EYFS and KS1 PE Skills Progression

	Fundamental Movements	Object Control	Dance and Gymnastics	Games	Health and Evaluation
Nursery	Children can move freely by walking, Jogging and jumping Children can move over and around small objects. Children can move using a balance bike with control.	Children can strike a large ball with hands and feet. Children can pick up and drop an object with control. Children can throw or roll a ball in a direction.	Can move to the sound of music. Children can balance on two feet Can balance on basic small equipment such as floor mats.	Children can set up and work on basic obstacle courses. Children take part and participate in games such as hide and seek, elephant football and tag.	children can collect their outdoor clothing Children can put outdoor clothing on with assistance. Children can identify what they need to put on when working outside.
Reception	Can move freely within a specific area with control using movements such as running, jumping, walking and hopping. Children can move through, over and around obstacles using different speeds. Children can move on small apparatus using balance and coordination.	Children can strike a range of objects using their hands and feet. Can throw and roll object at large targets with some accuracy. Children can dribble a large ball using hands, feet and a tennis racket.	Can move to the sound of music. Children can balance on two feet Can balance on basic small equipment such as floor mats. Children can begin to perform basic rolls. Can move across some apparatus using different movements.	Can participate in relay and collect games in small teams. Children take part in games such as Bugs bunny, tag and movement games with teams. Can understand and follow a simple set of rules and apply them in games.	Children can independently get ready for PE. Children can begin to identify what happens to their bodies in PE. Children can give basic comments on their PE lesson and identify what they enjoyed.

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Year 1	Can run at different speeds. Can jump from a standing position. Can run at different speeds and change direction Can sequence movements together such as running and jumping. Can use a range of movements to avoid, go over or around obstacles such as small hurdles, ladders and hoops.	Can send and receive a range of objects. Can dribble with hands, feet and equipment around obstacles. Can throw underarm and overarm at target Can show some control when balancing and dribble a ball with a piece of equipment such as a tennis racket.	Copy, explore and remember basic movements and body patterns. Link movements to sounds and music. Respond to a range of stimuli. **<u>Gymnastics</u>** Copy and explore basic movements with some control and coordination. Perform different body shapes including at last 2 rolls. Perform at different levels. Perform a 2 footed jump. Use equipment safely. Balance with some control. Link 2-3 simple movements	Travel in a variety of ways including running and jumping. Begin to perform a range of throws. Receive a ball with basic control. Begin to develop hand-eye coordination. Participate in simple games	Can get changed independently for PE. Can identify simple changes that happen in PE such as body temperature and tiredness. Can comment on own and others performance. Can give comments on how to improve performance. Use appropriate vocabulary when giving feedback

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Year 2	Can run at different speeds. Can jump from a standing position. Can run at different speeds and change direction Can sequence movements together such as running and jumping. Can use a range of movements to avoid, go over or around obstacles such as small hurdles, ladders and hoops.	Can send and receive a range of objects. Can dribble with hands, feet and equipment around obstacles. Can throw underarm and overarm at target Can show some control when balancing and dribble a ball with a piece of equipment such as a tennis racket. Can begin to strike and object with their hands and feet as well as a large tennis racket.	Copy and explore basic movements with clear control. Vary levels and speed in sequence and the size of body shapes. Add change of direction to a sequence. Use and negotiate space clearly. Work individually and as a group to sequence moves together. **<u>Gymnastics</u>** Explore and create different pathways and patterns. Use equipment in a variety of ways to create a sequence Link movements together to create a sequence. Can perform at least3 roll safely. Can perform at least two types of jumps with safe landings. Can perform Gymnastics movements on some basic apparatus.	Confidently send the ball to others in a range of ways. Begin to apply and combine a variety of skills (to a game situation). Develop strong spatial awareness. Begin to develop own games with peers. Understand the importance of rules in games. Develop simple tactics and use them appropriately. Begin to develop an understanding of attacking/ defending	Can comment on own and others performance. Can give comments on how to improve performance. Use appropriate vocabulary when giving feedback. Can describe the effect exercise has on the body. Can explain the importance of exercise and a healthy lifestyle