



EYFS- Getting Sporty



EduComp
educational awards & competitions

Communication and Language

- Use a selection of sports equipment (different balls, racquets and bats) to spark discussions about each game.
- Play guessing games – linked to different sports. Encourage children to take turns (guess the mimes)
- Watch short video clips from sporting events (Olympics, World Cup etc) and ask children to talk about what happened in them. Model new vocabulary during these sessions.
- Play memory games e.g: I went to sports day and I saw....
- Create matching games (use images provided) either on cards or paper plates to encourage taking turns/ conversation.

Physical Development

- Using: beanbags, hoops, cones, skipping ropes etc create fun 'trim trails', obstacle courses with pupils.
- Use chalk to create 'target spots' on walls or playgrounds and let children practise throwing.
- Play games such as 'Simon says...' and 'Follow the leader' to build on children's co-ordination and core strength.
- Tape lines to the floor and use them as markers to jump over, stretch to or balance along.
- Set up races: running, skipping, jumping, hopping, crawling, bean bag balancing.

Personal, Social and Emotional Development

- Set up games that require turn taking.
- Listening and sharing: Circle time- Sports theme e.g. 'Would you rather.... 'swimming' or 'running'?
- Being healthy: 'Choose 5' set up a table with a range of fruits – pupils taste and choose their 'favourite five'.
- Resilience: Encourage children to choose a skill e.g.- hopping, catching etc. Let them set a target and work towards it – for example hop across the playground. Catch a ball 3 times.
- Talk: About feelings. Show clips from major sporting events. How does the crowd feel? The participants? The winners? The losers?

Literacy

- Enjoy singing rhymes (Find words to: This is the way we, If you're happy...and Our school sports day in the resources)
- Share rhyming books such as 'The Frog Olympics' –Brian Mosely.
- Create a 'story map' of the Hare and the Tortoise fable and encourage children to retell the story.
- Share a collection of 'Sports' themed books with the children from your school or educational library service.

Mathematics

- Play skittles – Ask children to count how many there are. How many get knocked over. How many are still standing.
- Count: hops, catches, strides, jumps, goals.
- Practice subitising numbers to 5 (using the cards in resource pack) . This can be made into a physical game – Run and find '3' etc.
- Play hoopla (write numbers 1-5 on the posts. Children throw three hoops and collect the number of counters corresponding to their score.
- Use the 10s frame activity provided to explore making 10.

Understanding of the World

- Share images of flags from around the world. Ask pupils if they recognise them? Show the flags being carried in an Olympic procession. Talk about how the flags identify the different countries.
- Ask pupils if they have visited other countries- look at images of these places online. Talk about the differences between them and the UK. Weather, Landscape and peoples' lives.

Expressive Arts and Design

- Make rosettes/ medals for 1st, 2nd and 3rd places. (use: card circles, salt dough, recycled lids, coloured card)
- Make Olympic torches (create a card cone and add tissue paper flames)
- Make a cut out trainer and thread laces. Pupils can design the trainer using crayons, tissue or paint.
- Design a sports Kit . Cut out a simple T-shirt and shorts outline and embellish with coloured paper (practice cutting skills with this activity)
- Design and paint flags.