

# The Upton Meadows Physical Education Journey

## Early Years Foundation Stage – Creating A Love For Physical Education



### Putting, Patting and Kicking

Continuing from Sending a Receiving skills, children will develop their Putting, Patting and Kicking skills. They will also start to develop an understanding of the effects activity has on their bodies.



### Sending and Receiving

During the summer term children will show good control in rolling large and small balls progressing on to throwing large balls and catching with two hands.



### Dance

Children will have the opportunity to dance in EYFS. Children will create movement in response to music. In EYFS children will start to welcome and value praise for what they have done. They will use a cross-curricular theme to experience a range of different dance genres.

Summer  
Term



### Agility, Balance and Coordination

Continuing from jumping and landing, children will work on their ability to climb over and through equipment/apparatus and crawling under objects. Children will practice some appropriate safety measures without direct supervision.



### Balance/Counter Balance and Exploring Movements

Working in partners and groups, taking turns and supporting others with different types of balancing and sharing ideas with exploring movement patterns. Children will initiate new combinations of movements in order to express and respond to feelings.

Spring  
Term

Autumn  
Term



### Agility, Balance and Coordination

During EYFS children will develop their ABC's with engaging lessons with apparatus and equipment. Children will focus on the safe practice of jumping and landing. Children in EYFS will start to use movement to express feelings and start to develop an understanding of safety will begin to consider and manage risks.

### Your School Games Values

During PE, staff understand the importance of values and focus on the YourSchoolGames Values which consist of:

- Teamwork
- Self-belief
- Honesty
- Passion
- Respect
- Determination

In celebration assemblies, one pupil will receive the 'SPORTS STAR OF THE WEEK' certificate for showing one or more of these values.

### Extra-Curricular Sport

All children have the opportunity to attend FREE sports clubs run internally. In these clubs your children will experience an even wider range of sports including OAA and Sports hall Athletics. This enables children to find an enjoyment for a wide range of sporting activities.

There is also an array of external sports clubs on offer including, Hotshots Basketball and Freestyle Soccer that are run as paid for clubs.

### Sports Competitions and Fixtures

Upton Meadows Primary School have access to the Northampton School Sport Partnership (NSSP), Northampton Town School Sports Federation (NTSSF), the NPAT Sports Project, Duston Cluster and Strictly Northampton. This ensures all pupils will be able to utilise the skills learnt during PE and extra-curricular sports clubs in a number of competitions, and fixtures, including inclusion events.