



EYFS to KS1 Bridge – Physical Education

Physical Education in the EYFS curriculum	How this is achieved in EYFS	How the learning in EYFS progresses into KS1
<p><u>Physical Development</u></p> <p>ELG: Gross Motor Skills</p> <ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Autumn 1 topic – travelling in different ways. • Autumn 2 topic – travelling in different ways, throwing and catching a ball. • Spring 1 topic – dance, ball skills. • Spring 2 topic – using apparatus, hitting a ball. • Summer 1 topic – ball games, health and wellbeing. • Summer 2 topic – obstacles, dribbling. <ul style="list-style-type: none"> • Children have regular access to the outdoor area throughout the day. • Open-ended resources and loose parts are provided. Children often make assault courses that develop their balance and co-ordination. • Open-ended resources are available for extended, repeated and regular practising of physical skills like lifting, carrying, pushing, pulling, constructing, stacking and climbing. • Children use the playgrounds and hall equipment during playtimes and PE lessons. • Sports coaches come into school to work with the children – specialist knowledge and skills. 	<ul style="list-style-type: none"> • The skills taught in Reception are progressive. Children build up on these skills each year. • Y1 and Y2 Autumn 1 topics – invasion games, gymnastics. • Y1 and Y2 Autumn 2 topics – athletics, dance. • Y1 and Y2 Spring 1 topics – field games, invasion games. • Y1 and Y2 Spring 2 topics – barrier games, health and fitness. • Y1 and Y2 Summer 1 topics – field games, gymnastics. • Y1 and Y2 Summer 2 topics – athletics, barrier games. <ul style="list-style-type: none"> • Daily playtimes and opportunities to play outside during lunchtime. • Opportunities for outdoor learning in lessons. • 2 weekly PE lessons. • Sports coaches come into school to work with the children – specialist knowledge and skills.

- Sports Day in the summer term – practising a range of different skills e.g. throwing, catching, kicking, skipping, running, balancing, hopping.
- Daily wake and shake.
- Weekly meditation and mindfulness time.
- Singing songs about exercising and the different body parts.

- Sports Day in the summer term.
- Opportunities to take part in sports competitions.
- Opportunities to join after school sports clubs.