



EWELL GROVE PRIMARY AND NURSERY SCHOOL
Whole School PE Overview



Autumn 1a	Autumn 1b	Spring 2a	Spring 2b	Summer 3a	Summer 3b
Netball/Basketball Dance	Hockey Dance	Multi-skills Gymnastics Year 4 – Outdoor and Adventure	Tennis Gymnastics	Athletics Swimming Outdoor and Adventure	Striking and Fielding Athletics Swimming Outdoor and Adventure

Sports Values

Inspiration	Respect	Equality	Friendship	Determination and Courage	Excellence
The importance of being a good role model and why. We find out about previous Olympians and how they inspire other people to follow their dreams.	A focus on listening to others' views and opinions. Thinking about the environment and how to look after it. Playing games to encourage fair play.	Recognising the benefits and importance of celebrating difference. Understanding the importance of treating people with equity, fairness and respect.	The important qualities of friendships in term of how to be a good friend and how we can make things better when things go wrong.	We always encourage our children not to give up if they can't do something the first time. If we practice and keep trying, goals can be reached and new things can be achieved. We focus on being brave and what to do when faced with a difficult situation. We talk about situations where you need physical courage for example riding a bike again after you have fallen off and hurt yourself.	The importance of always trying their best to ensure they reach the children reach their full potential. Our school ethos encourages our children to always 'have a go' and work to the best of their ability.

EYFS – Physical Development

Physical Development is a Prime Area and at Ewell Grove we use Development Matters which is non-statutory guidance for the Early Years Foundation Stage.

[Development Matters](#)

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. (Development Matters 2023).

Our Nursery and Reception children follow the whole School Curriculum. As well as having PE session with our Sports Coach they have opportunities within their continuous provision to develop their fine and gross motor skills through:

- ❖ Indoor and outdoor play
- ❖ Use of large equipment e.g. bikes, balance bikes and scooters
- ❖ Small world activities
- ❖ Puzzles
- ❖ Threading
- ❖ Arts and crafts
- ❖ Using small tools e.g. scissors, pencils, pens, hole punch

Whole School Physifun Sessions

Our Sports Coach leads small group sessions throughout the week focusing on physical fundamentals. These sessions are adapted and flexible to support individual needs with an emphasis on motivating and engaging all children in physical activity.