

Early Learning Goals – PE Skills Progression

Gross Motor Skills

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically

Personal Development

- Work and play cooperatively and take turns.
- Develop confidence to try new activities, show resilience and perseverance.
- Develop independence in the face of challenge.
- Talk about how our bodies feel during exercise

<p><u>Fundamental Movement Skills</u></p> <p><u>Vocabulary</u></p> <p>Rolling, crawling, walking, jumping, running, hopping, skipping and climbing.</p>	<ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Balance on one leg • Use strength in arms and legs to jump up and forward. • Use strength to run • Use coordination to run and jump when playing. • Move energetically 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination 	<ul style="list-style-type: none"> • Understand travelling as rolling, crawling, walking, jumping, running, hopping, skipping and climbing <ul style="list-style-type: none"> ▪ Explore rolling (pencil). ▪ Use strength in arms and legs to jump off the ground and jump forwards. ▪ To use balance and coordination to link two basic movements together to create a sequence <p><u>Vocabulary</u></p> <p>Strength, balance and coordination</p>	<p><u>Athletics</u></p> <p>Develop independence in the face of challenge.</p> <p>Move energetically</p>	<ul style="list-style-type: none"> • To explore the skill of running both fast and jogging • Hop intermittently. • To develop the skill of rolling a ball. • To develop the skill of throwing. • To develop the skill of jumping. • To think about posture when walking and running. • To take part in races. <p><u>Vocabulary</u></p> <p>Follow commands such as ‘Go’ ‘Stop’ ‘Change’</p>
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<p><u>Games</u></p> <ul style="list-style-type: none"> • Work and play cooperatively and take turns. • Develop confidence to try new activities, show resilience and perseverance. • Develop independence in the face of challenge. 	<ul style="list-style-type: none"> • Be able to participate in a simple game with an opposing side. • Be able to throw or kick a ball within a game setting. • Use hands to control a ball. • Understand attacking and defending. • Be able to play a game following a set of rules. <p><u>Key vocabulary / concept</u></p> <p>Team, take turns, cooperate, resilience, attacking and defending.</p>
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<p><u>Dance</u></p> <ul style="list-style-type: none"> • Use fundamental movement skills to perform dances moving energetically. 	<ul style="list-style-type: none"> • Move energetically with a given theme. • Move to a beat • Coordinate simple movements to music • Negotiate space safely <p><u>Vocabulary</u></p> <p>Safe, move, coordinate, beat</p>
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