EYFS PROGRESSION MAP - PE

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| 2-3 years | 3-4 years | Reception | Early Learning Goal |
| Enjoy starting to kick,  throw and catch balls.  Walk, run, jump and  climb – and start to use  the stairs independently.  Spin, roll and  independently use  ropes and swings (for  example, tyre swings).  Develop manipulation and control. | **Starting PE lessons. Balancing.**  **Climbing**  **Steps**  Large muscle movement.  Skip  Hop  Stand on one leg  Hold a pose.  Sequence movements  to music  To choose own resources for their purpose. | Start PE lessons.  Revise rolling, crawling, walking, jumping skills etc.  Progress towards a more fluent style of moving, with developing control and grace.  Use a range of large and small apparatus indoors and outdoors.  Work on core muscle to sit properly at a table. Put movements together.  Develop confidence with ball skills.  Know and talk about the different factors that support their overall health and wellbeing:  - regular physical activity  Apparatus  Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. | **Gross motor skills**  Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. |

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