

## EYFS Progression of Knowledge

Unit	Physical Skills	Social Skills	Emotional Skills	Thinking Skills
Introduction to PE	Moving safely, running, jumping, throwing, catching, rolling.	Sharing and taking turns, encouraging and supporting others, responsibility.	Honesty and fair play, confidence, perseverance.	Decision making, understanding and using rules.
Ball Skills	Rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball.	Co-operation, sharing and taking turns.	Determination.	Using tactics, decision making.
Dance	Travelling, copying and performing actions, co-ordination.	Respect, co-operating with others.	Working independently, confidence.	Counting, observing and providing feedback, selecting and applying actions.
Fundamentals	Hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running.	Working safely, responsibility, working with others.	Managing emotions, challenging myself.	Selecting and applying actions
Games	Running, changing direction, striking a ball.	Communication, co-operation, taking turns, respect, supporting and encouraging others.	Honesty, managing emotions, perseverance.	Using tactics.
Gymnastics	Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll.	Leadership, taking turns, helping others.	Determination.	Selecting and applying skills, creating sequences.

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Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
<b>Introduction to PE</b>	Change direction to avoid others. Find a space away from others.	Stop in a balanced position on your feet. Take small steps to help you stop.	Keep the ball close. Put the ball down and place foot on top.	Look in the direction of travel. Take turns in a team.	Listen to the rules and instructions. Look out for others and change direction to avoid bumping into them.	Send the ball to a partner when they are looking at you. Share the equipment.
<b>Ball Skills</b>	Bend low and step forwards to roll the ball. Move feet to get in line with the ball when receiving. Point hand towards the target.	Keep your eyes on the target. Use one hand to throw.	Push the ball down as it moves to the floor. Use soft hands to push the ball.	Check that your partner is looking before you pass to them. Use two hands to catch.	Keep the ball close to your feet. Use soft, small touches with your feet to move the ball.	Use the inside of your foot to kick the ball.
<b>Dance</b>	Count to 8 to help you stay in time with the music. Use different body parts to travel on.	Use clear actions to help show your character.	Use big, confident actions and movements.	Count to 8 to help keep in time with the music. (A new piece of music).	Use changes of direction and level in your performance.	Make big movements with your body to show clear shapes. Use different body parts to create shapes.
<b>Fundamentals</b>	Squeeze your muscles to balance. Use wide arms to help you balance.	Bend your knees to help you stop. Keep your chest up. Take big steps to run and small steps to stop.	Bend knee and push off in the opposite direction. Turn your body to face the new direction. Use small steps to help you change direction.	Bend knees to help jump and land. Look straight ahead and keep your chest up. Squeeze your muscles to help balance when landing.	Bend knees when landing. Keep your chest up to keep from falling forward.	Bend knees when jumping and landing. Crawl using your hands and feet. March with high knees. Slide using different body parts.
<b>Games</b>	Each time you or your partner score a point, shout it out loud to help you remember it. Point your hand towards where you	Look for a space away from taggers. Tag gently by tapping on the arm or back.	Point your hand towards where you want the object to go. Say 'well done' to your opponent.	Listen carefully to the instructions to help you understand how to play the game. Use the opposite arm to leg when running.	Hit the ball in the middle of the racket. Point the racket where you want the ball to go.	Clap the other teams. Encourage your team mates.

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	want the object to go.					
Gymnastics	Hold shapes and balance for 5 seconds. Squeeze muscles when holding a shape or balance to help you to be still and strong.	Squeeze muscles to help you stay still.	Bend knees when landing. Keep your chest up so you don't fall forwards.	Keep legs and feet together for a straight roll. Stay curled up in a barrel roll.	Hold shapes and balance for 5 seconds. Travel using different body parts.	Hold shapes and balance for 5 seconds. Travel over, around and along apparatus. Travel using different body parts.