



BADSWORTH
CofE School

CARE – Prepare – Believe
'I can do all things through Him who strengthens me'
Philippians 4:13

Foundation Stage Long Term Plan. Knowledge and skills that prepare children for PE in KS1

EYFS Statutory Educational Programme for Physical Development – Gross Motor Skills

Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives⁷. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Autumn 1 Ourselves	Autumn 2 Toys	Spring 1 Once Upon A Time	Spring 2 People Who Help Us	Summer 1 Growing	Summer 2 Going places
Get Set 4 PE - Fundamentals Unit 1- All about me! To be confident to try new challenges. To can negotiate space safely with consideration for myself and others. To follow instructions involving several ideas or actions.	Get Set 4 PE - Dance Unit 1 – Every day life To be confident to try new challenges and perform in front of others. To can combine movements fluently, selecting actions in response to the task. To negotiate space safely with consideration for myself and others.	Get Set 4 PE - Gym Traditional Tales To create short sequences using shapes, balances and travelling actions. To develop balancing and safely using apparatus. To develop jumping and landing safely from a height.	Get Set 4 PE – Ball Skills unit 2 Weather To can negotiate space safely with consideration for myself and others. To follow instructions involving several ideas or actions. To persevere when trying new challenges.	PE - Athletics, preparing for Sports Day	Get set 4 PE Games unit 2 – Around the world To negotiate space safely with consideration for myself and others. To follow instructions involving several ideas or actions. To play co-operatively, take turns and encourage others.



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<p>To play co-operatively, take turns and encourage others.</p> <p>To play games honestly with consideration of the rules.</p> <p>To use movement skills with developing balance and co-ordination when playing games.</p>	<p>To follow instructions involving several ideas or actions.</p> <p>To show respect towards others when providing feedback.</p> <p>To use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p>	<p>To develop rocking and rolling.</p> <p>To explore travelling around, over and through apparatus.</p> <p>To create sequences using apparatus.</p>	<p>To play ball games with consideration of the rules.</p> <p>To play co-operatively and take turns with others.</p> <p>To use ball skills with developing competence and accuracy.</p>		<p>To play games honestly with consideration of the rules.</p> <p>To show an understanding of my feelings and can regulate my behaviour.</p> <p>To use ball skills with developing competence and accuracy.</p> <p>To use movement skills with developing balance and co-ordination.</p>
Vocabulary					
<p>Run Safely Space Jump Hop Direction Stop Listen</p>	<p>Move Space Safely Shape Copy Around Sideways Forwards Backwards</p>	<p>Copy Travel Space Shape Rock Over Backwards Sideways Forwards</p>	<p>Roll Team Space Kick Bounce Throw Safely Stop Listen</p>	<p>Push Stop Jump Space Forwards Safely Balance Backwards</p>	<p>Run Safely Space Catch Throw Team Stop Tag Score</p>
<p>Throughout the year, children have the opportunity to experience various gross motor skills activities, often based in the construction area or outdoor area. Some these include:</p> <ul style="list-style-type: none"> Provide a choice of open-ended materials to play that allows for extended, repeated and regular practising of physical skills like: lifting, carrying, pushing, pulling, constructing, stacking, climbing 					



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- GoNoodle and Cosmic Yoga
- Opportunities for loose part play eg. milk crates, tyres, large planks etc,
- Opportunity to jump off and land from an object
- Providing opportunities for games with balls, hoops, cones, tunnels, beanbags
- Using outside brooms to exercise the shoulder pivot movement
- Activity Trail

Child-initiated activities in the continuous provision areas indoors and outdoors allow children time to follow their interests, explore through their senses and embed skills, concepts and knowledge. The children will be encouraged to make observations and explore the world around them in a natural and curious way.