

EYFS PE Progression Document

	Term 1 - Outdoor Adventurous Activities	Term 2 - Fundamental Movements /Games	Term 3 Gymnastics	Term 4 - Dance / Yoga	Term 5 - Problem Solving	Term 6 - Athletics
	<p>Aims:</p> <ul style="list-style-type: none"> •To organise and match various items, images, colours and symbols. <ul style="list-style-type: none"> • To work with a partner to listen, share ideas and question ideas. • To move confidently and cooperatively in space. • To copy and repeat various patterns and actions. • To show an understanding of your own feelings and others. <ul style="list-style-type: none"> •To solve more complex tasks using skills learned. • To work and play cooperatively and take turns. • To participate in a variety of small group cooperative activities. •Explore activities making your own decisions in response to a task. •To begin to identify personal success. 	<p>Aims:</p> <ul style="list-style-type: none"> •To explore balance and manage your own body, including manipulating small objects. <ul style="list-style-type: none"> • To be able to stretch, reach, extend in a variety of ways and positions. • To be able to control the body and perform specific movements on command. • To explore a variety of rolling, sliding and slithering. • To jump using a variety of take offs and landings, moving on and off low apparatus using hands and feet. • To participate in a variety of small group cooperative activities. <p>Skills Covered:</p> <ul style="list-style-type: none"> •Play parachute games. •Move small objects using dominant and non-dominant hands. •Push, hit, dribble. •Roll, spin, rotate, throw and catch hoops. •Agility, balance, coordination, running, jumping etc. •Skip, hop, stand on one leg and hold a pose for a game like musical statues. 	<p>Aims:</p> <ul style="list-style-type: none"> •To develop confidence in fundamental movements. <ul style="list-style-type: none"> • To experience jumping, sliding, rolling, moving over, under and on apparatus. • To develop coordination and gross motor skills. •To develop confidence in fundamental movements. • To learn and refine a variety of shapes, jumps, balances and rolls. • To link simple balance, jump and travel actions. •To control my body when performing a sequence of movements. <p>Skills Covered:</p> <ul style="list-style-type: none"> •Coordination • Balance •Curled side roll (egg roll) Log roll (pencil roll) Teddy bear roll •Straight jump, tuck jump, Jumping Jack and Half turn jump •Bunny hop •Tiptoe, step, jump and hop •Recognise pathways and direction. •Points and patches to develop body tension. •Link basic movements and use start and finish positions. •Develop take-off and landing position for jumps. •Transferring and moving small equipment. •Moving through and under apparatus. •Copying and repeating actions. 	<p>Aims:</p> <ul style="list-style-type: none"> •To be able to recognise that actions can be reproduced in time to music; beat patterns, and different speeds • To perform a wide variety of dance actions, both similar and contrasting. •To copy, repeat and perform simple movement patterns. • To count and move to beats of 8. • To copy and repeat movement patterns. • To work as an individual, in partners, and as a group. <p>Skills Covered:</p> <ul style="list-style-type: none"> •Link colours to feelings. •Explore animal movements and levels. •Replicate actions in larger groups. •Sequence work. •Explore leader or follower work. •Learning and repeating actions through circle dance. •Perform to the count of 8. •Copy and repeat 4 actions. •Perform an African dance motif. 	<p>Aims:</p> <ul style="list-style-type: none"> • To move confidently and cooperatively in space. •To organise and match various items, images, colours and symbols. <ul style="list-style-type: none"> • To work with a partner to listen, share ideas and ask questions. <ul style="list-style-type: none"> • To copy and repeat various patterns and actions. • Show an understanding of your own feelings and others. • To solve more complex tasks. • To work and play cooperatively and take turns. <p>Skills Covered:</p> <ul style="list-style-type: none"> •Work as an individual and part of a group to match. •Travel and follow travel trails as an individual. •Work cooperatively to form shapes. •Move along a pathway/trail with a partner. •Work with a partner to form jumping patterns. •Respond to visual cues. •Compete as a team to complete an obstacle relay. 	<p>Aims:</p> <ul style="list-style-type: none"> •To be able to skip and to use a rope. •To travel with some control and coordination. <ul style="list-style-type: none"> • To change direction at speed through both choice and instructions. • To be able to stop, start, pause, prepare for and anticipate movement in a variety of situations. • To recognise different actions such as: moving softly, quietly, quickly, powerfully. <p>Skills Covered:</p> <ul style="list-style-type: none"> • Practice hop, step, jump sequence. •Use a baton to steer objects. Roll, spin, rotate, throw and catch hoops. • Jump for speed and distance. • Compete as a team to complete an obstacle relay.

	Term 1 - Outdoor Adventurous Activities	Term 2 - Fundamental Movements /Games	Term 3 - Gymnastics	Term 4 - Team games	Term 5 - Net and wall	Term 6 - Invasion Games
	<p>Aims:</p> <ul style="list-style-type: none"> •To organise and match various items, images, colours and symbols. <ul style="list-style-type: none"> • To work with a partner to listen, share ideas and question ideas. • To move confidently and cooperatively in space. • To copy and repeat various patterns and actions. • To show an understanding of your own feelings and others. <ul style="list-style-type: none"> •To solve more complex tasks using skills learned. • To work and play cooperatively and take turns. • To participate in a variety of small group cooperative 	<p>Aims:</p> <ul style="list-style-type: none"> •To explore balance and manage your own body, including manipulating small objects. <ul style="list-style-type: none"> • To be able to stretch, reach, extend in a variety of ways and positions. • To be able to control the body and perform specific movements on command. • To explore a variety of rolling, sliding and slithering. • To jump using a variety of take offs and landings, moving on and off low apparatus using hands and feet. • To participate in a variety of small group cooperative activities. <p>Skills Covered:</p> <ul style="list-style-type: none"> •Play parachute games. 	<p>Aims:</p> <ul style="list-style-type: none"> •To develop confidence in fundamental movements. <ul style="list-style-type: none"> • To experience jumping, sliding, rolling, moving over, under and on apparatus. • To develop coordination and gross motor skills. •To develop confidence in fundamental movements. • To learn and refine a variety of shapes, jumps, balances and rolls. • To link simple balance, jump and travel actions. •To control my body when performing a sequence of movements. <p>Skills Covered:</p> <ul style="list-style-type: none"> •Coordination 	<p>Aims:</p> <ul style="list-style-type: none"> • To work and play cooperatively and take turns. •To catch and throw various equipment accurately, using different body parts. • To be able to control objects within a space. • To coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways. •To differentiate ways to manoeuvre objects. • To change direction at speed through both choice and instructions. • To stop, start, pause, prepare for and anticipate movement in a variety of situations. 	<p>Aims:</p> <ul style="list-style-type: none"> • To work and play cooperatively and take turns. •To catch and throw various equipment accurately, using different body parts. • To be able to control objects within a space. • To coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways. •To differentiate ways to manoeuvre objects. • To change direction at speed through both choice and instructions. • To stop, start, pause, prepare for and anticipate movement in a variety of situations. 	<p>Aims:</p> <ul style="list-style-type: none"> • To work and play cooperatively and take turns. •To catch and throw various equipment accurately, using different body parts. • To be able to control objects within a space. •To differentiate ways to manoeuvre objects. • To change direction at speed through both choice and instructions. • To be able to demonstrate agility-based activities, moving and controlling objects. • Participate in a variety of small group cooperative activities. <p>Skills Covered:</p>

	<p>activities.</p> <ul style="list-style-type: none"> •Explore activities making your own decisions in response to a task. •To begin to identify personal success. 	<ul style="list-style-type: none"> •Move small objects using dominant and non-dominant hands. •Push, hit, dribble. •Roll, spin, rotate, throw and catch hoops. •Agility, balance, coordination, running, jumping etc. •Skip, hop, stand on one leg and hold a pose for a game like musical statues. 	<ul style="list-style-type: none"> • Balance •Curled side roll (egg roll) Log roll (pencil roll) Teddy bear roll •Straight jump, tuck jump, Jumping Jack and Half turn jump •Bunny hop •Tiptoe, step, jump and hop •Recognise pathways and direction. •Points and patches to develop body tension. •Link basic movements and use start and finish positions. •Develop take-off and landing position for jumps. •Transferring and moving small equipment. •Moving through and under apparatus. •Copying and repeating actions. 	<ul style="list-style-type: none"> • To be able to demonstrate agility-based activities, moving and controlling objects. • Participate in a variety of small group cooperative activities. <p>Skills Covered:</p> <ul style="list-style-type: none"> •Recognise and follow instructions. •Perform fast and slow movements. • Coordination • Jump for speed and distance. •Move by inching, crawling and jumping. 	<ul style="list-style-type: none"> • To be able to demonstrate agility-based activities, moving and controlling objects. • Participate in a variety of small group cooperative activities. <p>Skills Covered:</p> <ul style="list-style-type: none"> •Recognise and follow instructions. •Perform fast and slow movements. • Coordination • Jump for speed and distance. •Move by inching, crawling and jumping. 	<ul style="list-style-type: none"> •Recognise and follow instructions. •Perform fast and slow movements. • Coordination • Jump for speed and distance. •Move by inching, crawling and jumping.
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