



Overview

Physical Education

-In Physical Education, we learn about and take part in physical activities and sports.

-‘Physical’ means things we do with our bodies.

-PE helps us to stay physically fit and healthy, and teaches us how to play different sports.

In EYFS, early PE knowledge is based within the ‘Physical Development’ and ‘Expressive Arts and Design’ learning areas.



Physical Development

Healthy Living Sub-Area: Health and Self-Care

-It is important to stay healthy so that we feel good, and we can live long and happy lives.

-One way to stay fit and healthy is to eat healthy foods, for example fruit (e.g. apples, grapes, strawberries) and vegetables (e.g. carrots, lettuce, sweetcorn)



-Another way to stay fit and healthy is to exercise, e.g. running, playing sports, cycling or swimming.

-It is also important to make sure that we get enough sleep (10-12 hours for 4-5 year olds) and that we are hygienic (see below).



Safety Sub-Area: Health and Self-Care

-Safety is about protecting ourselves from danger or harm.

-It is important that we always think about the risks of the things that we do. We should take action to make the risks smaller, if we can. We should avoid things if they are too risky.



Key Vocabulary

- Physical
- Sport
- Healthy
- Exercise
- Run
- Jump
- Movement
- Safety
- Dance

Physical Development

	<p>Basic Movements Sub-Area: Moving and Handling</p>	<p>-In PE, we learn to <u>move</u> in lots of different ways (see the <u>movements</u> at the bottom of the page). -We can move <u>over, under, around, and through</u> things. -When climbing <u>up</u> stairs, steps or climbing equipment, we need to <u>alternate feet</u> (change which foot leads) -When moving down stairs, steps or climbing equipment, we can still put <u>two feet on a step</u>.</p>
	<p>Using Equipment Sub-Area: Moving and Handling</p>	<p>-<u>Sports Equipment</u>: the things that we play sports with. Different equipment is used for different sports. -You should learn <u>which sport</u> the equipment is for, and <u>what it is used for</u>. You should be beginning to learn how to <u>use each piece of equipment properly</u>. Football Tennis Ball Basketball Hockey Stick Tennis Racquet Golf Club Hula Hoop Whistle Skipping Rope Bean Bag Net Posts Flags</p>
	<p>Running and Jumping Sub-Area: Moving and Handling</p>	<p>-When we are <u>running</u>, we can change <u>speed</u> (how fast we run) and <u>direction</u> (where we run to). This helps us to stay in space and to make sure that we don't crash! When we are jumping, we should bend our knees for extra height! We should land on both feet, and bend our knees to cushion the fall.</p>

Expressive Arts and Design

	<p>Using Your Imagination Sub-Area: Being Imaginative</p>	<p>-Using your imagination is about having new ideas! -When using our imaginations, we can make things that are fun, new and interesting. We can also <u>show emotions</u> (feelings) and <u>copy movements</u> (e.g. a cat, a box). -In PE, our imagination can help us to create interesting dances, think up new games and sports, and find new ways to exercise.</p>
	<p>Dancing and Moving Sub-Area: Being Imaginative</p>	<p>-When we dance, we <u>use our bodies</u> to <u>move to the sound of music</u>. -We can move some parts of our bodies to create sounds along to the beat, for example <u>stamping our feet</u> and <u>clapping our hands</u>. -We can repeat some movements in a pattern, in order to create <u>dance sequences</u>. We can also dance to <u>show emotions and copy movements</u>.</p>