



Northway Infant & Carrant

Brook Junior Schools

#togetherweSHINE



EYFS PE Progression Grid

Year Group:	Autumn		Spring		Summer	
ELG	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.					
Community Links					Sports Day	
	Fundamental Movement Skills & Gross Motor Skills	Target Games & Dance	Balance-Ability & Gymnastics-floor	Balance-Ability & Gymnastics-apparatus	Throwing & catching & Net & Wall	Multi-Skills-Sports Day & Athletics Northway Bronze Star
Skills	I can... *Run skilfully *Negotiate space *Pick, carry and put down with care *Control emotions *Move through an obstacle course skilfully *Encourage teammates *Play fairly	I can... *Throw a ball underarm *Strike a ball with foot-power *Kick a ball accuracy-both feet *Roll a ball *Roll with both hands I can... *Use my body to create simple shapes * Use movement to express feelings *Travel safely - explore levels *Move with a partner *Remember and perform a basic sequence	I can... *Glide Manoeuvre a balance bike safely around a space I can pedal a bike I can... *Rock on different body parts – back, forth, sideways... * Travel from a rock to a roll *Learn how to perform a log and egg roll * Perform sequence with two rolls and a jump	I can... *Glide Manoeuvre a balance bike safely around a space I can pedal a bike I can... *Construct a jumping sequence with a partner * Learn the techniques for a pencil jump * Learn the technique for a star jump *Jump with a turn/twist * Add a combination of jumps to a sequence	I can... *Use a large ball/balloon *Use big hands to catch *Use ready hands and magnet eyes when receiving *Play simple games-throwing & catching I can... *Send a ball with some degree of accuracy *Strike ball with flat hand * Dig a ball with my hands * Keep a rally going	I can... *Control emotions *Move through an obstacle course skilfully *Encourage teammates *Play fairly I can... *Balance 10 seconds both legs *Run 5-minutes * Jump 75cm 2 feet-2 feet * Throw a tennis ball-5 metre *Throw & catch medium size ball-partner-1 metre
Vocabulary	Run Move Stop Fair Pick-up Carry	Underarm Target Strike Roll Kick Shapes Levels Sequence	Push, push, glide Push, push, push, pedal Head-up brake Helmet Rock Roll Egg Pencil	Push, push, glide Push, push, push, pedal Head-up brake helmet Jump Pencil Star	2-handed throw Big catching hands-net magnet eyes Ball Ready positions Strike Dig Volleyball	Obstacle Jump Hop Co-operate Balance Stamina Run Throw Catch