

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 James

Physical Development Team