

Laying the Foundations for Physical Education



EYFS

Walks and runs at different paces.

Uses large arm movements to carry out tasks competently,

Uses a balance bike competently

Rides a two wheeled bike unaided.

Uses a scooter or tricycle with support.

Competently uses an obstacle course including steps, choosing how to travel (walk, crawl)

Uses a variety of balls competently and appropriately.

Plays team games including ball games following appropriate rules.

Laying the Foundations for Physical Development



EYFS

Provision

- Bats, Balls
- Balance equipment
- A variety of balls (football, rugby ball, tennis ball, basketballs)
- Goals and hoops
- Balance Bikes, Trikes and pedal bikes
- Bibs
- Streamers, rollers

Role of the Adult

- Provide the children with time outdoors encouraging them to run and become (out of breath)
- Actively participate in team games teaching children about the rules.
- Model how to use equipment effectively.

Laying the Foundations for Physical Development



Vocabulary

Walk

Gallop

Tackle

Shuffle

Dribble

Run

Balance

Target

Attack

Jump

Kick

Leap

Defence

Hop

Boundary

Ball

Hoop

Shoot

Position