

Intro to PE

CHECK WHAT YOUR CHILDREN CAN SHOW..

- A Ask the child to create different shapes with their body while standing still. E.g. Balance on one foot and stretch their arms out or make shapes by using their hands, knees, or feet to balance.
- B Ask the child to balance in different shapes inspired by animals. E.g Balance on all fours like a cat or stand on one leg like a flamingo. Explore balancing with fewer and more body parts.
- C Child walks along a line or low bench, balancing while moving.



INTERVENTION ACTIVITIES...

Give your pupils opportunities to develop this FMS with relevant games found in Active Blasts, Active Families, Active Lunchtimes and Active W.A.C.

Your greater depth pupils might be able to show and may know...

- How does using your arms help you balance, and why is it important when you're moving? **Using my arms helps me balance by keeping me steady. It's important when I'm moving because it stops me from wobbling or falling.**
- What should you look at to help you keep your balance? **I should focus on something still or look ahead.**
- What do you need to do with your feet when you land to help you balance? **I need to land on my feet to keep my balance.**

What you are looking for:

- Child effectively uses different body parts to balance (able to stay still when using different body parts to balance).
- Child holds their position with stability and minimal wobbling.
- Child focuses on keeping steady while walking, holding their arms out to help.
- Child has their chest up and uses smooth, controlled actions.

CHECK WHAT YOUR CHILDREN KNOW...

- What do you need to do with your body when you are holding a balance? **I need to stay still to keep my balance.**
- Why is it easier to balance when you use more parts of your body? **As more parts touch the floor and help me to stay still.**
- What can you do with your arms to help you balance when you're moving? **I can hold my arms out to help me balance.**



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EYFS FMS: CATCHING

UNITS THIS FMS IS SEEN IN:

Intro

Intro to PE

Fundamentals

Ball Skills

Games



CHECK WHAT YOUR CHILDREN CAN SHOW..

- (A) Adult rolls a playground ball towards the child. Child aims to stop it with two hands.
- (B) Child throws a beanbag up to themselves and catches it with two hands.
- (C) Adult underarm throws a playground ball, child aims to catch it with two hands after it bounces (no restriction on the number of bounces).

INTERVENTION ACTIVITIES...

Give your pupils opportunities to develop this FMS with relevant games found in Active Blasts, Active Families, Active Lunchtimes and Active W.A.C.

What you are looking for:

- Child shows an awareness of body positioning, holds their hands out and focuses on the object.
- Child displays readiness by watching the ball and moving hands towards it.

Your greater depth pupils might be able to show and may know...

- Why is it important to keep your eyes on the ball when catching? **It helps me to know where it's going so that I can catch it.**
- What should you do with your body before the ball reaches you? **Stand in a ready position with hands out.**
- What do you need to do if the ball is not coming straight towards you? **Move my feet to get in line with it.**

CHECK WHAT YOUR CHILDREN KNOW...



- How many hands should you use to catch? **Two.**
- What should you do with your hands to catch? **Hold them out in front of me.**
- Where should you look when catching? **At the ball/beanbag.**

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CHECK WHAT YOUR CHILDREN CAN SHOW..

- (A) Child jumps up and attempts to land on the same spot.
- (B) Child jumps forwards.
- (C) Child hops on their right foot and then their left foot.

What you are looking for:

- Children take off and land with two feet when jumping.
- Children take off on one foot and land on the same foot to hop.
- Children jump/hop and land with soft bent knees.

CHECK WHAT YOUR CHILDREN KNOW...

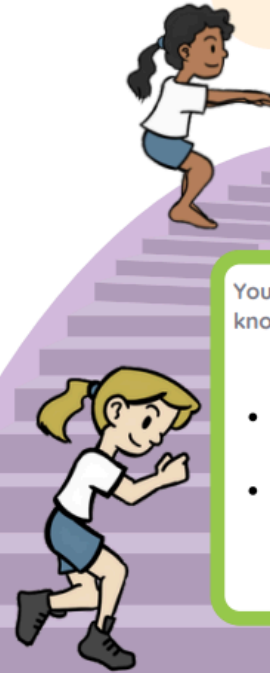
- What can you do to jump and land safely? **Bend my knees.**
- How many feet do you use to jump? **Two.**
- How many feet do you use to hop? **One.**

INTERVENTION ACTIVITIES...

Give your pupils opportunities to develop this FMS with relevant games found in Active Blasts, Active Families, Active Lunchtimes and Active W.A.C.

Your **greater depth** pupils might be able to show and may know...

- What part of your feet should you land on for control? **The balls of my feet.**
- What can you do to jump higher or further? **Bend my knees before taking off.**





EYFS FMS: RUNNING

UNITS THIS FMS IS SEEN IN:

Intro to PE

Fundamentals

Games



CHECK WHAT YOUR CHILDREN CAN SHOW..

- (A) Child slowly jogs 10m and stops.
- (B) Child quickly runs 10m and stops.
- (C) Create a small area for children to run in. Ask them to jog around the space changing direction to avoid others.

What you are looking for:

- Child runs attempting to use their arms and legs rhythmically.
- Child uses big steps to run and small steps to stop.
- Child stops and / or changes direction to move into space away from others.

CHECK WHAT YOUR CHILDREN KNOW...



- Which body parts do we use to run? **Arms and legs.**
- Should you use big or small steps to run? **Big steps.**
- Should you use big or small steps to stop? **Small steps.**
- Why is it important to move into space away from others? **To stay safe.**

INTERVENTION ACTIVITIES...

Give your pupils opportunities to develop this FMS with relevant games found in Active Blasts, Active Families, Active Lunchtimes and Active W.A.C.



Your greater depth pupils might be able to show and may know...

- How do we use our arms and legs when running? **Move the opposite arm to leg.**
- What can you do with your arms to help you to run faster? **Move them faster.**
- What can you do with your legs to help you to change direction? **Bend my knees.**

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EYFS FMS: THROWING

UNITS THIS FMS IS SEEN IN:

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Fundamentals

Ball Skills

Games



CHECK WHAT YOUR CHILDREN CAN SHOW.

- A Stand 3m away from a hoop placed on the floor. Child throws a beanbag into the hoop using an underarm throw.
- B Using the same set up, child throws a ball to bounce in the hoop using an underarm throw.
- C Adult holds a hoop in the air 3m away. Child attempts to throw a beanbag through the hoop.



What you are looking for:

- Child stands in a balanced position to throw.
- Child looks at the target.
- Child points their throwing hand at the target after release.



CHECK WHAT YOUR CHILDREN KNOW...

- Where should you point your throwing hand when throwing to a target? **At the target.**
- Where should you look when throwing? **At the target.**
- Are bigger or smaller targets easier to throw to? **Bigger.**



INTERVENTION ACTIVITIES...

Give your pupils opportunities to develop this FMS with relevant games found in Active Blasts, Active Families, Active Lunchtimes and Active W.A.C.



Your greater depth pupils might be able to show and may know...

- What can you do with your feet to help you to throw further?
Step forward with my opposite foot to throwing hand.
- Where should your body be facing when sending the ball?
Face my body towards my target.
- Why should you look at your partner before sending them the ball? **To see where they are and check they are ready to receive it.**
- What type of throw would you use for a long distance?
Overarm.
- What type of throw would you use for a short distance?
Underarm.

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