



PE Progression of Skills within EYFS



DEVELOPMENT MATTERS - PHYSICAL DEVELOPMENT

EARLY LEARNING GOALS (ELG) Moving and Handling Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing. Health and Self Care Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

EYFS	Move freely using suitable spaces and speed. Draw lines and circles. Hold a pen correctly. Understand their own needs hunger/toilet/personal hygiene. Dress with support. Know equipment needs to be used safely.	Move freely in a variety of different ways. Use scissors and other tools safely. Show a dominant hand. Make anticlockwise movement Understand the need for varied and healthy food.	Stand on one foot. Catch a ball. Write some letters and copy their name. Experiment moving in different ways on equipment and jump landing safely. Manage own risk assessment. Help to put away equipment correctly	Demonstrate increasing control over objects. Use tools to change to materials. Move confidently. Use safety measures without direct supervision.	Demonstrate good control and co-ordination in large and small movement. Understand the importance for good health of physical exercise, healthy diet and talk about different ways to keep healthy and safe.	Participate in Sports day and physical activities that are included within this using a variety of equipment, taking turns and celebrating other's successes
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