

PE progression through EYFS

PD: Gross Motor Skills/ Fine Motor Skills/ EAD: Being Imaginative and Expressive

Focus	Gymnastics movements	Fundamental Movement Skills	Dance	Fine motor skills	Health and Self Care	Vocabulary – To be used daily.
Reception Skills	<ul style="list-style-type: none">• Revise & refine fundamental movements, making changes to body shape, position & pace of movement such as side step, hop and gallop.• Develop overall body strength, coordination, balance & agility.• Good control of a balance and smooth movements, e.g. keep head up, work of the balls of feet.• Fundamental movements skills through shape, travel and rotation.• Use of floor work including short and larger apparatus.	<ul style="list-style-type: none">• Negotiate space successfully when playing racing or chasing games, adjusting speed or changing direction to avoid obstacles.• Develop overall body strength, coordination, balance & agility e.g. wheelbarrows, balance bikes & pedal bikes.—Outdoor continuous provision.• Jump two feet to two feet, forwards, backwards and side to side.• Use a good take off and landing with balance on control on landing e.g. bending knees.	<ul style="list-style-type: none">• Initiates new combinations of movements & gestures to express & respond to feelings, ideas & experiences.• Watch & talk about dance & performance art, expressing their feelings & responses.• Explore & engage in dance, performing solo or in groups.• Combine different movements with ease & fluency.	<ul style="list-style-type: none">•Develop their small motor skills so that they can use a range of tools competently, safely and confidently.•Suggested tools are pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.•Develop the foundations of a handwriting style which is fast, accurate and efficient.	<ul style="list-style-type: none">• Can manage their own personal hygiene.• Know and talk about the different factors that support their overall health and well-being.•Can describe the importance of physical activity, healthy eating, tooth brushing, good sleep routines.	Follow, lead, copy, gallop, slither, crawl, kick, catch, throw, push, pat, slither, shuffle, roll, crawl, walk, run, hop, slide, squat, climb, land, stand, jump, balance, space, race, chase, speed, direction, obstacles, stretch, strong, firm, gentle, heavy, floppy
Reception Knowledge	<div>Autumn 1 All About Me</div> <div>Autumn 2 Changes</div>		<div>Spring 1 Animals who live in Cold and Warm Places</div> <div>Spring 2 Growing</div>		<div>Summer 1 Lifecycles and Mini-beasts</div> <div>Summer 2 Journeys</div>	
	<ul style="list-style-type: none">•I can climb on large and small equipment.•I can travel across balancing equipment using different body parts.•I can balance on a bench, strip of wood or beam.•I can adjust my speed to avoid obstacles.•I can complete a seated balance.•I can use a variety of mark making tools with control.•Use a comfortable tripod grip with good control when holding pens and pencils in preparation for fluent writing.•I can write some letters accurately.		<ul style="list-style-type: none">•I can give my opinion about a movement or actions and explain what is good and what can be improved.•I can talk about the importance of exercise and sleep.•I can hold my pencil with a dominant hand and write recognisable letters for all set one sounds.•I can create standing and seated floor shapes.•I can travel between shapes including jumping..•I can create movements using circles, including arm circles,.•I can travel in unison.•I can move in time to music and change my movements in response to what I hear.		<ul style="list-style-type: none">•I can ride a balance bike effectively and with control.•I can explain a healthy diet and some different food combinations.•I can write with a clear tripod grip and create accurately formed letters ready for joining.•I can throw and catch a ball with accuracy.•I can develop confidence, competence, precision & accuracy with activities that involve a ball.•I can develop a wide range of skills including throwing, catching and kicking whilst aiming.	
Gymnastics		Dance			Fine Motor Skills	

PE Overview

Year 1	Fundamental Movement Skills — <i>Re-al PE</i> Gymnastics — <i>Real Gym</i>	Dance Team Games	Athletics Attacking and Defending
Year 2	Fundamental Movement Skills — <i>Re-al PE</i> Gymnastics — <i>Real Gym</i>	Dance Team Games	Athletics Attacking and Defending

Year 3	Gymnastics — <i>Real Gym</i> Outdoor Adventurous Activities	Dance Net and wall games — <i>Tennis</i>	Athletics Invasion Games — <i>Rugby</i>
Year 4	Gymnastics — <i>Real Gym</i> /Swimming(<i>including water safety</i>) Outdoor Adventurous Activities/ Swimming (<i>including water safety</i>)	Dance Net and wall games — <i>Tennis</i>	Athletics Invasion Games — <i>Rugby</i>
Year 5	Gymnastics — <i>Real Gym</i> Outdoor Adventurous Activities	Dance/Swimming (<i>including watersafety</i>) Striking and Fielding — <i>Rounders</i> /Swimming (<i>including water safety</i>)	Athletics Invasion Games — <i>Basketball</i>
Year 6	Gymnastics — <i>Real Gym</i> Outdoor Adventurous Activities	Dance Striking and Fielding — <i>Cricket</i>	Athletics Invasion Games — <i>Basketball</i> / Swimming Top-Up (<i>including watersafety</i>)