P.E IN THE EYFS CURRICULUM AT WINS

In the EYFS P.E is identified as Physical Development and Expressive arts and design which are aspects of the Areas of Learning known as Gross Motor skills and Fine Motor Skills and Being Imaginative and Expressive in the EYFS curriculum. This involves providing opportunities for children to be active and interactive, and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

Early Learning Goal 6: 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, dancing, hopping, skipping and climbing.*

Early Learning Goal 7: Fine Motor Skills *Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paint brushes and cutlery. Begin to show accuracy and care when drawing.*

Early Learning Goal 17: Being Imaginative and Expressive *Invent, adapt and recount narratives and stories with peers and their teacher. Sing a range of well-known nursery rhymes and songs. Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.*

During their time in the EYFS the children are offered a wide range of opportunities to develop gross and fine motor skills through continuous provision both in the classroom and outside such as playdough, bikes, threading, construction and climbing equipment. Further opportunities arise for physical development when areas are enhanced with resources to develop their upper arm and hand strength and pincer grip eg.different sized bottles with lids, tweezers and different types of paintbrushes. In the summer term children will take part in games lessons outside which focus on ball skills. Different music genres are listened to which children can move to. Children are involved in preparing, handling and tasting healthy foods with different textures. Children are taught the importance of washing their hands before eating their snack or lunch. In PSHE lessons, children discuss ways to stay healthy and share their achievements in sporting activities outside of school. Whilst our sport premium exists, yoga is taught by a qualified coach during the year; these sessions develop physical skills such as balance and core strength as well as teaching the children ways to relax their bodies and calm their minds. Forest school sessions offer experiences to develop gross and fine motor skills and help mental health and wellbeing.











P.E IN THE KEY STAGE ONE CURRICULUM AT WINS

During their time in Year 1 the children are taught gym, dance and games. Whilst the sport premium continues, yoga and gym are taught by qualified coaches during the year. Games skills move on from individual work to pairs and small group work. Gym builds on fundamental skills whilst developing confidence on apparatus and opportunity to develop sequences. Yoga sessions develop physical skills such as balance and core strength as well as teaching the children ways to relax their bodies and calm their minds. Forest school sessions offer experiences to develop gross and fine motor skills as well as mental health and wellbeing. Further opportunities arise for physical development in extra curricular weekly clubs such as dance, tennis and multi-sports. Intra school competitions with local schools take place including football and kick rounders. All Year 1 and Year 2 children attend one sporting festival with parallel year groups at local schools. This strengthens our partnership with AOM High School where many of our year 6 children move onto. Our small specialist class attend inclusion festivals at a local school where they take part in a range of activities. In July of each year our year 2 children attend a Sports Awards evening at AOM high School which celebrates the sporting achievements of local schools and individual children. Parents are invited to this event where children are presented with awards and each school performs a dance.

Clubs:







Festivals/Competitions:









Curriculum:









Enrichment activities:







WINS P.E KEY STAGE ONE CURRICULUM OVERVIEW

	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Year One	**Games**	**Dance**	**Gym**	**Gym**	**Yoga** Multi-skills festival with other local schools at A.O.M High School	**Games** Sports Day
Year Two	**Games**	**Dance**	**Gym** Inter schools KS1 football competition	**Gym** Multi-skills festival with other local schools A.O.M High School	**Yoga** Inter schools KS1 Kick rounders competition	**Games** Sports Day

This plan is working on funding for Gym and Yoga teachers teaching alongside class teachers.