

## Implementation

### EYFS Physical Development

Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults.

By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence

#### Toddlers and young children will be learning to:

- Enjoy moving when outdoors and inside.
- Pass things from one hand to the other. Let go of things and hand them to another person
- Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking.
- Clap and stamp to music
- Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them.
- Enjoy starting to kick, throw and catch balls.
- Walk, run, jump and climb
- Spin, roll and independently use ropes and swings (for example, tyre swings).

#### 3 and 4-year-olds will be learning to:

- Continue to develop their movement, balancing, riding (scooters, trikes and bikes) 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 like musical statues.
- Use large-muscle movements to wave flags and streamers, paint and make marks.
- Start taking part in some group activities which they make up for themselves, or in teams.
- Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.
- Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width

#### Children in reception will be learning to:

- Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing
- Progress towards a more fluent style of moving, with developing control and grace.
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming
- Use their 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 outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.
- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

*THE WILLOWS PRIMARY SCHOOL PE CURRICULUM*

	Year 1 Autumn	Year 1 Spring	Year 1 Summer	Year 2 Autumn	Year 2 Spring	Year 2 Summer
<b>Indoor PE</b>	<i>Warm Up – Monkey in the Middle</i>	<i>Warm Up – The Chicken Dance</i>	<i>Warm Up – Handclap</i>	<i>Warm Up – Monkey in the Middle</i>	<i>Warm Up – The Chicken Dance</i>	<i>Warm Up – Handclap</i>
	Fundamental Skills 1	Fundamental Skills 2	Dance (Seasons)	Speed Stacking	Skipping	Archery
	<i>Warm Up – Firework</i>	<i>Warm Up – Good 4 U</i>	<i>Warm Up – Crazy Frog</i>	<i>Warm Up – Firework</i>	<i>Warm Up – Good 4 U</i>	<i>Warm Up – Crazy Frog</i>
	Parachute Games	Simple indoor circuits	Multi skills games	Gym	Dance (Great Fire of London)	Curling
<b>Outdoor PE</b>	Ball Skills	Invasion Games	Athletics	Cricket	Hockey Skills	Tennis
	Ball Games	Basketball		Netball Skills	Tag Rugby	Athletics

	Year 3 Autumn	Year 3 Spring	Year 3 Summer	Year 4 Autumn	Year 4 Spring	Year 4 Summer
<b>Indoor PE</b>	<i>Warm Up – Monkey in the Middle</i>	<i>Warm Up – The Chicken Dance</i>	<i>Warm Up – Handclap</i>	<i>Warm Up – Handclap</i>	<i>Warm Up – Witch Doctor</i>	SWIMMING
	Gym	Indoor Team Games	Dodgeball	Fencing	Archery	
	<i>Warm Up – Firework</i>	<i>Warm Up – Good 4 U</i>	<i>Warm Up – Crazy Frog</i>	<i>Warm Up – I’m Good</i>	SWIMMING	
	Line Dancing	Badminton	Seated Volleyball	Dance (Romans)		
<b>Outdoor PE</b>	Rounders	Basketball	Golf	Hockey	Orienteering	Tennis
	Football	Kwik Cricket	Athletics	Tag Rugby	Netball	Athletics

	Year 5 Autumn	Year 5 Spring	Year 5 Summer	Year 6 Autumn	Year 6 Spring	Year 6 Summer
<b>Indoor PE</b>	SWIMMING	SWIMMING	<i>Warm Up – Levitating</i>	<i>Warm Up – Handclap</i>	<i>Warm Up – Witch Doctor</i>	<i>Warm Up – Levitating</i>
			Fundamental Skills 1	Fundamental Skills 2	Fencing	Line Dancing
		<i>Warm Up – Cha Cha Slide</i>	<i>Warm Up – I Like to Move it</i>	<i>Warm Up – I’m Good</i>	<i>Warm Up – Cha Cha Slide</i>	
		Dance – Greek Battles/Olympics	Gym	Badminton	Curling	
<b>Outdoor PE</b>	Rounders	Disc Golf	Netball	Tennis	Football	Cricket
	Football	Tag Rugby	Athletics	Basketball	Hockey OAA - Residential	Athletics