



Otford Primary School

Courage, Kindness, Curiosity

EYFS PE Curriculum Document

Intent for PE - EYFS

At the end of the EYFS at Otford we expect the children to be able to control and coordination their movements independently and to manage their own personal hygiene, including dressing and undressing for PE.

DEVELOPMENT MATTERS for PHYSICAL DEVELOPMENT: EARLY LEARNING GOALS (ELG)

Moving and Handling: 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.

Health and Self Care: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

	49-54 months	55-60 months	60-66 months	Early Learning Goal	Exceeding
Moving and Handling	<p>Skills To be able to Move with confidence in a range of ways, negotiating space and is able to use one handed equipment with control.</p> <p>Knowledge To know what movement is and to be able demonstrate different examples. To know what space is and have awareness of their surroundings.</p>	<p>Skills To be able to adjust speed and direction and is able to use precision to control and manipulate resources and small equipment.</p> <p>Knowledge To know what speed is and how to increase and reduce it. To know what direction means and to change it.</p>	<p>Skills To be able to show good control and coordination in large and small movements. Moves confidently in a range of ways, safely negotiating space. Handles equipment and tools effectively.</p> <p>Knowledge To know how to control their own body.</p>	<p>Skills To be able 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.</p> <p>Knowledge To know how to handle equipment safely and show good control.</p>	<p>Skills To be able to hop confidently and skip in time to music. They hold paper in position and use their preferred hand for writing, using a correct pencil grip. They are beginning to be able to write on lines and control letter size</p> <p>Knowledge To know the different between hopping and skipping. To have basic knowledge of musical beat.</p>

	<p><u>Vocabulary</u> Space Movement Control</p>	<p><u>Vocabulary</u> Speed Direction Control Accurate</p>	<p><u>Vocabulary</u> Control Coordination Space movement</p>	<p><u>Vocabulary</u> Control Coordination Safety Space</p>	<p><u>Vocabulary</u> Hop Skip Beat Listen</p>
<p>Health and Self Care</p>	<p>Skills To be able be dry and clean during the day and manages own basic hygiene.</p>	<p>Skills To be able to show an awareness and understanding of the effect of physical activity and what they eat on the body.</p> <p>Knowledge To know what physical activity and fitness is and the effects.</p> <p><u>Vocabulary</u> Physical activity fitness</p>	<p>Knowledge To know the importance of good health and physical exercise, and a healthy diet, and talks about ways to keep healthy and safe.</p> <p><u>Vocabulary</u> Health Exercise Diet</p>	<p>Skills To be able to manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently</p> <p>Knowledge To know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p> <p><u>Vocabulary</u> Personal hygiene Dressing Independently</p>	<p>Skills To be able to dress and undress independently, successfully managing fastening buttons or laces.</p> <p>Knowledge To know about and make healthy choices in relation to healthy eating and exercise.</p> <p><u>Vocabulary</u> Fastening Healthy Choices</p>