



# EYFS LEARNING IN P.E. at Margaret Wix Nursery and Primary school

## Overview

In EYFS, P.E is addressed under the 'Physical development' (PD) area of learning.

### Fine motor skills

- Hold a pencil effectively in preparation for fluent writing - using the tripod grip in almost all cases.
- Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing.

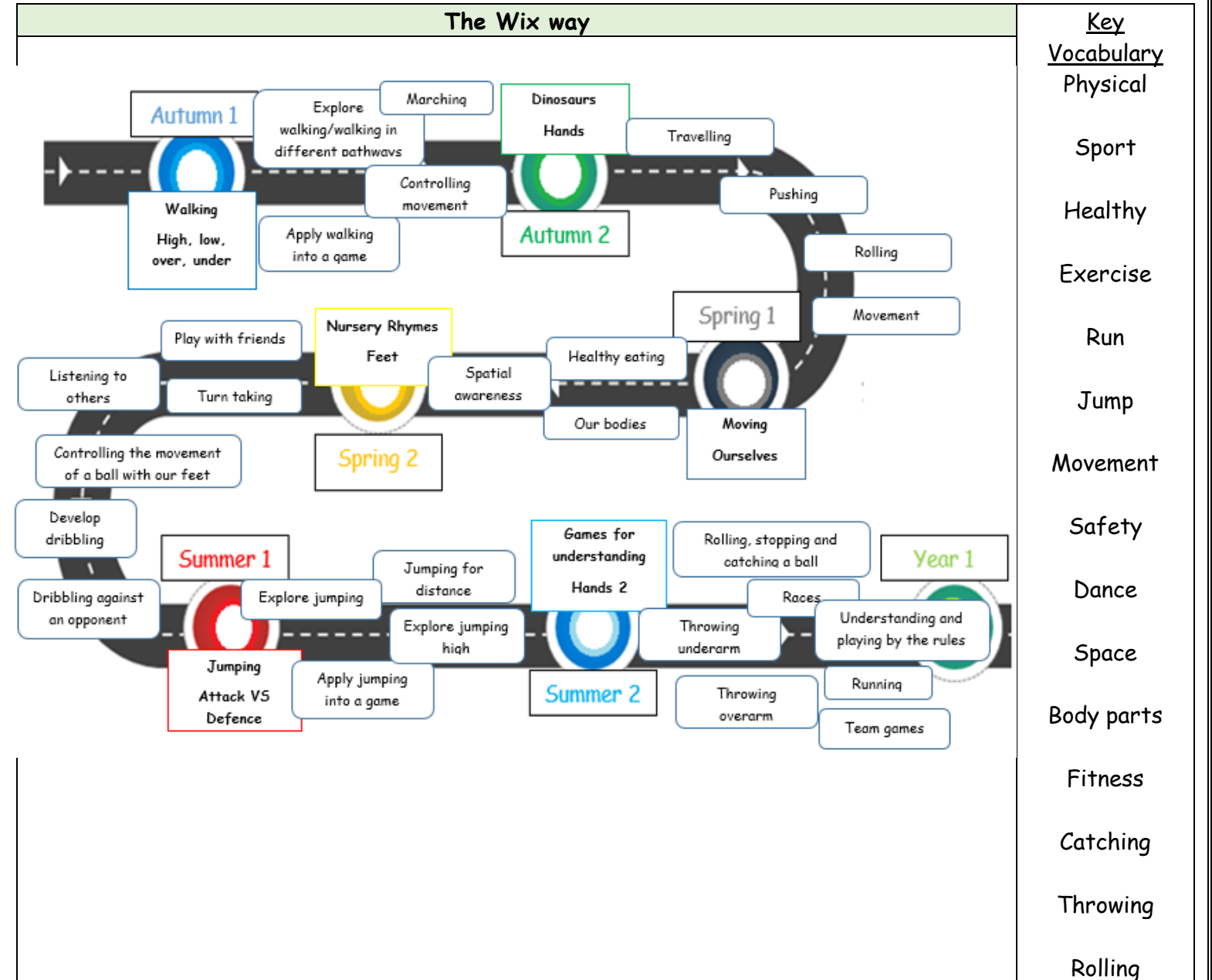
### Gross motor skills

- 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. Children have daily access to the EYFS outdoor learning area during child initiated and where appropriate in lessons.

Along with 2 lessons a week, here is where you will also see P.E applied in EYFS.

Reception environment	<u>Creative area</u> 	<u>Writing area</u> 	<u>Role play area</u> 	<u>Construction/small world area</u> 
	<u>Maths area</u> 	<u>Snack area</u> 	<u>Investigation station</u> 	<u>Day and weather</u> 
Other opportunities	<u>Mud Kitchen</u> 	<u>Outside water area</u> 	<u>Reading area</u> 	<u>Music wall</u> 












- ### Key Vocabulary
- Physical
  - Sport
  - Healthy
  - Exercise
  - Run
  - Jump
  - Movement
  - Safety
  - Dance
  - Space
  - Body parts
  - Fitness
  - Catching
  - Throwing
  - Rolling


In EYFS we implement P.E with the support of 'Complete P.E' and is taught by an external company.

EYFS

Complete P.E is a progressive scheme of work that is used in EYFS-Year 6 here at Margaret Wix. It provides clear and progressive planning to support every child's learning, planning that supports high quality teaching and learning and enables successful outcomes that challenge and develop 'The Whole Child'. It also provides videos that can be used, to implement P.E at home to promote physical activity further

Nursery environment	<u>Creative area</u> 	<u>Playdough area</u> 	<u>Role play area</u> 	<u>Small world area</u> 		
	<u>Maths area</u> 	<u>Tuff tray play</u> 	<u>Sand area</u> 	<u>Reading area</u> 		

Expressive Arts and Design		
	<b>Using Your Imagination</b> Sub-Area: Being Imaginative	<p>-Using your imagination is about having new ideas!</p> <p>-When using our imaginations, we can make things that are fun, new and interesting. We can also <u>show emotions</u> (feelings) and <u>copy movements</u> (e.g. a cat, a box).</p> <p>-In PE, our imagination can help us to create interesting dances, think up new games and sports, and find new ways to exercise.</p>

	<b>Dancing and Moving</b> Sub-Area: Being Imaginative	<p>When we dance, we <u>use our bodies</u> to <u>move to the sound of music</u>.</p> <p>-We can move some parts of our bodies to create sounds along to the beat, for example <u>stamping our feet</u> and <u>clapping our hands</u>.</p> <p>-We can repeat some movements in a pattern, in order to create <u>dance sequences</u>. We can also dance to <u>show emotions and copy movements</u>.</p>
---	--	---

Personal, Social and Emotional development	
Self-Regulation Managing self Building relationships	<ul style="list-style-type: none"> <li>Life skills such as empathy and fairness as they listen, play by the rules and encourage others.</li> <li>Self-belief as they move and travel with confidence.</li> <li>Curiosity and imagination as they experiment moving in different ways.</li> <li>Demonstrate courage to keep working as hard as possible.</li> <li>Show gratitude and empathy as they encourage and support each other.</li> <li>Learned skills to develop success.</li> </ul>

Children in action in Physical development in EYFS



Jumping in P.E



Practicing rolling in P.E



Pouring and cooking in the mud kitchen



Digging in the EYFS outdoor area



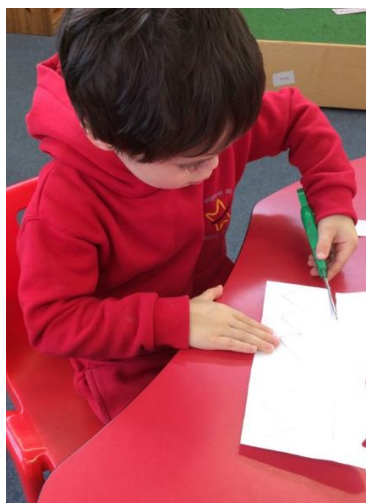
Building with construction in the EYFS outdoor area



Scooting outside



Printing in the art area



Cutting



Travelling in P.E



Taking part in the Coronation dance class



Making playdough