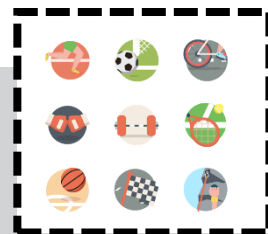


An insight into PE within the Early Years at Glynwood



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

Physical Development – Moving and Handling

Early Learning Goal

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Physical Development – Health and Self-Care

Early Learning Goal

Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

How does PE look within the Early Years classrooms? 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 (e.g. at the snack bar).

Please feel welcome to visit the Nursery and Reception classrooms to look at some of these things in action – we love to have visitors! If you would like to access the children's learning journey's to see evidence of your subject within the early years, please come and ask – we will be more than happy to show you.