An insight into PE within the Early Years at Bellingham

How does PE link to the Early Years Foundation Stage Profile?

Physical Development

Gross Motor Skills • 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.

Fine Motor Skills • 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.

What does PE look like within the Early Years classroom?

These are some of the things you might see which link to PE ♥ Adult-led PE sessions in which children explore movement in a variety of ways such as hopping, skipping, jumping and climbing. ♥ These sessions also include the development of ball skills such as throwing and catching. ♥ Children will develop language which links to physical movement such as ‘slowly’, ‘fast’ and ‘stop’. ♥ Children will also develop an understanding of positional language (behind, next to, on top of’) and will play games which support this. ♥ Adult-led sessions may be based around a story or a particular piece of music which lend themselves to moving in different ways. For example, ‘We’re Going on a Bear Hunt’ or ‘Giraffes Can’t Dance’. ♥ Children exploring large and small movements in the outdoor area. They might build their own obstacle course using crates, tyres and blocks. ♥ Children developing their fine motor skills through independently accessing resources such as jigsaws, threading activities or playdough. ♥ Children learning how to keep themselves healthy and safe through discussions with adults and other children. These discussions might be adult-led and planned or they might take place spontaneously within the children’s self initiated time.