Elmlea **Schools' Trust The Journey Starts**

Reception

By the end of Reception

EYFS Physical Development Requirements

Elmlea Infant School PE Curriculum Map

All children to achieve a ELG by end of

Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being

Early Years

Children at the expected level of development will:

- Demonstrate strength, balance and coordination

T Competition

- Move energetically, such as running, jumping,

- Negotiate space and obstacles safely, with

consideration for themselves and others

dancing, hopping, skipping and climbing.

Children will be introduced to competition -

Intra / Inter Sportsday / Panathlon / School

Year



Children will start to explore

different cultures through Dance

Hygiene

Children will learn about the importance of Hygiene & Well-being







Children will learn about the importance of Healthy Eating, Sleep, Well-being

Children will be encouraged to join local clubs - Exit **Routes / Sign-posting**

The Journey Continues...

Children will leave with a love of PE, physical activity & sport

KS1 PE AIMS

Games

when playing

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Interventions to support in KS1

Children identified for additional support with gross & fine motor skills (Enabling / Accessing)

Sports Specific Skills

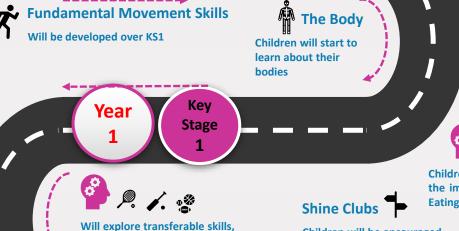
Children will learn specific sports skills within lessons applying them in different scenarios and related sports

knowledge & understanding

By the end of KS1

Most children will be able to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns



Year