



EYFS to KS1 Bridge

Physical Education

Organization of knowledge	Fundamentals	Ball Skills	Games	Gymnastics	Dance
Relevant ELG	ELG: Gross motor skills - Negotiate space and obstacles safely, with consideration for themselves and others. - Demonstrate strength, balance and coordination when playing ELG: Fine motor skills - Use a range of small tools, including scissors, paint brushes and cutlery ELG: Self-regulation - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate ELG: Managing self - Explain the reasons for rules, know right from wrong and try to behave accordingly ELG: Building relationships - Work and play cooperatively and take turns with others			ELG: Gross motor skills - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing ELG: Self-regulation - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate ELG: Building relationships - Work and play cooperatively and take turns with others	
KS1 Readiness objective	• To develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education. • To use their core muscle strength to achieve a good posture. • To confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group	• To combine different movements with ease and fluency. • To develop and refine a range of ball skills • To develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	• To negotiate space and obstacles safely, with consideration for themselves and others. • To confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	• To revise and refine a range of fundamental movement skills e.g. rolling, crawling, walking, jumping, running, hopping, skipping and climbing. • To combine different movements with ease and fluency. •	• To use a more fluent style of moving, developing control and grace. • To combine different movements with ease and fluency.