



## EYFS to KS1 Bridge – Physical Education

Physical Education in the EYFS curriculum	How this is achieved in EYFS	PE in KS1
<p><b>Physical Development ELGs:</b> ELGs related to physical development will continue to focus on children’s movement skills, coordination, and control. PE activities will provide opportunities for children to practice and refine these skills through structured play, games , and exercises.</p> <p><b>Gross Motor Skills:</b> PE activities focus on developing gross motor skills, such as running, jumping, throwing, and catching. Activities will be designed to help children build strength, agility, and spatial awareness through active movement.</p> <p><b>Fine Motor Skills:</b> While PE primarily focuses on gross motor skills, certain activities can also support the development of fine motor skills. For instance, children may use equipment like balls, hoops or beanbags to practice hand-eye coordination and manipulation.</p>	<ul style="list-style-type: none"> <li>• <b>Structured Play Activities:</b> Teachers plan and facilitate structured play activities that target specific areas of physical development, such as gross motor skills (e.g. running, jumping, climbing) and fine motor skills (e.g. threading beads, using scissors). These activities provide opportunities for children to practice and refine their movement skills in a supportive environment.</li> <li>• <b>Outdoor Play:</b> Outdoor play is an integral part of the EYFS curriculum, providing children with space to explore and engage in physical activity. Outdoor play encourages children to move freely, develop spatial awareness and interact with natural elements equipment, such as climbing frames, bikes and sandpits.</li> <li>• <b>Indoor Physical Activities:</b> Indoor spaces are utilised for</li> </ul>	<p><b>Building Fundamental Movement Skills:</b> In EYFS, children focus on developing fundamental movement skills. In KS1, these skills are further refined and consolidated through structured activities and games. Children begin to demonstrate greater control, accuracy, and coordination in their movements.</p> <p><b>Introduction to Sports and Games:</b> While EYFS PE activities are primarily exploratory and play based, KS1 introduces children to more structured sports and games. They learn the basic rules and techniques of sports such as football, basketball, tennis, and athletics. These activities provide opportunities for children to apply their fundamental movement skills in specific contexts and develop an understanding of teamwork, sportsmanship, and fair play.</p> <p><b>Progression in Skill Complexity:</b> As children move from EYFS to KS1, the</p>

**Health and Well-being:** PE will continue to promote the importance of physical activity for health and well-being. By engaging in regular PE sessions, children develop positive attitudes towards exercise, learn about the benefits of staying active, making healthy choices, and begin to establish lifelong habits of physical fitness and well-being.

**Social and Emotional Development:** PE activities will provide opportunities for children to develop social and emotional skills, such as teamwork, cooperation, and sportsmanship. They will learn to interact with peers, communicate effectively, and resolve conflicts in a supportive and inclusive environment.

These early learning goals provide a framework for assessing and supporting children's physical development in the EYFS curriculum. Overall, PE provides a rich and varied context for children to achieve multiple early learning goals related to physical development, movement skills, coordination, and overall health and well-being.

physical activities that promote coordination, balance, and control. Activities may include dance and movement sessions, yoga or stretching exercises, and interactive games that encourage children to use their bodies in different ways.

- **Use of Equipment and Resources:** Teachers provide a range of age-appropriate equipment and resources to support children's physical development. This may include balls, hoops, climbing apparatus, balancing beams and sensory materials. Through exploration and experimentation with these resources, children develop confidence and competence in using their bodies.
- **Incorporation of Music and Rhymes:** Music and rhymes are often incorporated into physical activities to enhance engagement and enjoyment. Movement to music encourages rhythm, coordination and expression, while rhymes with actions promote language development alongside physical skills.

complexity of physical activities and skills increases gradually. They may engage in more challenging tasks that require greater precision, coordination and spatial awareness. For example, they may practice dribbling a ball with control, throwing, and catching accurately, or performing simple gymnastic routines.

**Development of Fitness and Physical Literacy:** In KS1, there is greater emphasis on developing fitness components such as agility, strength and flexibility. Children participate in activities that improve cardiovascular endurance and overall physical fitness levels. They also develop physical literacy, which involves understanding movement concepts, strategies, and tactics relevant to different sports and activities.

**Integration of Cross-Curricular Learning:** PE in KS1 may incorporate cross-curricular links with other subjects such as mathematics, science, and English. For example, children may engage in activities that involve counting or measuring distances, exploring concepts of force and motion,

	<ul style="list-style-type: none"> <li>• <b>Adult Support and Guidance:</b> Educators play a crucial role in scaffolding children's learning during physical activities. They offer support, encouragement, and feedback to help children develop skills, overcome challenges, and build confidence in their abilities.</li> <li>• <b>Child-Led Learning:</b> The EYFS curriculum values child-initiated learning experiences. Children are given opportunities to choose their activities, explore their interests, and set their own challenges during play. This autonomy fosters motivation, curiosity, and sense of ownership over their physical development.</li> </ul> <p>By integrating these approaches and strategies into THE EYFS curriculum, early learning goals related to physical development are achieved holistically, supporting children's overall growth, well-being, and readiness for future learning.</p>	<p>or reading and writing about famous athletes or sporting events.</p> <p><b>Assessment and Progress Tracking:</b> In both EYFS and KS1, teachers assess children's progress in PE, using a variety of methods, including observation, assessment tasks, and informal feedback. Progress is tracked over time to identify areas of strength and areas for further development, enabling teachers to provide targeted support and differentiation as needed.</p> <p>Overall, the progression from PE learning in EYFS to KS1 involves building foundational skills, introducing more structured sports and games, increasing complexity and challenge, and promoting holistic development of physical literacy and fitness. Through a gradual and sequential approach, children develop the confidence, competence, and enthusiasm to participate in a wide range of physical activities and sports as they progress through their primary education.</p>
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