St Michael & All Angels C of E Primary School

Progression of skills

Curriculum Area: PE

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| EYFS | Physical Development | Moving & Handling | Health & Self-Care | Expressive Arts & Design | Exploring & Using Media & Materials | Being Imaginative |  |
| 30-50 Months |  | - To move freely with pleasure & confidence in a variety of ways e.g. shuffling, slithering, rolling, crawling, walking, running, jumping, skipping, sliding & hopping.- To mount stairs, steps or climbing equipment using alternate feet.- To walk downstairs, two feet to each step, while carrying a small object.- To run skilfully & negotiate space successfully, adjusting speed & direction to avoid obstacles.- To stand momentarily on one foot when shown.- To catch a large ball.- To draw lines & circles using gross motor movements. | - To observe the effects of activity on their bodies.- To understand equipment & tools must be used safely. |  | - To enjoy joining in with dancing & ring games.- To begin to move rhythmically.- To imitate movement in response to music.- To tap out simple repeated rhythms. | - To develop preferences for forms of expression.- To use movement to express feelings.- To create movement in response to music.- To capture experiences & responses with a range of media e.g. music, dance, paint, other materials or words. |  |
| 40-60 Months |  | - To experiment with different ways of moving.- To jump off an object & land appropriately.- To negotiate space successfully when playing racing & chasing games with other children, adjusting speed & direction to avoid obstacles.- To travel with confidence & skill around, under, over & through balancing & climbing equipment.- To show increasing control over an object in pushing, patting, throwing, catching or kicking it. | - To show understanding for safety when attempting new challenges & to consider & manage some risk.- To show understanding of how to transport & store equipment safely.- To practice some appropriate safety measures without direct supervision. |  |  | To initiate new combinations of movement & gesture in order to express & respond to feelings, ideas & experiences. |  |
| ELG |  | - To show good control & co-ordination in large & small movements. Move confidently in a variety of ways, safely negotiating space. Handle equipment & tools effectively e.g. pencils for writing. | - To know the importance for good health of physical exercise, a healthy diet & talk about ways to stay healthy & safe. |  |  | - To represent their own ideas, thoughts & feelings through design & technology, art, music, dance, role play & stories. |  |
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