

**Early Independent Learning Opportunities - a Foundation for the Key Stage One  
Programmes of Study**



- 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.

## **Physical Education**

**Key Stage One**

- large scale activities such as construction/painting - space, fine motor skills
- using balls – hand -eye coordination
- obstacle course – balance and agility
- using the outdoor adventure playground and equipment – gross motor, balance, cooperation
- throwing
- big walks – awareness of space, gross motor movements
- use of large apparatus
- dancing
- parachute games
- running and walking
- active lessons/learning
- games e.g. clapping, parachute

- self care such as dressing - healthy lifestyles
- role play - teamwork, space
- playing with and experimenting with healthy foods – healthy active lifestyles
- balance beams
- climbing
- trips within the local area
- body percussion – body awareness
- squiggle wiggle – body awareness, coordination
- flipper flappers – fine motor
- dough disco – fine motor

## **Physical Development**

**Early Years Foundation Stage**