



# Longridge Church of England Primary School PE Curriculum Map



## EYFS

### Fundamental Movement Skills

Children in EYFS have a particular focus on 5 FMS - hopping, throwing, jumping, catching, running fast

Physical Development is vital to children’s all-round development, enabling them to lead happy, healthy and active lives. Gross and Fine Motor Skills develop incrementally throughout early childhood. Games and opportunities for play both indoors and outdoors allow children to develop their core strength, stability, balance, special awareness, co-ordination and agility. Gross Motor Skills provide the foundation for healthy bodies and social and emotional well-being. Fine Motor Control and precision help with hand-eye co-ordination. Repeated and varied opportunities for play and the practice of using small tools allow children to develop proficiency, control and confidence.

**By the end of EYFS children at the expected level of development will...**

Gross Motor Skills	Fine Motor Skills
Negotiate space and obstacles safely with consideration for themselves and others. Demonstrate strength, balance and co-ordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing.

EYFS – CC/LH	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gross Motor Skills	Match developing physical skills to tasks and activities. Choose the right resources to carry out their own plan. Collaborate with others to manage large items.		Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.	Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	
	Revise and refine the fundamental movement skills already acquired: rolling crawling, walking, jumping, running, hopping, skipping, climbing. Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.		Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.			

<p>Fine Motor Skills</p>	<p>Use one-handed tools and equipment.          Use a comfortable grip with good control when holding pens and pencils.          Show a preference for a dominant hand.          Be increasingly independent as they get dressed and undressed.</p>	<p>Develop the foundations of a handwriting style which is fast, accurate and efficient.</p>	<p>Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.          Use a range of small tools, including scissors, paint brushes and cutlery.          Begin to show accuracy and care when drawing.</p>
	<p>Develop small motor skills so that they can use a range of tools competently, safely and confidently.</p>		