

PE Skills Progression EYFS

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives⁷. 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. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

PHYSICAL DEVELOPMENT: EARLY LEARNING GOALS (ELG) Moving and Handling Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing. Health and Self Care Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.							
EYFS	Invasion Games (Competitive)	Gymnastics	Dance	Net and Wall	Striking and Fielding	Multiskills and athletics	Outdoor/Forest School
Key Skills	Move freely using suitable spaces and speed or direction to avoid obstacles. (S&A)	Move freely and with pleasure and confidence in a range of ways including, rolling, floor shapes, ways of travel. Experiments with different ways of moving. Jumps off an	Move freely and with pleasure and confidence in a range of ways. Experiments with different ways of moving. Complete simple sequences to different stimulus.	Catch a large ball. Demonstrate good control and co ordination in large and small movements. Pass a ball: chest pass Kick a ball along the floor less than 10m with	Throw over and under arm in a general direction Catch a variety of sized balls when bounced or thrown Strike a ball (self bowled) in a	Understand the importance for good health of physical exercise, healthy diet and talk about different ways to keep healthy and safe. (H&F) Children will be taught how to use their bodies to: <ul style="list-style-type: none"> • Sprint 30m • Jump for height 5-9cm • Jump for distance 30-59cm • Leap hurdles 30m 	Mud Kitchen Phonics hunts in the outdoor area Bulb planting Nest making Homes for wildlife

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		object and lands appropriately. Stand on one foot to hold a balance.		the correct technique. Dribble a ball at feet with control	general direction	within 16-12secs <ul style="list-style-type: none"> • Overarm throw • Chest push • Run for longer distance Participate in Sports day	
When Taught	Autumn 2	Spring 2	Spring 1 - Rec Spring 2 - Nur	Summer 1 - Rec	Summer 1 - Rec	Autumn 1 Summer 2	All year through CP Forest school - summer term
Key Vocab	Turn taking	Movement, space	Movement, rhythm, sequence, routine	Catch, throw, kick, pass	Direction, pass, throw, catch	Speed, running, jumping, health	