

Hemingbrough Community Primary School
Progression of Skills
EYFS/KS1 Physical Education



By the end of the Key Stage pupils are expected to:

| EYFS | KS1 |
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| <p>Early Learning Goals:</p> <p>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.</p> <p>Health and Self-care: Children know the importance for good health of physical exercise, a healthy diet and talk about the ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p> | <p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns |

Area: Ball Skills

| EYFS | Year One | Year Two |
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| <p>I am confident to try new activities. I ask for help if needed. I can handle equipment effectively. I can move confidently in a range of ways. I can safely negotiate space.</p> | I am beginning to catch with two hands. | I can send and receive a ball using both kicking and throwing and catching skills. |
| | I can roll and throw with some accuracy towards a target | I can roll and throw a ball to hit a target. |
| | I can track a ball that is coming towards me. | I can track a ball and collect it. |

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| I can show good control and co-ordination in small and large movements. | | |
| | I am beginning to dribble a ball with my hands and feet. | I can dribble a ball with my hands and feet with some control. |
| I play co-operatively, taking turns. I am sensitive to others' feelings. | I can work co-operatively with a partner. | I can work co-operatively with a partner and a small group. |
| I can talk about my own ideas and use them in response to a task. | I can say when someone was successful. | I am beginning to provide feedback using key words. |
| I can talk about ways to keep healthy and safe. I know the importance for good health and physical exercise. | I can recognise changes in my body when I do exercise. | I can describe how my body feels during exercise. |
| I understand and follow rules. | I am beginning to understand simple tactics. | I am beginning to understand and use simple tactics. |

Area:

| EYFS | Year One | Year Two |
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Area:

| EYFS | Year One | Year Two |
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Area: **Gymnastics**

| EYFS | Year One | Year Two |
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| .I ask for help if needed. effectively. I can move confidently in a range of ways. I can safely negotiate space. | I can link simple actions together to create a sequence | I can plan and repeat simple sequences of actions. |
| | . I can remember and repeat actions and shapes. | I can perform the basic gymnastic actions with some control and balance. |

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| I am confident to try new activities | I am confident to perform in front of others. | I am proud of my work and confident to perform in front of others. |
| I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise | I can recognise changes in my body when I do exercise.. | I can describe how my body feels during exercise. |
| .I am sensitive to others' feelings I can talk about my own ideas and use them in response to a task | I can say what I liked about someone else's performance | I am beginning to provide feedback using key words. |
| I play co-operatively, taking turns.. I understand and follow rules. I can handle equipment | I can use apparatus safely and wait for my turn | I can work safely with others and apparatus. |
| I can show good control and co-ordination in small and large movements.. | I can make my body tense, relaxed, stretched and curled. | I can use shapes when performing other skills. |
| | . | I can use directions and levels to make my work look interesting. |

Area: *Dance*

| EYFS | Year One | Year Two |
|---|---|--|
| I am confident to try new activities. I ask for help if needed. I can show good control and co-ordination in small and large movements. | I show some sense of dynamic and expressive qualities in my dance. I choose appropriate movements for different dance ideas. | I can show a character and idea through the actions and dynamics I choose. |
| I am beginning to copy actions. | I can copy, remember and repeat actions. | I can copy, remember and repeat a series of actions. |
| I can move confidently in a range of ways. I can safely negotiate space. | I can move confidently and safely. | I show confidence to perform. |
| I can talk about ways to keep healthy and safe. I know the importance for good health and physical exercise.. | I recognise changes in my body when I do exercise. | I can describe how my body feels during exercise. |

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| I can talk about my own ideas and use them in response to a task. | I say what I liked about someone else's performance. | I am beginning to provide feedback using key words. |
| I play co-operatively, taking turns. I am sensitive to others' feelings | I can work with others to share ideas and select actions. | I can work with a partner using mirroring and unison in our actions. |
| | I am beginning to use counts. | I can use counts to stay in time with music. |