

EYFS – Physical Education - Skills and Progression.

DEVELOPMENT MATTERS - PHYSICAL DEVELOPMENT: EARLY LEARNING GOALS (ELG)

- **Moving and Handling (40-60+ months)**
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.
- **Health and Self Care (40-60+ months)**
Children know the importance for good health of physical exercise, and a healthy diet, and talk about 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.E. Lesson focus:	Term 1 Dance & Games	Term 2 Games & Gymnastics	Term 3 Gymnastics & Dance	Term 4 Dance & Games	Term 5 Games & Gymnastics	Term 6 Gymnastics and Athletics
EYFS	<p>Children will be taught to:</p> <ul style="list-style-type: none"> Move freely using suitable spaces and speed. Draw lines and circles. Hold a pen correctly. Understand their own needs hunger/ toilet/ personal hygiene. Dress with support. Know equipment needs to be used safely. 	<p>Children will be taught to:</p> <ul style="list-style-type: none"> Move freely in a variety of different ways. Catch a ball. Use scissors and other tools safely. Show a dominant hand. Make anticlockwise movement. Understand the need for varied and healthy food. 	<p>Children will be taught to:</p> <ul style="list-style-type: none"> Stand on one foot. Write some letters and copy their name. Experiment moving in different ways on equipment and jump landing safely. Manage own risk assessment. Help to put away equipment correctly. 	<p>Children will be taught to:</p> <ul style="list-style-type: none"> Demonstrate increasing control over objects. Use tools to change to materials. Move confidently. Use safety measures without direct supervision. 	<p>Children will be taught to:</p> <ul style="list-style-type: none"> Demonstrate good control and co-ordination in large and small movement. Understand the importance for good health of physical exercise, healthy diet and talk about different ways to keep healthy and safe. 	<p>Children will be taught to:</p> <ul style="list-style-type: none"> Participate in Sports day and physical activities that are included within this using a variety of equipment, taking turns and celebrating other's successes.