



## 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"> <li>Negotiate space and obstacles safely, with consideration for themselves and others</li> <li>Demonstrate strength, balance and coordination when playing.</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>	<ul style="list-style-type: none"> <li>Children have regular access to appropriate outdoor space through the day.</li> <li>Physical development is a priority for children within the EYFS as this is fundamental to developing the writing skill.</li> <li>Open-ended resources are provided so that children often make assault courses that develop their balance and co-ordination.</li> <li>Open-ended resources are available for extended, repeated and regular practising of physical skills like lifting, carrying, pushing, pulling, constructing, stacking and climbing.</li> <li>Children use the playgrounds, and adventure equipment, weekly to support with physical development.</li> <li>We follow the PE hub scheme of work to ensure children develop all the necessary skills throughout the year.</li> </ul> <p>Activity examples:</p> <ul style="list-style-type: none"> <li>See PE hub planning.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> <li>Perform dances using simple movement patterns.</li> </ul> <p><b>Subject content links:</b></p> <p><b><u>Run, Jump, Throw</u></b></p> <ul style="list-style-type: none"> <li>Demonstrate an awareness for the need to improve and attempt to improve.</li> <li>Recognise and implement concepts such as waiting your turn.</li> <li>Select correct skill for the situation.</li> <li>Start and stop at speed, run in straight lines using a variety of speeds.</li> <li>Attempt a variety of jumps,</li> </ul>



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			<p>taking off and landing on different foot combinations.</p> <ul style="list-style-type: none"><li>• Handle and throw a variety of different objects and attempt to throw for distance.</li><li>• Copy and repeat basic movements.</li><li>• Demonstrate some core strength to hold a variety of shapes and positions.</li><li>• Move a variety of objects quickly showing a range of techniques.</li><li>• Develop agility and co-ordination skills.</li><li>• Work with a partner to help improve.</li><li>• Participate as part of a team to complete running relays.</li></ul> <p><b><u>Hit, Run, Catch</u></b></p> <ul style="list-style-type: none"><li>• Retrieve and return a ball to a base.</li><li>• -Use a range of sending skills to put ball into space</li></ul> <p><b><u>Attack, Defend, Compete</u></b></p> <ul style="list-style-type: none"><li>• Recognise rules and apply them in competitive and cooperative games.</li><li>• -Discuss changes in the body brought about by exercise.</li></ul>
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