



PE in EYFS



P.E is taught in the Early Years Foundation Stage (EYFS) through the areas of learning 'Physical development' and 'Personal, social and emotional development'. Children are physically active everyday both in and outdoors. There is a free flow system in place so that children can access the outdoor environment all day long. The outdoor area has a large sandpit with pulleys to support developing strength and coordination and also a stage area, with resources such as ribbons, to support developing control and grace in movements. Children have regular access to a range of resources to develop strength, balance and coordination, such as A- frames, wooden planks, balance bikes, wheeled bikes and scooters and large tyres.

At the start of each day children engage in a 'funky fingers' and '5 a day' session and in the afternoon have a 'Daily Mile' around the infant field. In addition to this are twice weekly P.E lessons following the published scheme, Arena. Children also have a weekly 'Cosmic Kids yoga adventure' and Golden times often use large equipment, such as a parachute to support children's movements.

Children will also learn about the different factors that support their overall health and wellbeing. P.E sessions enable discussion on the importance of exercise and what happens to our bodies when we exercise.