

### What does PE look like in EYFS?

Physical Development	Provision at Wychwood which is embedded across the year:
<p><b>ELG Fine Motor:</b> -Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</p> <p>-Use a range of small tools, including scissors, paint brushes and cutlery.</p> <p>-Begin to show accuracy and care when drawing.</p> <p><b>ELG Gross Motor:</b> -Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>-Demonstrate strength, balance and coordination when playing.</p> <p>-Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<ul style="list-style-type: none"> <li>• We baseline children in September to check for physical development skills such as catching a ball, holding a pencil, using scissors etc. Interventions are then put in place within first two weeks to support these children.</li> <li>• In Term 1 and 2, we do a daily dough disco where we get children to manipulate dough into different shapes to strengthen their hand muscles.</li> <li>• In Term 3, this transitions to Doodle Disco, where children practise their letter formation every morning.</li> <li>• We speak to our lunchtime staff about the importance of children cutting their own food at lunchtimes.</li> <li>• Each term, we have focussed art lessons where we teach explicit art skills such as holding paintbrush or looking closely and selecting the right colour or looking at the sizing of different parts of our picture.</li> <li>• The children have daily access to the outdoor area – this includes multiple areas to support physical development such as the climbing frame, water wall, outdoor construction area, woodwork and nature area.</li> <li>• Woodwork begins in Term 3 and children have the opportunity to use real tools. This is a great way to develop motor skills.</li> <li>• Forest School starts within the first three weeks. This takes place weekly. The children have the opportunity to climb trees, pond dip, go in the stream and build dens. All of these support their physical development. Forest School Leaders plan weekly activities to identify any areas of need e.g. knot tying, strengthening leg muscles when climbing trees etc.</li> <li>• Staff meet weekly to reflect on different areas of provision. One of the areas they reflect on is physical development. Activities are changed weekly to support any areas of need that have been identified by staff e.g. hand eye coordination (using the tennis rackets), balancing (obstacle courses).</li> <li>• We speak to staff about the importance of children putting on their own coats. We transition them away from the ‘flip trick’ and teach children to put their coats and do their own zips up.</li> <li>• Each week we have a weekly funky fingers tray which is set up to support fine motor skills.</li> <li>• Phonics takes place everyday and we correct the children’s pencil grip before they do their writing.</li> <li>• In Term 6 we take part in Sports Day and weekly swimming lessons.</li> <li>• In Term 5, we start using the glue gun which develops fine motor skills and their ability to risk assess before an activity.</li> <li>• Children have access to the indoor and outdoor construction area. This helps them to develop a range of physical developmental skills such as building, fixing, pulling, pinching, balancing, lifting and stacking. In the outdoor construction, there are a number of big construction pieces which we use to challenge the children such as building bridges with the planks across the crates and lifting and arranging the tyres.</li> </ul>

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	<ul style="list-style-type: none"><li>• We have a range of different bikes available including 2 wheeled bikes that the children can use in the garden.</li><li>• At lunchtimes, children have access to a range of sports equipment such as balls, cricket bats, balancing items, skipping ropes etc.</li><li>• In Term 5, children will learn a routine for the traditional country dancing display at our yearly summer fete. We focus on skipping, moving in time to the music and learning a number of dance moves.</li></ul>
Links to KS1 PE curriculum	<ul style="list-style-type: none"><li>• Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li><li>• Perform dances using simple movement patterns.</li></ul>