

In planning and guiding what children learn, practitioners must reflect on the different rates at which children are developing and adjust their practice appropriately. The three Characteristics of Effective Teaching and Learning are: **playing and exploring** - children investigate and experience things, and 'have a go'; **active learning** - children concentrate and keep on trying if they encounter difficulties, and enjoy achievements; **creating and thinking critically** - children have and develop their own ideas, make links between ideas, and develop strategies for doing things. In addition, the prime areas of learning (**PSE, CL, PD**) underpin and are an integral part of children's learning in all areas.

**EYFS PE Skills**

| Ball Skills  | Dance   | Gym  | Team Games  | Athletics  |
|--|---|--|---|--|
| <p>Kick a large ball.<br/>Catch a large ball.<br/>Show increasing control of an object when pushing, patting, throwing, catching or kicking.</p> | <p>Move freely with pleasure and confidence in a range of ways. E.g. slithering, shuffling, rolling, crawling, walking, running, jumping, sliding, hopping.<br/>Experiment with different ways of moving.</p> | <p>Squat with steadiness to rest or play with an object on the ground.<br/>Rise to feet without using hands.<br/>Climb confidently and begin to pull themselves up on equipment.<br/>Mount stairs, steps or climbing equipment using alternate feet.<br/>Stand on one foot.<br/>Jump off an object and land appropriately.<br/>Travel with confidence and skill around, under and over balancing and climbing equipment.</p> | <p>Negotiate space successfully in racing and chasing games with others.<br/>Run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.</p> | <p>Run safely on whole foot.<br/>Vary pace depending on distance.<br/>Show basic jumping and hopping</p> |

**EYFS PE I can statements**

**Autumn 1 – Stopping – Safety Ball skills    Autumn 2 – Dance**

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|--|---|
| <p>I can Stop.<br/>I can find a sitting space.<br/>I can kick a large ball.<br/>I can catch a large ball.<br/>I can show increasing control of an object when pushing, patting, throwing, catching or kicking.</p> | <p>I can move freely with pleasure and confidence in a range of ways. E.g. slithering, shuffling, rolling, crawling, walking, running, jumping, sliding, hopping.<br/>I can experiment with different ways of moving.</p> |
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**Spring 1 – Gym (rolls and jumps) Spring 2 – Team Game**

I can squat with steadiness to rest or play with an object on the ground.  
I can rise to feet without using hands.  
I can stand on one foot.

I can negotiate space successfully in racing and chasing games with others.  
I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.

**Summer 1 – Gym (Apparatus) Summer 2 – Athletics & Sports Day**

I can climb confidently and begin to pull themselves up on equipment.  
I can mount stairs, steps or climbing equipment using alternate feet.  
I can jump off an object and land appropriately.  
I can travel with confidence and skill around, under and over balancing and climbing equipment.

I can safely run on whole foot.  
I can vary pace depending on distance.  
I can do a basic jump and hop

**Key Vocabulary**

Kick, catch, throw, push, pat, slither, shuffle, roll, crawl, walk, run, hop, slide, squat, climb, land, stand, jump, balance, space, race, chase, speed, direction, obstacles