



Walking in the footsteps of Jesus with Respect, Perseverance, Care, Trust and Thankfulness.

## Physical Development in Reception

Dear Parents

This term Reception children will begin taking part in PE lessons. Physical Development in the early years is made up of Health and Self-care and Moving and Handling. Health and Self-care is where children develop and show understanding of how to be healthy and look after themselves. Moving and Handling encompasses both fine motor skills, such as pencil control and gross motor skills such as travelling over and under. The curriculum states that children should have opportunities for physical development daily – which our children are fortunate to have with our expansive outdoor space. Children access opportunities for spatial awareness, movement and travelling quickly and slowly throughout their day, every day.

However, we know that PE lessons provide excellent opportunities for problem solving, following instructions and also develop a child's life long enjoyment of being active. To provide time within the week to teach children about all aspects of Physical Development, children will take part in one PE lesson every other week. The other week will focus on fine motor development and handwriting skills.

Children will be asked to come to school in their PE kit on the day they will be taught PE. As we are over half-way through the school year we appreciate that not all children will have a school PE kit, instead children should come to school in jogging bottoms, a t-shirt, sweater and outdoor trainers – please limit trainers with laces where children are not able to tie laces themselves, instead use velcro trainers where possible.

PE lessons will begin WC 15<sup>th</sup> March, please see below when your child's class should come to school in their PE kit:

<b>RP PE Day</b>	<b>RG PE Day</b>
Monday 15 <sup>th</sup> March	Monday 22 <sup>nd</sup> March
Monday 29 <sup>th</sup> March	Monday 19 <sup>th</sup> April
Monday 26 <sup>th</sup> April	Monday 3 <sup>rd</sup> May
Monday 10 <sup>th</sup> May	Monday 17 <sup>th</sup> May

PE lessons where possible will be taught outside.

Best wishes

Miss Pugh  
Assistant Head Teacher  
Early Years Lead  
SENCo

*"I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life." John 8 v 12*