

# Dale Community Primary School: Physical Education Curriculum Progression Document (EYFS)

EYFS Statutory Framework 2021

**EYFS:**  
 "Three areas are particularly important for building a foundation for igniting children's curiosity and enthusiasm for learning, forming relationships and thriving.

- These are the prime areas:
- communication and language
  - physical development
  - personal, social and emotional development"

"The level of development children should be expected to have attained by the end of the EYFS is defined by the Early Learning Goals (ELGs)"

## Early Learning Goals

## Areas of learning

## Foundation Stage Children Can

ELG: Gross Motor Skills

Locomotor/ fundamental movement skills

Explore different locomotor movements in various activities whilst demonstrating good agility, balance and co-ordination and know the names of these movements. Able to maintain balance when changing direction at different speeds with an awareness of space

Object manipulation/ Travelling with a ball skills

Experience and understand what dribbling is through running, kicking, pushing and dragging. Move various size balls using hands, feet and PE equipment such as tennis rackets/ cricket bats/ hockey sticks. Show an increasing amount of hand-eye and foot-eye co-ordination when travelling with a ball on the floor or in hands and can stop a moving ball

Object/ ball handling/ Throwing, catching and stopping skills

Explore different types of balls/ beanbags and how they travel and feel when bouncing it, rolling it, throwing it and catching it. Show a ready position for throwing and catching/ stopping a ball and increase accuracy of throwing towards a target for points. Partner work is used to encourage early stages of team work in ball games

Striking skills

Explore striking an object such as a ball, bean bag or balloon with various body parts and PE equipment. Greater hand-eye and foot-eye coordination is shown whilst maintaining good balance of the body when striking. Understand how to score points and aim to achieve personal best by aiming at targets when striking with a partner

Athletics skills

Experiment with running, jumping, balancing and throwing skills through various athletic events such as sack, hurdle, egg and spoon, obstacle race with an appreciation of races and competition against others. Use locomotor movement skills and various equipment with spatial awareness to challenge themselves to jump or throw further or higher with increasing accuracy

Gymnastics skills

Understand what gymnastics is and how we use our body to create movements. Experiment with simple gymnastics skills such as rolling, travelling methods, jumping sequences, body shapes and balances individually or with a partner and combine skills into a short sequence

Dance skills

Respond to a stimulus through movements with a display of relevant actions that show some relation (to the stimulus) and control. Explain actions with reason and work with a partner/group to copy/create simple movements. Link movements together to show a short sequence with music, demonstrating an awareness of space and exploring dance elements (mirroring, emotions)

Physical Development

ELG: Fine Motor Skills

ABC's/ Fundamental Movement Skills

Physical Education (EYFS)

Personal, Social and Emotional Development	ELG: Self Regulation	Participating and collaborating skills	Me and my healthy body	Recognise and manage (the best we can) different emotions that might come with PE learning, including happiness or frustration, with an understanding of resilience and positive attitudes. Show an awareness of scoring points or goals and aim to achieve personal best. Simple health benefits of exercise are known and recognition of healthy foods and how the body changes when we exercise is discussed
	ELG: Managing Self		Others around me	Understand that there are other people learning in a PE lesson with an appreciation of turn taking and sharing equipment to help our friends. Show an ability to learn with different partners or small groups whilst safe spaces are used to minimise the risk of accidents. Understand the benefit of being a supportive friend and helping others where possible is encouraged.
	ELG: Building Relationships			
Communication and Language	ELG: Listening, Attention and Understanding	Understanding and expression skills	Understanding	To comment on what the learning is about in a PE lesson and understand how to achieve the learning intention set. Show an ability to listen to the teacher and other class mates when required as well as following basic instructions relating to the activity and safety rules. Use PE equipment correctly and safely
	ELG: Speaking		Communication with others	Understand the importance of working together in PE and how this is relatable to real world situations. Show an appreciation towards others when communicating and help our friends learn together as best as we can by showing respect and kindness

**Key vocabulary to learn throughout the year in Foundation Stage:**  
*Push, Stop, Jump, Space, Forwards, Backwards, Safely, Balance, Run, Stop, Throw, Roll, Team, Kick, Catch, Movement, Copy, Shape, Travel, Sideways, Skip, Hop. Pass, Team, Tag, Bounce, Share, Listen, Follow, Pathway, Aim, Target, Still*