



Class: Foundation Stage 1	Topic Title: Physical Education	Key Vocabulary / Skills
<p style="text-align: center;"><u>End of Foundation Stage Early Learning Goals</u></p> <p style="text-align: center;"><u>Physical Development</u></p> <p><u>Gross Motor Skills</u></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. <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p><u>Fine Motor Skills</u></p> <ul style="list-style-type: none"> Hold a pencil effectively in preparation for fluent writing-using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing. 	<p><u>Birth to three year olds will be learning to :</u></p> <ul style="list-style-type: none"> Lift their heads while lying on their front. Push their chest up with straight arms. Roll over: from front to back, then back to front. Enjoy when moving outdoors and inside. Sit without support. Begin to crawl in different ways and directions. Pull themselves upright and bouncing in preparation for walking. Reach out for objects as coordination develops. Eat finger food and develop likes and dislikes. Try a wider range of foods with different tastes and textures. Lift objects to suck them. Pass things from one hand to the other. Let go of things and hands them to another person, or drops them. Gradually gain control, of their whole body through continual practice of large movements, such as: waving, kicking, rolling, crawling and walking. Clap and stamp to music. Fit themselves into spaces like tunnels, dens and large boxes and move around in them. Enjoy starting to kick, throw and catch balls. Build independently with a range of appropriate props to support at first. Walk, run, jump and climb and start to climb the stairs independently. Spin, roll and independently use ropes and swings (e.g tyre swings) Sit on a push along wheeled toy, use a scooter or ride a tricycle. <p><u>3 to 4 year olds will be learning to:</u></p> <ul style="list-style-type: none"> Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and balls skills. Go up steps and stairs or climb up apparatus using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. 	<p>large movements, such as: waving, kicking, rolling, crawling and walking.</p> <p>Clap and stamp to music.</p> <p>kick, throw and catch balls</p> <p>Walk, run, jump and climb</p> <p>Spin, roll and independently use ropes and swings</p> <p>Sit on a push along wheeled toy, use a scooter or ride a tricycle</p> <p>balancing, riding (scooters, trikes and bikes) and balls skills.</p> <p>Skip, hop, stand on one leg and hold a pose</p>



- Use large muscle movements to wave flags streamers, paint and make mark.
- Start taking part in some group activities which they make up for themselves or in teams.
- Are increasingly able to use an remember sequences and patterns of movements which are related to music and rhythm.
- Match their developing physical skills to tasks and activities in the setting. e.g they decide whether to crawl, walk or run across a plank, depending on its length and width.
- Choose the right resources to carry out their own plan. e.g choosing a spade to enlarge a hole they dug with a trowel.
- Collaborate with others to manage large items such as moving a long plank safely, carrying large hollow blocks.

Fundamental Movement Skills

Fundamental Movement Skills -A

To develop locomotor Skills – These involve transporting your body from A – B. This includes running, jumping, skipping, hopping and side stepping.

To develop body Management Skills – This includes balancing actions.

Fundamental Movement Skills- B

To develop manipulative Skills –this involves imparting force with or on an external object.

These skills include kicking, striking, rolling, underarm throwing, overarm throwing and catching.

Large muscle movements e.g waving flags

group activities which they make up for themselves or in teams

use an remember sequences and patterns of movements which are related to music and rhythm

Match their developing physical skills to tasks and activities in the setting. (informal activity setting)

Possible Community Links

Previous Learning Experiences:

Foundation Stage Continuous Provision