

EYFS PE Skills

	Dance	Gym	Ball Skills	Team Games
	Move freely with pleasure and confidence in a range of ways. E.g. slithering, shuffling, rolling, crawling, walking, running, jogging, jumping, sliding, hopping, skipping, spinning and traveling safely. Experiment with different ways of moving. Following a simple sequence of movements “nod head, shake head, turn head” .	Squat with steadiness to rest or play with an object on the ground. Rise to feet without using hands. Climb confidently and begin to pull themselves up on equipment. Mount stairs, steps or climbing equipment using alternate feet. Stand on one foot. Jump off an object and land appropriately. Travel with confidence and skill around, under and over balancing and climbing equipment. Bending knees when jumping or landing	To develop rolling a ball To develop stopping a rolling ball To develop bouncing and catching a ball To develop kicking a large ball. Catch a large ball. To show increased control of an object when pushing, patting, throwing, catching or kicking.	Negotiate space successfully in racing and chasing games with others. Run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.

EYFS PE I can statements

Autumn 1 – Fundamentals

PD is taught during outdoor activities. We use the parachute, skipping ropes, bikes, hula hoops. Trim trail.
I can run and stop with some control.
I can balance whilst stationary and on the move.
I can explore skipping as a travelling action.

Spring 1 – Dance and Gymnastics

I copy basic body actions and rhythms. I can choose and use travelling actions, shapes and balances. I can travel in different pathways using the space around them. I can begin to use dynamics and expression with guidance.	I can squat with steadiness to rest or play with an object on the ground. I can rise to feet without using hands. I can stand on one foot.
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Summer 1 – Balls skills and Games

I can kick a large ball. I can catch a large ball. I can show increasing control of an object when pushing, patting, throwing, catching or kicking.	I can negotiate space successfully in racing and chasing games with others. I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles. Move around showing limited awareness of others.
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Key Vocabulary

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