EYFS PE Progression Grid

EExAT Statements		EYFS	KS1
Physical Development Gross Motor 25-30 months Can move up and down a step/slope maintaining balance. 31-36 months Climbs using hands and feet and able to use equipment that requires pulling and pushing. 37-42 months Walks up steps using alternating feet one foot to each step. 43-48 months Uses cross lateral movement to move forward and negotiate space when moving through tunnels, dens or when on made or created vehicles. 49-54 months Moves with confidence in a range of ways, developing core strength, balance co-ordination and is able to negotiate space. 55-60 months Is able to adjust speed, direction and position. 61-66 months Shows good control, co-ordination and agility in large and small movements, safely negotiating space. 67+ months Hops and skips when playing games or in time to music. ELG Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	In all lessons	PE -Get changed with a little support or adult reminders -Develop large-muscle movements -Manage own personal hygiene -Understand the importance of good dental health -Move with an awareness of other people (spatial awareness) -Move with confidence when running, climbing, balancing and riding a scooter or tricycle -Identify that they get hot, out of breath and their heart beats faster after exercise -Know about and discuss factors for a healthy lifestyle	-Get changed for PE independently -Find and use space safely and appropriately -Travel around a given space in a variety of ways e.g. walking, skipping, hopping, jumping, running -Change speed and direction whilst avoiding obstacles -Recognise the bodily changes that occur during exercise
	Dance	-Copy simple adult movements to music -Move freely in response to music -Begin to identify different types of music and change their movements accordingly - Learn and use new vocabulary	-Perform dances using simple movement patterns -Respond to contrasting pieces of music (speed, mood)
	Gymnastics	-Follow simple instructions to move/stop -Balance confidently, using arms to the side, on a range of equipment -Identify and use different body parts -Jump with two feet together -Balance and hop on one leg -Follow the rules of a simple obstacle course -Learn and use new vocabulary	-Demonstrate good body balance -Demonstrate and recognise gymnastic shapes -Perform a gymnastic jump from equipment to the floor -Demonstrate knowledge of how to be safe when using gymnastic apparatus
	Games	-Throw and catch a large ball -Roll a ball towards a target -Kick a ball towards a target -Balance a beanbag on different body parts while moving -Understand and follow simple instructions -Take turns with equipment -Use equipment effectively - Learn and use new vocabulary	Striking, Fielding/ Sending and Receiving- • Throw, catch, roll, bounce and dribble with control and accuracy using a range of equipment (bean bags, quoits and balls) Multiskills- • Develop fundamental movements which support confidence and competence -Access opportunities to develop agility, balance and coordination, both individually and with others. Understand the different ways we can move around (animals, speed, height) Net Games – • Know how to hold a racket and show basic racket control -Hit a small or large ball with a bat or racket Invasion and Team Games – • Understand and follow basic game rules -Work with others as part of a team Outdoor Adventurous – • Work as part of a team -Clearly communicate with peers -Use some basic map reading skills to locate markers Athletics – • Develop basic athletic skills (running, jumping, throwing and balancing) -Look to achieve personal goals