



EYFS PE

Progression Map

ELG

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.

EYFS PE PROGRESSION MAP



Vocabulary

Control
Coordination
Copy
Perform
Dance
Rhythm
Speed
Level
Direction

Dance

Nursery

- Children can clap or stamp sometimes to music
- Develop the ability to pause on command
- Develop balance in games

Reception

- Children show good control and coordination in large and small movements.
- They move confidently in a range of ways, safely negotiating space.
- They handle equipment effectively,
- Copy dance moves
- Moves to music
- Perform some dance moves

Year 1

- Copy dance moves.
- Make up a short dance, after watching one.
- Dance imaginatively. Change rhythm, speed, level and direction.
- Say something I like and something that could be improved about a dance.

EYFS PE PROGRESSION MAP



Vocabulary

Crawl
Jump
Run
Accurate
Balance
Hop
Skip

Fundamental movement skills

Nursery

- Begin to develop core muscles to sit
- Crawl, jump and run more accurately
- Children are able to balance on one leg
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Reception

- Become competent in hopping, skipping and jumping games
- Children will be able to hop on one foot
- Become competent in hopping, skipping and jumping games

Year 1

- Develop skills of running, jumping and throwing with a range of equipment.
- Kicking the ball to a partner
- Stop ball with feet
- Travel with ball close to their body (maintain some control)
- Push a ball with a hockey stick demonstrating some control Play simple ball games with peers e.g. hot potato and round the world

EYFS PE PROGRESSION MAP



Vocabulary

Bounce
Catch
Kick
Throw
Target
Hit
Pass
Goal
Travel
Stop
Push
Control

Ball skills

Nursery

- Children can bounce and catch a ball
- Children are able to kick or throw a ball towards a target

Reception

- Develop confidence and precision when hitting, kicking and throwing a ball
- Show an awareness of others when hitting a ball
- Children will be able to aim carefully and pass or throw towards a goal

Year 1

- To explore throwing and catching in different ways.
- Kicking the ball to a partner
- Stop ball with feet
- Travel with ball close to their body (maintain some control)
- Push a ball with a hockey stick demonstrating some control
- Play simple ball games with peers e.g. hot potato and round the world

EYFS PE PROGRESSION MAP



Vocabulary

Revise and refine the fundamental movement skills they have already acquired: - rolling - running - crawling - hopping - walking - skipping - jumping - climbing

Progress towards a more fluent style of moving, with developing control and grace.

Creating Christmas cards

Develop overall body strength, balance, coordination and agility.

Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.

What does PE look like in Early Years?

Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. • Combine different movements with ease and fluency. • Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.

Know and talk about the different factors that support overall health and wellbeing: - regular physical activity