Physical Education – EYFS – KS1

Specific Area of Learning **Physical Development**	**ELG 6** **Gross Motor Skills**	**How this is achieved in EYFS**	**Key Vocabulary to be developed in EYFS**	**Physical Education KS1**
	• Negotiate space and obstacles safely, with consideration for themselves and others • Demonstrate strength, balance and co-ordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	**Additional Experiences** • Children have regular access to appropriate outdoor space through the day. • Open-ended resources are provided Children often make assault courses that develop their balance and co-ordination. • Open-ended resources are available for extended, repeated and regular practising of physical skills like lifting, carrying, pushing, pulling, constructing, stacking and climbing.	• Move • Direction • Forward • Backward • Ball • Dance • Hit • Kick • Move • Roll • Skills • Throw	• Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, 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.