

"To have the best chances of establishing and maintaining physically active lives both across a broad range of activities and in the long term, it is important that pupils develop secure foundations for movement. To do this, they need to develop adequate levels of fundamental movement skills (FMS) in the early years."

*Research Review Series: PE, Ofsted, 2022*

Our EYFS content allows for children to experience movement, interaction and engagement through structured play. They will be given opportunities to understand rules and boundaries, using a variety of equipment and working both independently and with others.



"Three areas are particularly important for building a foundation for igniting children's curiosity and enthusiasm for learning, forming relationships and thriving.

These are the prime areas:

- communication and language
- physical development
- personal, social and emotional development"

*Statutory Framework For the Early Years Foundation Stage, 2021*

The content has been carefully sequenced to bridge the gap between play and the KS1 NC PE. We have evidenced this in our 'Skills and Knowledge Progression Ladders' in Awesome Stuff.

"Although motor development is age-related and not age-dependent, it can be argued that FMS are best developed between 3 and 8 years old. Therefore, developing careful progression through Reception and primary school is vitally important."

*Research Review Series: PE, Ofsted, 2022*



That's why in each of our early years units the content and assessment criteria are written around the ELG's from these prime areas.

Find the assessment criteria for each unit on the scheme of work.

## Intro to PE

Teaching this unit first gives children opportunities to learn how to safely use a new space, adhere to set rules and move around others, with and without equipment.

## Ball Skills

These units allow children to practise skills independently and with a partner, preparing for the KS1 NC to 'master basic movements including throwing and catching'.

## Dance

These units allow children to move energetically and in time to music (ELGs). At KS1, dance is the only compulsory activity on the NC so teaching dance at EYFS gives children a good grounding.

## Fundamentals

Teaching this unit next allows children to explore their FMS with simple rules and minimal, if any equipment.



You can teach all of our content to either nursery or reception. Our Unit 2s are harder than Unit 1s. So, if you are using them for both age groups, we suggest you teach Unit 1s first.

## Games

These units provide opportunities for children to manage emotions, learn how to play within rules, build relationships, understand what a team is and how to play with others. It provides a foundation for all games activities in KS1 and KS2.



Fundamental movements skills underpin all activities in our EYFS units. Our units allow children to develop these skills in isolation and in simple combination. Reinforce the teaching points for FMS in all PE units to help children increase their competence.

## Gymnastics

These units provide children with opportunities to develop strength, balance and co-ordination (ELG) whilst preparing for body management activities taught in KS1.