. The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive and activities.
- Lead healthy active lives.
- Foundation Stage 2 (FS2) and Key Stage 1 children participate in 2 X 1 hour PE sessions per week. FS1 and FS2 have daily access to outdoor provision where physical activities can be accessed. FS2 complete 4 X 2 hour sessions of Forest Schools each academic year. We use iMoves for our Dance scheme and RealGym for our Gymnastics scheme.

## The Foundation Stage

Pupils are taught to: **30-50 months**

- Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
- Mounts stairs, steps or climbing equipment using alternate feet.
- Walks downstairs, two feet to each step while carrying a small object.
- Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.
- Can stand momentarily on one foot when shown.
- Can catch a large ball.
- Draws lines and circles using gross motor movements.
- Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors.
- Holds pencil between thumb and two fingers, no longer using whole-hand grasp.



**Royd Nursery  
Infant School**

## Physical Education

**An Information  
Booklet for Parents  
and Carers**

## The Foundation Stage

### 40-60 months

- Experiments with different ways of moving.
- Jumps off an object and lands appropriately.
- Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
- Travels with confidence and skill around, under, over and through balancing and climbing equipment.
- Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
- Uses simple tools to effect changes to materials.
- Handles tools, objects, construction and malleable materials safely and with increasing control.
- Shows a preference for a dominant hand.
- Begins to use anticlockwise movement and retrace vertical lines.
- Begins to form recognisable letters.

## The Foundation Stage

### 40-60 months continued

- Begins to form recognisable letters
- Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.

### **Early Learning Goal**

- Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

## Key Stage One

PE is taught progressively through the three main elements of Gymnastics, Games and Dance.

This is a very brief overview of the skills taught in each element:

### Dance

Create simple movement patterns, showing awareness of the rhythm. Perform movements to express ideas, emotions or feelings and repeat dance phrases.

## Key Stage One

### Gymnastics

On the floor and apparatus: show control and coordination when moving or standing still. Perform basic sequences using space safely and recognising simple technical words (e.g. balance, flight, rotation, shape and travel) .

### Games

Negotiate space when racing and chasing, adjusting speed or changing direction to avoid obstacles. Pass a ball, bean bag or tag in a team game, working collaboratively. Stop or catch a projectile such as a bean bag or ball and hit it with a bat or racket.

## Contact

If you have any questions regarding Physical Education, please do not hesitate to speak to your child's class teacher or contact:

**Mr Sly & Miss Bamford**

**Physical Development Team**