

St Mary's PE Overview to July 2021

The EYFS framework is structured very differently to the National Curriculum as it is organised across seven areas of learning rather than subject areas.

The table below sets out the most relevant early years outcomes from 30-50 months to ELG, brought together from different areas of the Early Years Foundation Stage that match and are prerequisites for the National Curriculum programme of study for PE.

The most relevant early years outcomes for PE are taken from the following areas of learning:

- Physical Development
- Expressive Arts and Design

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Real Foundations: <ul style="list-style-type: none"> • Bike • Pirate 	Real Foundations: <ul style="list-style-type: none"> • Space • Juggling 	Real Foundation: <ul style="list-style-type: none"> • Jungle • Cat 	Real Foundation: <ul style="list-style-type: none"> • Seaside • Clown 	Real Foundation: <ul style="list-style-type: none"> • Tightrope • Train 	Real Foundations: <ul style="list-style-type: none"> • Fairytale • Squirrel
	10 Coordination: Footwork	6 Dynamic Balance to Agility: Jumping and Landing	2 Static Balance: Seated	7 Counter Balance: With a Partner	4 Static Balance: Stance	11 Agility: Ball Chasing
	1 Static Balance: One Leg	12 Agility: Reaction/Response	3 Static Balance: Floor work	9 Coordination: Ball Skills	5 Dynamic Balance: On a Line	8 Coordination: Sending and Receiving
	Daily Mile	Daily Mile	Daily Mile	Daily Mile	Primary School Tennis	Swimming
	Cosmic Yoga	Cosmic Yoga	Cosmic Yoga	Cosmic Yoga	•Lesson 1-6 DVD	Sports Day
	Skipping	Skipping	Skipping	Skipping	Daily Mile	Daily Mile
					Cosmic Yoga	Cosmic Yoga
					Skipping	Skipping

30-50 months

Physical Development – Moving and Handling

- To move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
- To mount stairs, steps or climbing equipment using alternate feet.
- To walk downstairs, two feet to each step, while carrying a small object.
- To run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.
- To stand momentarily on one foot when shown.
- To catch a large ball.
- To draw lines and circles using gross motor movements.

Physical Development – Health and Self-care

- To observe the effects of activity on their bodies.
- To understand that equipment and tools have to be used safely..

Expressive Arts and Design - Exploring and Using Media and Materials

- To enjoy joining in with dancing and ring games.
- To begin to move rhythmically.
- To imitate movement in response to music.
- To tap out simple repeated rhythms.

Expressive Arts and Design - Being Imaginative

- To develop preferences for forms of expression.
- To use movement to express feelings.
- To create movement in response to music.
- To capture experiences and responses with a range of media, such as music, dance and paint and other materials or words.

40-60 months

Physical Development – Moving and Handling

- To experiment with different ways of moving.
- To jump off an object and land appropriately.
- To negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
- To travel with confidence and skill around, under, over and through balancing and climbing equipment.
- To show increasing control over an object in pushing, patting, throwing, catching or kicking it.

Physical Development – Health and Self-care

- To show understanding of the need for safety when tackling new challenges and consider and manage some risks.
- To show understanding of how to transport and store equipment safely.
- To practice some appropriate safety measures without direct supervision.

Expressive Arts and Design - Being Imaginative

- To initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.

ELGs

Physical Development – Moving and Handling

- To show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Physical Development – Health and Self-Care

- *To know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Expressive Arts and Design - Being Imaginative

- To represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.