

EYFS - PE - Curriculum Progression

Early Years Foundation Stage

LEARNING PROGRESSION

Fundamentals

Run and stop with some control.

Explore skipping as a travelling action.

Jump and hop with bent knees.

Throwing larger balls and beanbags into space.

Balance whilst stationary and on the move.

Change direction at a slow pace.

Explore moving different body parts together.

Dance

Copy basic body actions and rhythms.

Choose and use travelling actions, shapes and balances.

Travel in different pathways using the space around them.

Begin to use dynamics and expression with guidance.

Begin to count to music.

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Early Years Foundation Stage

LEARNING PROGRESSION

Gymnastics

Create shapes showing a basic level of stillness using different parts of their bodies.

Begin to take weight on different body parts.

Show shapes and actions that stretch their bodies.

Copy and link simple actions together.

Ball Skills & Games

Drop and catch with two hands.

Move a ball with feet.

Throw and roll a variety of beanbags and larger balls to space.

Kick larger balls to space.

Stop a beanbag or large ball sent to them using hands.

Attempt to stop a large ball sent to them using feet.

Hit a ball with hands.

Run and stop when instructed.

Move around showing limited awareness of others.

Make simple decisions in response to a situation.

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Early Years Foundation Stage

LEARNING PROGRESSION

Evaluation: Social

Take turns.

Learn to share equipment with others.

Share their ideas with others.

Evaluation: Emotional

Try again if they do not succeed.

Practice skills independently.

Confident to try new tasks and challenges.

Evaluation: Thinking

Begin to identify personal success.

Choose own movements and actions in response to simple tasks e.g. choosing to travel by skipping.

Begin to provide simple feedback saying what they liked or thought was good about someone else's performance.

EYFS - PE

Cycle A- AUTUMN TERM

FUNDAMENTALS

DANCE

Unit 1

Unit 1

Ben Stokes

Oti Mabusi- Strictly Come Dancing,

Curriculum Unit

Significant Person

Vocabulary

I can/am....

Balance	Run	Balance	Run	Action	Low	Action	Low
Bend	Slow	Bend	Slow	Direction	Quickly	Direction	Quickly
Crawl	Space	Crawl	Space	High	Slowly	High	Slowly
Direction	Stop	Direction	Stop	Move	start Position	Move	start Position
Hop	Travel	Hop	Travel	Shape		Shape	
Fast	Slide	Fast	Slide	Space		Space	
Jump		Jump		Travel		Travel	
Land		Land		Counts		Counts	

<p>I am beginning to negotiate space safely.</p> <p>I play games honestly guided by rules with support.</p> <p>I am building my confidence to try new challenges.</p> <p>I follow instructions with support.</p> <p>I can explore movement skills, beginning to demonstrate balance and co-ordination when playing games.</p> <p>I am beginning to take turns with others.</p>	<p>I can negotiate space safely with consideration for myself and others.</p> <p>I play games honestly with consideration of the rules.</p> <p>I am confident to try new challenges.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I use movement skills with developing balance and co-ordination when playing games.</p> <p>I play co-operatively, take turns and encourage others.</p>	<p>I am beginning to negotiate space safely.</p> <p>I am building my confidence to try new challenges and perform in front of others.</p> <p>I can explore movement skills.</p> <p>I follow instructions with support.</p> <p>I am beginning to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>I show respect towards others.</p>	<p>I can negotiate space safely with consideration for myself and others.</p> <p>I am confident to try new challenges and perform in front of others.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I can combine movements, selecting actions in response to the task.</p> <p>I show respect towards others when providing feedback.</p>
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EYFS - PE

Cycle A- SPRING TERM

Cycle A- SPRING TERM								
GYMNASTICS				GYMNASTICS				
Curriculum Unit	Unit 1			Unit 2				
Significant Person	Beth Tweddle			Beth Tweddle				
Vocabulary	Around	Shape	Around	Shape	Around	Shape		
	Copy	Still	Copy	Still	Copy	Still		
	Roll	Bend	Roll	Bend	Roll	Bend		
	Star	Rock	Star	Rock	Star	Rock		
	Through	Squeeze	Through	Squeeze	Through	Squeeze		
	Balance	Straight	Balance	Straight	Balance	Straight		
	Hold	Travel	Hold	Travel	Hold	Travel		
	Jump	Over	Jump	Over	Jump	Over		
I am/ can...	<p>I am beginning to negotiate space safely.</p> <p>I can use a range of large and small apparatus with an awareness of safety.</p> <p>I can match skills to tasks and apparatus. I can explore movement skills.</p> <p>I follow instructions with support.</p> <p>I am beginning to take turns.</p> <p>I am building my confidence to try new challenges.</p>		<p>I can negotiate space safely with consideration for myself and others.</p> <p>I can confidently and safely use a range of large and small apparatus.</p> <p>I can combine movements, selecting actions in response to the task and apparatus.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I work co-operatively with others and take turns.</p> <p>I am confident to try new challenges.</p>		<p>I am beginning to negotiate space safely.</p> <p>I can use a range of large and small apparatus with an awareness of safety.</p> <p>I can match skills to tasks and apparatus. I can explore movement skills.</p> <p>I follow instructions with support. I am beginning to take turns.</p> <p>I am building my confidence to try new challenges.</p>		<p>I can negotiate space safely with consideration for myself and others.</p> <p>I can confidently and safely use a range of large and small apparatus.</p> <p>I can combine movements, selecting actions in response to the task and apparatus.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I work co-operatively with others and take turns.</p> <p>I am confident to try new challenges.</p>	

EYFS - PE

Cycle A- SUMMER TERM

Cycle A- SUMMER TERM								
Ball Skills				Games				
Curriculum Unit	Unit 2				Unit 2			
Significant Person	David Beckham				Lucy Bronze (England Lioness)			
Vocabulary	Dribbling	Bounce	Dribbling	Bounce	Pass	Space	Pass	Space
	Catch	Ball	Catch	Ball	Catch	Direction	Catch	Direction
	Hit	Kick	Hit	Kick	Dribble	Partner	Dribble	Partner
	Partner	Roll	Partner	Roll	Rules	Team	Rules	Team
	Ready	Score	Ready	Score	Kick	Run	Kick	Run
	Run Target	Throw	Run Target	Throw	Path	Score	Path	Score
					Jump	Aim	Jump	Aim
					Safely	Throw	Safely	Throw
					Stop	Bounce	Stop	Bounce
					Points	Land	Points	Land
				Lose	Win	Lose	Win	
I can/am..	<p>I am beginning to take turns with others.</p> <p>I am beginning to explore a range of ball skills.</p> <p>I persevere with support when trying new challenges.</p> <p>I follow instructions with support.</p> <p>I am beginning to negotiate space safely.</p> <p>I play ball games guided by the rules with support.</p>	<p>I play co-operatively and take turns with others.</p> <p>I use ball skills with developing competence and accuracy.</p> <p>I persevere when trying new challenges.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I play ball games with consideration of the rules.</p>	<p>I can explore movement skills.</p> <p>I am beginning to explore a range of ball skills.</p> <p>I am beginning to negotiate space safely.</p> <p>I am beginning to take turns with others.</p> <p>I follow instructions with support.</p> <p>I play games honestly guided by the rules with support.</p> <p>I am beginning to understand how I feel in different situations.</p>	<p>I use movement skills with developing balance and co-ordination.</p> <p>I use ball skills with developing competence and accuracy.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I play co-operatively, take turns and encourage others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I play games honestly with consideration of the rules.</p> <p>I show an understanding of my feelings and can regulate my behaviour.</p>				

EYFS - PE

Cycle B- AUTUMN TERM

FUNDAMENTALS

DANCE

Unit 1

Unit 1

Freddie Flintoff,

Ashley Banjo- Diversity

Curriculum Unit

Significant Person

Vocabulary

I can/am....

Balance	Run	Balance	Run	Action	Low	Action	Low
Bend	Slow	Bend	Slow	Direction	Quickly	Direction	Quickly
Crawl	Space	Crawl	Space	High	Slowly	High	Slowly
Direction	Stop	Direction	Stop	Move	start Position	Move	start Position
Hop	Travel	Hop	Travel	Shape		Shape	
Fast	Slide	Fast	Slide	Space		Space	
Jump		Jump		Travel		Travel	
Land		Land		Counts		Counts	

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EYFS - PE

Cycle B- SPRING TERM

Cycle B- SPRING TERM						
GYMNASTICS				GYMNASTICS		
Curriculum Unit	Unit 1				Unit 2	
Significant Person	Beth Tweddle				Matt Whitlock	
Vocabulary	Around	Shape	Around	Shape	Around	Shape
	Copy	Still	Copy	Still	Copy	Still
	Roll	Bend	Roll	Bend	Roll	Bend
	Star	Rock	Star	Rock	Star	Rock
	Through	Squeeze	Through	Squeeze	Through	Squeeze
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Cycle B- SUMMER TERM

Cycle B- SUMMER TERM								
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Curriculum Unit	Unit 2							
Significant Person	Cristiano Ronaldo							
Vocabulary	Dribbling	Bounce	Dribbling	Bounce	Pass	Space	Pass	Space
	Catch	Ball	Catch	Ball	Catch	Direction	Catch	Direction
	Hit	Kick	Hit	Kick	Dribble	Partner	Dribble	Partner
	Partner	Roll	Partner	Roll	Rules	Team	Rules	Team
	Ready	Score	Ready	Score	Kick	Run	Kick	Run
	Run Target	Throw	Run Target	Throw	Path	Score	Path	Score
					Jump	Aim	Jump	Aim
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