How the Early Years Foundation Stage Framework links to Physical Development in the National Curriculum

How it is taught in EYFS:	In EYFS we are working towards the following Early learning goals (ELGs)		How it looks in Key Stage 1:
▪Outdoor play such as running, skipping, jumping, hopping and climbing. ▪Managing space and obstacles safely. ▪Riding bikes, scooters, trikes etc. ▪Understanding how to be healthy and the importance of exercise and eating healthily. ▪Moving and dancing to music ▪Using the trim trail.	**Physical development** Gross motor skills	• Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, hopping, skipping and climbing.	Developing fundamental movement skills. Becoming increasingly competent and confident. Accessing a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Engaging in competitive and co-operative physical activities. **Pupils should be taught to:** Master basic movements e.g. running, jumping, catching, throwing as well as balancing, agility and coordination and applying these to a range of activities. Participate in team games, developing simple tactics for attacking and defending. Perform dances using simple movement patterns.
	Personal, social and emotional development Managing self	• Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.	
	Personal, social and emotional development Building relationships	• Work and play cooperatively and take turns with others.	
	Expressive arts and design Being imaginative and expressive	• Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.	