



Holy Trinity

Church of England Primary Academy

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"> 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"> 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"> 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.
	<ul style="list-style-type: none"> Sports Day in the summer term – practising a range of different skills e.g. throwing, 	<ul style="list-style-type: none"> Sports Day in the summer term. Opportunities to take part in sports competitions.

	<p>catching, kicking, skipping, running, balancing, hopping.</p> <ul style="list-style-type: none">• Daily wake and shake.• Weekly meditation and mindfulness time.• Singing songs about exercising and the different body parts.	<ul style="list-style-type: none">• Opportunities to join after school sports clubs.
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