

Physical Development – Moving and Handling/Health and Self Care.

In EYFS, pupils work on their Physical Development through a variety of child initiated learning through continuous provision and adult led activities including one formal PE session each week. During the course of the year this will include a term of tennis coaching.

Children will also take part in a two day bike riding programme where they will learn to ride their bikes working on their balance and strength. Physical Development is incorporated into the school day and children are encouraged to take part in physical activity, including a song and dance to start the day.

Independence is encouraged from the start of the Reception year and children are expected to dress and undress themselves. In the initial stages of the Reception year the Teacher supports children at lunchtimes working on use of a knife and fork and encouraging children to try new food choices.

Regular observations and assessments of learning are recorded in each child's Learning Journey. These observations contribute to a summative assessment at the end of EYFS using the Early Years Outcomes for Physical Development.

EYFS Curriculum - Physical Development.

Moving and Handling
<p>40-60: Experiments with different ways of moving; Jumps off an object and lands appropriately; Negotiates space successfully when playing racing and chasing games with other children; adjusting speed or changing direction to avoid obstacles; Travels with confidence and skill around, under, over and through balancing and climbing equipment; Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Uses simple tools to effect changes to materials; Handles tools, objects, construction and malleable materials safely and with increasing control; Shows a preference for a dominant hand; Begins to use anticlockwise movement and retrace vertical lines; Begins to form recognisable letters; Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.</p> <p>Early Learning Goal: 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.</p>
Heath and Self Care
<p>40-60: Eats a healthy range of foodstuffs and understands need for variety in food; Usually dry and clean during the day; Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health; Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks; Shows understanding of how to transport and store equipment safely; Practices some appropriate safety measures without direct supervision.</p> <p>Early Learning Goal: Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p>

Children will:

<ul style="list-style-type: none">• Use a range of mark making and other small tools, learning how to use and store equipment safely• Use large and small construction in indoor and outdoor play, learning how to use and store the equipment safely.• Use indoor and outdoor space developing movements such as balancing, climbing, managing obstacles etc• Take part in adult-led lessons to learn how to form letters correctly (See EYFS English Curriculum)• Take part in one formal PE lesson each week.• Take part in weekly tennis coaching sessions for one term• Take part in a two day bike riding programme to learn how to ride their bike• Dress and undress independently for PE and outdoor play.• Learn about the importance of exercise to keep us healthy (PE curriculum)• Learn how to flush the toilet and wash hands each time• Learn about the importance of washing our hands before lunch• Learn about the importance of eating fresh fruit and vegetables
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