

## EYFS PE Skills Development



	Fundamental Movements	Healthy Lifestyles	Social Development	Dance	Evaluation
Nursery	<p>Move freely with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. (30-50ms)</p> <p>Mounts stairs, steps or climbing equipment using alternate feet. (30-50ms)</p> <p>Walks downstairs, two feet to each step, while carrying a small object. (30-50ms)</p> <p>Run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles. (30-50ms)</p> <p>Stand momentarily on one foot when shown. (30-50ms)</p> <p>Catch a large ball. (30-50ms)</p>	<p>Observe the effects of activity on their bodies. (30-50ms)</p>	<p>Draw lines and circles using gross motor movements. (30-50ms)</p> <p>Understand that equipment and tools have to be used safely. (30-50ms)</p> <p>Can begin to play alongside others.</p> <p>Can communicate with others using words.</p> <p>Can begin to take turns and share with support.</p> <p>Attempts dress and undress independently.</p>	<p>Enjoy joining in with dancing and ring games. (30-50ms)</p> <p>Begin to move rhythmically. (30-50ms)</p> <p>Imitates movement in response to music. (30-50ms)</p> <p>Uses movement to express feelings. (30-50ms)</p> <p>Creates movement in response to music. (30-50ms)</p>	<p>Sometimes comments on my own basic movements.</p> <p>Begin to recognise my body changes when I am active.</p> <p>Uses age appropriate language when giving feedback.</p>

## EYFS PE Skills Development

Reception	<p>Experiments with different ways of moving. (40-60ms)</p> <p>Jumps off an object and land appropriately. (40-60ms)</p> <p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. (40-60ms)</p> <p>Travels with confidence and skill around, under, over and through balancing and climbing equipment. (40-60ms)</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (40-60ms)</p> <p>Negotiate paces and obstacles safely with consideration for</p>	<p>Can recognise the importance of keeping healthy. (ELG)</p> <p>Understand the things that will help me to stay healthy. (ELG)</p>	<p>Show understanding of the need for safety when tackling new challenges and consider and manage some risks. (40-60ms)</p> <p>Show understanding of how to transport and store equipment safely. (40-60ms)</p> <p>Practice some appropriate safety measures without direct supervision. (40-60ms)</p> <p>Dresses and undresses independently. (ELG)</p> <p>Can play alongside others.</p> <p>Can communicate with others using words and body language.</p> <p>Can take turns and share with a little help.</p> <p>Can work as part of a group.</p>	<p>Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. (40-60ms)</p> <p>Represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories. (ELG)</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (ELG)</p>	<p>Repeat, link and change basic movements, sometimes commenting on my own work.</p> <p>Recognises the ways my body changes when I am active.</p> <p>Uses age appropriate language when giving feedback.</p>
-----------	--	---	--	--	--

## EYFS PE Skills Development



	<p>themselves and others (ELG)</p> <p>Demonstrate strength, balance and coordination when playing (ELG)</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (ELG)</p>				
--	---	--	--	--	--