



HOW SPORTS 4 TOTS LINKS TO THE EARLY YEARS FOUNDATION STAGE (EYFS)

THE THREE PRIME AREAS



COMMUNICATION AND LANGUAGE

Watching and listening to the Sports 4 Tots videos.

Our videos give the children opportunities to speak and have conversation.

Within the videos questions are raised which can be discussed with teachers or friends.

Listening and following instruction.

Singing along to the Sports 4 Tots march.

Parent or carers activity sheets to encourage engagement and communication.



PHYSICAL DEVELOPMENT

We focus on learning core fundamental skills as well as sport specific skills.

Our programme develops gross and fine motor skills, object control, balance, spatial awareness, hand-eye coordination and agility.

Our well-being videos for oral health and healthy eating and living.

Physical activity is vital in a child's all-round development. Sports 4 Tots mission is to spark a love for sport at an early age and this will allow children to enjoy a healthy and active lifestyle as they grow older.



PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

We focus on communication, social skills, listening, sharing and following instructions.

Building confidence by trying new sports and activities.

Turn taking, pair work and team work.

We encourage perseverance.

Our programme teaches children about healthy eating.

Following rules and instruction.

Mental well-being videos to encourage children to recognise and express their feelings.

Provide opportunities to make choices and discover their likes and dislikes.

We have reward charts and certificates for effort and trying new things, this helps to build confidence and self-esteem.

Start Young... Get Active... Stay Healthy...

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