

Progression of skills grid  
PE EYFS

EYFS Early Learning Goals				
<p><b>Moving and Handling:</b> 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.</p> <p><b>Health and Self-care:</b> Children know the importance for good health of physical exercise, a healthy diet and talk about the ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p>				
Exceeding descriptors				
Children can hop confidently and skip in time to music. Children know about and can make healthy choices in relation to healthy eating and exercise. Children play group games with rules.				
EYFS	Overview	Key skills		Assessment
<b>Introduction to PE EYFS</b>	Children will be introduced to Physical Education. They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities, which will develop fundamental movement skills such as running, jumping, skipping. Children will also play simple games and begin to understand and use rules.	Physical	Moving safely, running, jumping, throwing, catching, following a path, rolling	<ul style="list-style-type: none"> <li>I am confident to try new activities.</li> <li>I ask for help if needed.</li> <li>I can handle equipment effectively.</li> <li>I can move confidently in a range of ways.</li> <li>I can safely negotiate space.</li> <li>I can show good control and co-ordination in small and large movements.</li> <li>I can talk about ways to keep healthy and safe.</li> <li>I know the importance for good health and physical exercise.</li> <li>I am sensitive to others' feelings.</li> <li>I play co-operatively, taking turns.</li> <li>I can talk about my own ideas and use them in response to a task.</li> <li>I understand and follow rules.</li> </ul>
		Social	Sharing, taking turns, leadership, encouraging and supporting others, responsibility	
		Emotional	Perseverance, confidence, honesty and fair play	
		Thinking	Decision making, selecting and applying actions, understanding and using rules	
<b>Fundamentals EYFS</b>	Children will develop their fundamental movement skills. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop fine and gross motor skills through a range of activities. They will learn how to stay safe using space, working independently and with a partner.	Physical	Balancing, running, jumping, changing direction, hopping, traveling	<ul style="list-style-type: none"> <li>I am confident to try new activities.</li> <li>I ask for help if needed.</li> <li>I can handle equipment effectively.</li> <li>I can move confidently in a range of ways.</li> <li>I can safely negotiate space.</li> <li>I can show good control and co-ordination in small and large movements.</li> <li>I can talk about ways to keep healthy and safe.</li> <li>I know the importance for good health and physical exercise.</li> <li>I am sensitive to others' feelings.</li> <li>I play co-operatively, taking turns.</li> <li>I can talk about my own ideas and use them in response to a task.</li> <li>I understand and follow rules.</li> </ul>
		Social	Working safely, responsibility, helping others	
		Emotional	Honesty, challenging myself, determination	
		Thinking	Decision making, selecting and applying actions, using tactics	
<b>Gymnastics EYFS</b>	Children explore basic movements, creating shapes, balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when traveling and balancing.	Physical	Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling	<ul style="list-style-type: none"> <li>I am confident to try new activities.</li> <li>I ask for help if needed.</li> <li>I can handle equipment effectively.</li> <li>I can move confidently in a range of ways.</li> <li>I can safely negotiate space.</li> <li>I can show good control and co-ordination in small and large movements.</li> <li>I can talk about ways to keep healthy and safe.</li> <li>I know the importance for good health and physical exercise.</li> <li>I am sensitive to others' feelings.</li> <li>I play co-operatively, taking turns.</li> </ul>
		Social	Co-operation, taking turns, communication	
		Emotional	Confidence, determination	
		Thinking	Selecting and applying skills, creating sequences	

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				<ul style="list-style-type: none"> <li>• I can talk about my own ideas and use them in response to a task.</li> <li>• I understand and follow rules.</li> </ul>
<b>Dance EYFS</b>	Children explore space and how to use space safely. They explore travelling movements, shapes and balances. Children choose their own actions in response to a stimulus. They are given the opportunity to copy, repeat and remember actions. They are introduced to counting to help them keep in time with the music. They perform to others and begin to provide simple feedback.	<b>Physical</b>	Physical Travel, action, perform, copy, balance, coordination	<ul style="list-style-type: none"> <li>• I am confident to try new activities.</li> <li>• I ask for help if needed.</li> <li>• I can handle equipment effectively.</li> <li>• I can move confidently in a range of ways.</li> <li>• I can safely negotiate space.</li> <li>• I can show good control and co-ordination in small and large movements.</li> <li>• I can talk about ways to keep healthy and safe.</li> <li>• I know the importance for good health and physical exercise.</li> <li>• I am sensitive to others' feelings.</li> <li>• I play co-operatively, taking turns.</li> <li>• I can talk about my own ideas and use them in response to a task.</li> <li>• I understand and follow rules</li> </ul>
		<b>Social</b>	Respect, co-operation	
		<b>Emotional</b>	Working independently, confidence	
		<b>Thinking</b>	Counting, observing and providing feedback, selecting and applying actions	
<b>Ball Skills EYFS</b>	Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Children will be able to develop their fine and gross motor skills through a range of game play using a variety of equipment. Children will be given opportunities to work independently and with a partner and will develop decision making and using simple tactics.	<b>Physical</b>	Rolling a ball, stopping a rolling ball, throwing at a target, tracking a ball, bouncing a ball, dribbling a ball with feet, kicking a ball	<ul style="list-style-type: none"> <li>• I am confident to try new activities.</li> <li>• I ask for help if needed.</li> <li>• I can handle equipment effectively.</li> <li>• I can move confidently in a range of ways.</li> <li>• I can safely negotiate space.</li> <li>• I can show good control and co-ordination in small and large movements.</li> <li>• I can talk about ways to keep healthy and safe.</li> <li>• I know the importance for good health and physical exercise.</li> <li>• I am sensitive to others' feelings.</li> <li>• I play co-operatively, taking turns.</li> <li>• I can talk about my own ideas and use them in response to a task.</li> <li>• I understand and follow rules.</li> </ul>
		<b>Social</b>	Co-operation, supporting others, sharing and taking turns	
		<b>Emotional</b>	Honesty, perseverance, determination	
		<b>Thinking</b>	Using tactics, decision making	
<b>Games EYFS</b>	Children will develop their understanding of playing games. Children will practise and further develop fundamental movement skills through games. They will also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing.	<b>Physical</b>	Running, balancing, changing direction, striking a ball, throwing	<ul style="list-style-type: none"> <li>• I am confident to try new activities.</li> <li>• I ask for help if needed.</li> <li>• I can handle equipment effectively.</li> <li>• I can move confidently in a range of ways.</li> <li>• I can safely negotiate space.</li> <li>• I can show good control and co-ordination in small and large movements.</li> <li>• I can talk about ways to keep healthy and safe</li> <li>• I know the importance for good health and physical exercise.</li> <li>• I am sensitive to others' feelings.</li> <li>• I play co-operatively, taking turns.</li> <li>• I can talk about my own ideas and use them in response to a task.</li> <li>• I understand and follow rules.</li> </ul>
		<b>Social</b>	Communication, cooperation, taking turns, supporting others, respect	
		<b>Emotional</b>	Honesty and fair play, managing emotions, perseverance	
		<b>Thinking</b>	Using tactics, decision making	