

How the EYFS Curriculum prepares children for Year 1

PE	Readiness for Year1 In EYFS, pupils learn about...	Year 1
1.FMS: Basic movements including hopping, running, jumping, throwing and catching, skipping NC: Master basic movements including: running, jumping and throwing, as well as developing balance, agility and co-ordination Begin to apply these in a range of activities	Fundamental skills – hop, jump, skip. Run, throw and catch activities Climbing – outdoor equipment (use of alternate feet). Different ways of moving to be explored with children (negotiate space). Provide a range of wheeled resources for children to balance, sit or ride on, or pull and push. Ball skills- throwing and catching. To learn to play against a partner	Can demonstrate balance. and make independent choices. Can negotiate space safely with consideration for myself and others. Can follow instructions involving several ideas or actions. Can play co-operatively and take turns with others. Can use movement skills with developing balance and co-ordination. Can understand the rules and can explain why it is important to follow them
2.Participate in team games NC: Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	To develop co-ordination and play with rules To work co-operatively as a team. Races / team games involving gross motor movements. Tagging games – The Rainforest Pair games – Red light, green light Team games – Train stations, Along the Dragon, Karate Kid.	Can negotiate space safely with consideration for myself and others. Can follow instructions involving several ideas or actions. Can play co-operatively, take turns and encourage others. Can play games honestly with consideration of the rules. Can show an understanding of my feelings and can regulate my behaviour. Can use ball skills with developing competence and accuracy. Can use movement skills with developing balance and co-ordination.

3. Perform dances The NC states that you have to teach dance in KS1.	To explore different body parts and how they move. Explore movement through directions and levels. To create movements, adapt and perform simple dance patterns – Heads, shoulders, knees and toes. To copy and repeat actions showing confidence and imagination – Transport dance. To move with control and co-ordination. To explore and remember actions considering level, shape and direction – Under the Sea. Begins to use counts in movement. Balance- children moving with confidence. Dance activities / moving to music.	Confident to try new challenges and perform in front of others. Can combine movements fluently, selecting actions in response to the task. Can negotiate space safely with consideration for myself and others. Can follow instructions involving several ideas or actions. Can show respect towards others when providing feedback. Can use movement skills with developing strength, balance and co-ordination showing increasing control and grace.
4. Body management Yoga, gymnastics NC: master basic movements as well as developing balance, agility and co-ordination	Riding a balance bike Riding on a scooter Climbing apparatus, one foot per step Gymnastics - balance Fine motor tasks for coordination Target throwing Obstacle activities - children moving over, under, through and around equipment.	Confident to try new challenges. Can negotiate space safely with consideration for myself and others. Follow instructions involving several ideas or actions. Play co-operatively, take turns and encourage others. Play games honestly with consideration of the rules. Use movement skills with developing balance and co-ordination when playing games. Can show an understanding of feelings and can regulate behaviour

The NC states that you don't have to teach OAA until KS2. We help prepare children for this with our Team Building units in KS1 where we also teach this strand of the NC.