



Physical Education in EYFS at St Helens Primary School

Physical Education in EYFS

In EYFS Physical Education is taught as a discrete block alongside opportunities within continuous provision. The EYFS Physical education curriculum focuses on developing gross motor movement whilst developing skills needed to promote good progress in this area eg confidence and following rules. Through a range of activities, both inside and outside, children are encouraged to be curious, discover and explore.

Physical Education areas of development in the EYFS profile	Personal, social and emotional	Personal, social and emotional	Physical Development	Expressive Arts and Design
Children at the expected level of development will;	<u>Managing self</u> Is confident to try new activities and shows independence, resilience and perseverance in the face of challenge. Explains the reason for rules (and makes and effort to follow these in the context of a game).	<u>Building relationships</u> Can work and play cooperatively and take turns with others.	<u>Gross Motor Skills</u> Can negotiate space and obstacles safely, with consideration for themselves and others. Demonstrates strength, balance and coordination when playing. Can move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	<u>Being Imaginative and Expressive</u> Can try to move in time with music