

What does Physical Education look like in Early Years?

At Cobbs Brow Primary School our EYFS department follow the Statutory Framework for the Early Years Foundation Stage (March 2021) and use the Birth to Five Matters Non-statutory guidance for the Early Years Foundation Stage developed by the Early Years Coalition. This guidance supports practitioners to implement the Statutory Framework for the Early Years Foundation Stage (EYFS) in a pedagogically sound, principled and evidence-based way. Practitioners can then use their professional judgement based on their knowledge of the children in their setting and their wider context including family, community and the setting itself to construct an appropriate curriculum.

'Physical Development' is a Prime area of learning in Early Years. Within 'Physical Development' there are two aspects named 'Moving and Handling' and 'Health and Self-Care' within our curriculum, these list the developmental matters relevant to physical education. In Nursery, children are expected to move freely with pleasure and confidence in a range of ways. They should begin to mount stairs and climbing equipment using alternate feet and walk down steps whilst carrying a small object with stability. Children should run skilfully, negotiating space, be able to stand on one foot when shown and catch a large ball. Children in Nursery will learn to balance on one foot or squat using bodyweight. They will be able to throw and catch a large ball/object. They will begin to draw lines and circles pivoting from the shoulder and elbow. During Reception, children will experiment with different ways of moving, jump off objects landing appropriately, balance with confidence and show increasing control over objects by pushing, throwing, kicking etc. They will learn to evaluate risk and adapt movements to reduce this and negotiate space successfully. Alongside this, children will also begin to show a preference for a dominant hand, they will use a pencil with an appropriate grip and will start to form recognisable letters. They will handle tools, objects, construction and malleable objects safely and with increasing control and intention.

At the end of Reception children are assessed against the 'Being Imaginative and Expressive' Early Learning Goal and children at the expected level of development will be able to:

- 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.