

**NC - Physical Education**

**Physical development educational programme (taken from the EYFS Framework 2021)**

*Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. 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. Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practise of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.*

Early Learning Goals that link to PE:

**EYFS Physical development**

ELG 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, hopping, skipping and climbing.

**In Foundation Stage children**:

* Are physically active every day both indoors and outdoors.
* Have regular access to a range of resources to develop strength, balance and co-ordination e.g. wheeled toys, climbing equipment, bats and balls, large tyres, a parachute and equipment to build obstacle courses etc.
* Have many opportunities outdoors to be energetic. We operate a free-flow system indoors and outdoors so that children who learn better when physically active can choose to spend more time than others outside.