

PE Progression of Skills EYFS

Skills	EYFS	End of Key Stage Expectation (National Curriculum)
Evaluating and Improving	I can in simple terms, be able to evaluate their own movements and those of others.	
Dance	<p>To explore movement ideas and respond imaginatively to a range of stimuli.</p> <p>To move confidently and safely, showing an awareness of themselves, space and others.</p> <p>To demonstrate changes of speed, level and direction.</p> <p>To perform, showing an awareness of lightness of movement.</p> <p>To copy movement ideas from a partner.</p>	They move confidently in a range of ways, safely negotiating space.
Gymnastics	<p>To explore movement ideas and respond imaginatively to a range of stimuli.</p> <p>To move confidently and safely, showing an awareness of themselves, space and others.</p> <p>To demonstrate changes of speed, level and direction.</p> <p>To perform, showing an awareness of lightness of movement.</p> <p>To copy movement ideas from a partner.</p>	

Games	<p>To chase and dodge.</p> <p>To use footwork skills, including skipping on the spot and whilst travelling forwards.</p> <p>To send a ball using hands and feet.</p> <p>To control a ball whilst travelling along different pathways.</p> <p>To receive a ball with control from a partner.</p> <p>To play target games.</p> <p>To work collaboratively with a partner.</p>	<p>Movement and Handling - Children show good control and co-ordination in large and small movements.</p> <p>They handle equipment and tools effectively, including pencils for writing.</p>
Athletics	<p>To be physically active through running.</p> <p>To be physically active through throwing a soft ball.</p> <p>To be physically active by exploring a range of movements e.g. jumping, skipping etc.</p>	
OAA	<p>To be able to communicate with others in my class in a simple activity.</p>	
Health and Fitness Circuits		<p>Health and Self-Care - Children know the importance for good health of physical exercise, and a healthy diet, and talk about 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>