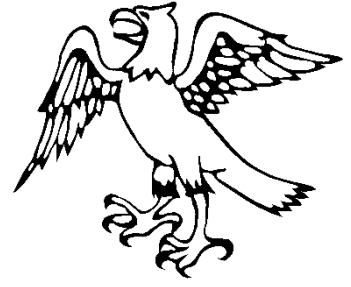


Physical Education at Fairfield's Primary School and Nursery

Subject Leaders: Miss L. Cooper and Mrs S. Rigby



Purpose of study

Our high-quality Physical Education curriculum begins in EYFS. It inspires all pupils to succeed and eventually excel in competitive sport and other physically demanding activities. It provides opportunities for all pupils to become physically confident in a way, which supports their health, mental wellbeing and fitness. We provide opportunities for the children to participate in a variety of sports and other activities, which build on their character and help to embed essential values such as fairness, respect and a lifelong love of being physically active.

Aims

The Early Years Foundation Stage Framework for Physical Education aims to ensure that all pupils:

Physical Development - Gross Motor Skills ELG

- 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.

Physical Development - Fine Motor Skills ELG

- 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.
- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

Attainment targets

By the end of each Key Stage, pupils at Fairfield's Primary School and Nursery are expected to know, apply and understand the matters, skills and processes specified in our relevant programme of study that is delivered by Mr Zarkadoulas alongside class teachers and learning assistants and lead by Miss L. Cooper and Mrs S. Rigby. (Please see separate documents which detail each year group's programme of study)

Physical Development in the Early Years Foundation Stage

In the Early Years Foundation Stages at Fairfield's, we believe that physical activity is vital to children's all-round development. As soon as children join us in our Foundation Stage, we begin to equip them to pursue happy, healthy and active lives. We provide plentiful gross and fine motor experiences which develop our children's strength, co-ordination and positional awareness. In Nursery and Reception, we start each day with a Busy Fingers session to develop fine motor skills which can include Dough Disco, threading, pencil control and other playful activities. We place importance on fine motor control and precision as it helps with hand-eye co-ordination which is later linked to early literacy. Children in our Foundation Stage have repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and practise using small

tools, with feedback and support from adults, this allows children to develop proficiency, control and confidence.

Our children have access to open space in which to climb, run, ride bikes and trikes and play with balls and other equipment. We provide regular and consistent opportunities for play both indoors and outdoors as we support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Reception children also have a weekly planned and structured PE session in which they are supported to dress in their PE kit to participate. In our PE sessions, essential gross motor skills are targeted to provide the foundation for developing healthy bodies and social and emotional wellbeing. Children leave our Foundation Stage with good fine and gross motor skills in order to live a happy life and with the skills needed to participate in future PE lessons and sport.



