

EYFS: PE



The relevant early years outcomes for PE are taken from the following areas of learning:

- Physical Development
- Expressive Arts and Design

PE			
30-50 Months	Physical Development	Moving and Handling	<ul style="list-style-type: none"> • To move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. • To mount stairs, steps or climbing equipment using alternate feet. • To walk downstairs, two feet to each step, while carrying a small object. • To run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles. • To stand momentarily on one foot when shown. • To catch a large ball. • To draw lines and circles using gross motor movements.
		Health and Self-Care	<ul style="list-style-type: none"> • To observe the effects of activity on their bodies. • To understand that equipment and tools have to be used safely.
	Expressive Arts and Design	Exploring and Using Media and Materials	<ul style="list-style-type: none"> • To enjoy joining in with dancing and ring games. • To begin to moverhythmically. • To imitate movement in response to music. • To tap out simple repeated rhythms.
		Being Imaginative	<ul style="list-style-type: none"> • To develop preferences for forms of expression. • To use movement to express feelings. • To create movement in response to music. • To capture experiences and responses with a range of media, such as music, dance and paint and other materials or words.

40-60 Months	Physical Development	Moving and Handling	<ul style="list-style-type: none"> • To experiment with different ways of moving. • To jump off an object and land appropriately. • To negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. • To travel with confidence and skill around, under, over and through balancing and climbing equipment. • To show increasing control over an object in pushing, patting, throwing, catching or kicking it.
		Health and Self-Care	<ul style="list-style-type: none"> • To show understanding of the need for safety when tackling new challenges and consider and manage some risks. • To show understanding of how to transport and store equipment safely. • To practice some appropriate safety measures without direct supervision.
	Expressive Arts and Design	Being Imaginative	<ul style="list-style-type: none"> • To initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.
ELG	Physical Development	Moving and Handling	<ul style="list-style-type: none"> • To 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.
		Health and Self-Care	<ul style="list-style-type: none"> • To know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.
	Expressive Arts and Design	Being Imaginative	<ul style="list-style-type: none"> • To represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.