

Where Physical Development fits into the EYFS curriculum.


The most relevant statements for Physical Development

are taken from the following areas of learning:

- Personal, Social and Emotional Development
- Physical Development
- Expressive Arts and Design



# Physical Development



## in EYFS

at St Joseph's Catholic Primary School



Reception children	Personal, Social and Emotional Development	<ul style="list-style-type: none"> <li>Manage their own needs.</li> <li>-personal hygiene</li> <li>Know and talk about the different factors that support overall health and wellbeing:</li> <li>-regular physical activity</li> </ul>
	Physical Development	<ul style="list-style-type: none"> <li>Revise and refine the fundamental movement skills they have already acquired:                             <ul style="list-style-type: none"> <li>- rolling                      - running</li> <li>- crawling                    - hopping</li> <li>- walking                    - skipping</li> <li>- jumping                    - climbing</li> </ul> </li> <li>Progress towards a more fluent style of moving, with developing control and grace.</li> <li>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.</li> <li>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</li> <li>Combine different movements with ease and fluency.</li> <li>Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.                             <ul style="list-style-type: none"> <li>Develop overall body strength, balance, coordination and agility.</li> </ul> </li> </ul>
	Physical Development	<ul style="list-style-type: none"> <li>Explore, use and refine a variety of artistic effects to express their ideas and feelings.</li> <li>Return to and build on their previous learning, refining ideas and developing their ability to represent them.</li> <li>Create collaboratively, sharing ideas, resources and skills.</li> <li>Listen attentively, move to and talk about music, expressing their feelings and responses.</li> <li>Watch and talk about dance and performance art, expressing their feelings and responses.</li> <li>* Explore and engage in music making and dance, performing solo or in groups.</li> </ul>

We use the PE hub to support our planning for our one Physical Education lesson a week. We have a designated outdoor area where the children have access to during the day. We provide the children with regular access to the bikes and scooters to support their gross motor skills.

During continuous provision there are regular opportunities for the children to develop their fine and gross motor skills.

Here are some planned activities to support the children's Physical Development throughout the year.



ELG	<p>Personal, Social and Emotional Development</p> <p><b>Managing Self</b></p>	<ul style="list-style-type: none"> <li>• Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</li> <li>• Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>• Manage their own basic hygiene and personal needs, including dressing.</li> </ul>
ELG	<b>Building Relationships</b>	<ul style="list-style-type: none"> <li>• Work and play cooperatively and take turns with others.</li> </ul>
ELG	<p>Physical Development</p> <p><b>Gross Motor Skills</b></p>	<ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>
ELG	<p>Expressive Arts and Design</p> <p><b>Being Imaginative and Expressive</b></p>	<ul style="list-style-type: none"> <li>• Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</li> </ul>



## Physical Development throughout the Year in Reception...

We teach skills through topics such as; team games, ball skills, gymnastics, dance, tennis, athletics.



We want the children to build their confidence by using the apparatus from the beginning. We ask the children to explore and move freely building on this each week.



Children are in House Teams from the beginning of the year. We use this to support team work.

The children get dressed and undressed independently from the start of the year to build confidence and independence.

We set up obstacle courses in our Outdoor Area using a range of equipment. Children can also add to this and create their own courses to complete!

Linked in with our Music Scheme –Charanga. We use our music area to help support listening to music and moving in time with it.

Den building in our outdoor area



Sports Day to support working in Teams!

Looking at healthy fruit and the effect healthy eating has on our bodies. At snack time each day we talk about why we need to make healthy choices and ensuring we are drinking enough fluids.

Chinese New Year Dancing and Celebrations. Learning dances from different cultures.