



## EYFS progression - links to Physical Education

Relevant Early Learning Goals	KS1 National Curriculum Objective - Physical Education
<p><b>Physical Development: Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing.</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul> <p><b>Expressive Arts and Design: Being Imaginative and Expressive</b></p> <ul style="list-style-type: none"> <li>Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</li> </ul>	<p>Pupils should develop fundamental movement skills, becoming increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to</p> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> <li>Perform dances using simple movement patterns.</li> </ul>

Physical Development- Prime Area						
Skill	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gross Motor Skills	<ul style="list-style-type: none"> <li>To move safely in a space</li> <li>To stop safely</li> <li>To develop control when using equipment</li> <li>To follow a path and take turns</li> <li>To work cooperatively with a partner</li> </ul>	<ul style="list-style-type: none"> <li>To balance</li> <li>To run and stop</li> <li>To change direction</li> <li>To jump</li> <li>To hop</li> <li>To explore different ways to travel using equipment</li> </ul>	<ul style="list-style-type: none"> <li>To roll and track a Ball</li> <li>To develop accuracy when throwing to a target</li> <li>To dribble using hands</li> <li>To throw and catch with a partner</li> <li>To dribble a ball using feet</li> <li>To kick a ball to a target</li> </ul>	<ul style="list-style-type: none"> <li>To create short sequences using shapes, balances and travelling actions</li> <li>To balance and safely use apparatus</li> <li>To jump and land safely from a height</li> <li>To develop rocking and rolling</li> <li>To explore travelling around, over and through apparatus</li> <li>To create short sequences linking actions together and including apparatus</li> </ul>	<ul style="list-style-type: none"> <li>To use counting to help to stay in time with the music when copying and creating actions</li> <li>To move safely with confidence and imagination, communicating ideas through movement</li> <li>To explore movement using a prop with control and coordination</li> <li>To move with control and coordination, expressing ideas through movement</li> <li>To move with</li> </ul>	<ul style="list-style-type: none"> <li>To develop accuracy when throwing and practise keeping score</li> <li>To follow instructions and move safely when playing tagging games</li> <li>To learn to play against an opponent</li> <li>To play by the rules and develop coordination</li> <li>To explore striking a ball and keeping score</li> <li>To work cooperatively as a</li> </ul>

					control and coordination, copying, linking and repeating actions  To remember and repeat actions, exploring pathways and shapes	team
Early Learning Goals	<p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others;</li> <li>• Demonstrate strength, balance and coordination when playing;</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>					