



Quinton Church Primary School EYFS to KS1 Bridges

PE EYFS to KS1 bridge

Specific Area of Learning	ELG 6 Gross Motor Skills	How this is achieved in EYFS	PE KS1
<p><u>Physical Development</u></p>	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Children have regular access to appropriate outdoor space through the day. Physical development is a priority for children within the EYFS as this is fundamental to developing the writing skill. Open-ended resources are provided so that children often make assault courses that develop their balance and co-ordination. Open-ended resources are available for extended, repeated and regular practising of physical skills like lifting, carrying, pushing, pulling, constructing, stacking and climbing. Children use the playgrounds, and adventure equipment, weekly to support with physical development. We follow the PE hub scheme of work to ensure children develop all the necessary skills throughout the year. <p>Activity examples:</p> <ul style="list-style-type: none"> See PE hub planning. 	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Perform dances using simple movement patterns. <p>Subject content links:</p> <p><u>Run, Jump, Throw</u></p> <ul style="list-style-type: none"> Demonstrate an awareness for the need to improve and attempt to improve. Recognise and implement concepts such as waiting your turn. Select correct skill for the situation. Start and stop at speed, run in straight lines using a variety of speeds. Attempt a variety of jumps,



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			<p>taking off and landing on different foot combinations.</p> <ul style="list-style-type: none">• Handle and throw a variety of different objects and attempt to throw for distance.• Copy and repeat basic movements.• Demonstrate some core strength to hold a variety of shapes and positions.• Move a variety of objects quickly showing a range of techniques.• Develop agility and co-ordination skills.• Work with a partner to help improve.• Participate as part of a team to complete running relays. <p><u>Hit, Run, Catch</u></p> <ul style="list-style-type: none">• Retrieve and return a ball to a base.• -Use a range of sending skills to put ball into space <p><u>Attack, Defend, Compete</u></p> <ul style="list-style-type: none">• Recognise rules and apply them in competitive and cooperative games.• -Discuss changes in the body brought about by exercise.
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			<ul style="list-style-type: none">• -Make decisions about how to defend a target.• -Begin to engage in competitive activities.• -Roll, slide or throw a beanbag or ball with accuracy.• -Bounce a medium sized ball to self and attempt to bounce to others.• -Judge when and where to move to get in a defensive position.• -Attempt to intercept and catch a thrown ball.• -Work in collaboration with others to attack and score points.• -Cooperate to perform a range of challenges using skills such as gesture/signalling.• -Identify the things that they like about exercise both in and outside of school. <p><u>Send and Return</u></p> <ul style="list-style-type: none">• -Identify space to send a ball into.• -Identify tactics to outwit an opponent such as hitting to space.• -Can describe how they worked with their partner to send and receive.• -Able to send an object with increased
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			<p>confidence using hand or bat.</p> <ul style="list-style-type: none">• -Move towards a moving ball to return with hand or bat.• -Score points against opposition over a line/net.• -Select and apply skills to win points.• -Chase, stop and control balls and other objects such as beanbags and hoops.• -Track balls and other equipment sent to them, moving in line with the ball to collect or return.• -Work with a partner to send and return an object and play in a simple rally.• -Recognise your actions impact others e.g. feeding a ball accurately and at correct pace.• -Play cooperatively in a game situation
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