



BECOMING REFLECTIVE, INDEPENDENT & ASPIRATIONAL LEARNERS FOR LIFE
EYFS PE

Physical development is a specific area of development in the EYFS. At Amberley Parochial School we take PE seriously and as such employ specialist PE teachers who not only take PE lessons themselves, but also teach alongside school staff to ensure continued professional development. In the reception year we have the support of specialist PE teachers who teach PE lessons but we also aim to incorporate as many opportunities for physical activity as possible throughout the school day.

Objectives	Key questions/Activities
<ul style="list-style-type: none"> • 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. • Eats a healthy range of foodstuffs and understands need for variety in food. • Shows some understanding that good practices regarding exercise, eating, sleeping and hygiene can contribute to good health. • Shows understanding of the need for safety when tackling new challenges and considers and manages some risks. 	<ul style="list-style-type: none"> • Weekly PE sessions with a specialist teacher • Free flow indoor/outdoor play with opportunities to practice key skill. • Obstacle course building providing opportunities for practicing balance and different ways of moving; loose parts provided for this purpose • Gym mats available in the outdoor area • What keeps us healthy/in balance? • What can we do for ourselves?
Milestones for the end of the EYFS	
<ul style="list-style-type: none"> • Show good control and co-ordination in large and small movements • Moves confidently in a range of ways, safely negotiating space • Knows the importance for good health of physical exercise, and a healthy diet • Talks about how to keep healthy and safe • Knows the importance for good health of physical exercise, and a healthy diet, • To know the importance for good health of physical exercise, and a healthy diet and talk about ways to keep healthy and safe. • Handle equipment and tools effectively • They manage their own basic hygiene and personal needs successfully including dressing 	