

# Physical Education in the Early Years

Physical Education at Foundation Stage (Reception) is covered in the 'Physical Development' prime area of the Early Years Foundation Stage Curriculum. The Early Learning Goal of 'Children know the importance of good health for physical exercise, and a healthy diet, and talk about ways to keep healthy and safe' relates directly to our 3 I's and is something we think is very important to teach our children.

Physical education is vital for developing children's motor skills and can help improve balance and co-ordination with great benefits for mobility.

At St. Augustine's the children in Reception participate in physical activities, either developing fine motor skills or gross motor skills every day. Structured PE lessons take place twice per week. The areas these cover are: Spatial Awareness and General Movement, Tennis Skills, Gymnastics, Dance, Quick Cricket and Athletics.

Physical Education in the Early Years covers a number of objectives such as experimenting with different ways of moving, jumping off objects and landing appropriately, negotiating space successfully when playing chasing and racing games with other children by adjusting speed or changing direction to avoid obstacles, travelling with confidence and skill around, under, over and through balancing and climbing equipment, showing increasing control over an object in pushing, pulling, throwing, catching or kicking it.

Working as a team to create a Chinese New Year dance in the garden.



Learning to work with a partner during tennis skills work.



A child-initiated activity with children devising their own game.

Developing fine motor skills when learning to manipulate scissors during continuous provision.



Practising independent ball skills through tennis activities.

