

What knowledge do we teach our children in EYFS for P.E.?

At St Oswald's we ensure that we have a firm foundation which our pupils can build upon. Through direct teaching, Continuous Provision and cross-curricular topic work the following objectives are covered in Science

3-4 year olds

Select and use activities and resources, with help when needed. Helping them achieve goals they have chosen or have been suggested.

Increasingly follow rules and understand why they are important.

Remembering rules without needing an adult to remind them.

Develop movement – balancing, riding bikes, scooters and trikes 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.

Use large muscle movements to wave flags and streamers, paint and make marks.

Start taking part in group activities which they make up for themselves or in teams.

Be able to use and remember sequences and patterns of music that are related to music and rhythm.

Match their developing physical skills to tasks and activities in the setting. They decide whether to crawl, walk or run across a plank depending on its length and width.

Choose the right resources to carry out a plan.

Collaborate with others to manage large items such as moving equipment safely.

Show preference to dominant hand.

Dress and undress.

Respond to what they have heard expressing thoughts and feeling.

Reception

Manage own needs – personal hygiene

Know and talk about different factors that support overall health and well-being.

Regular physical activity.

Revise and refine fundamental movement skills that they already have – rolling, running, crawling, hopping, walking, skipping, jumping, climbing

Progress towards a more fluent style of moving with developing control and grace.

Develop overall body strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.

Use core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.

Combine different movements with ease and fluency.

Confidently and safely use a range of large and small apparatus indoors and outdoors alone and in a group.

Develop overall body strength, balance, coordination and agility.

Explore use and refine a variety of artistic effects to express their ideas and feelings.

Return to and build on their previous learning, refining ideas and developing their ability to represent them.

Create collaboratively sharing ideas, resources and skills.

Listen attentively, move to and talk about music expressing their feelings and responses.

Watch and talk about dance and performances art, expressing their feelings and responses.

Explore and engage in music making and dance, performing solo or in groups.

ELG

Be confident to try new activities and show independence, resilience and [perseverance in the face of a challenge.

Explain the reasons for rules, know right from wrong and try to behave accordingly.

Manage own basic needs, including dressing.

Work and play cooperatively and take turns with others.

Negotiate space and obstacles safely with consideration for themselves and others.

Demonstrate strength, balance and coordination when playing.

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Perform songs, rhymes, poems and stories with others and try to move in time to music.