

Key Skills for Physical Education 2014- Early Years Foundation Stage

Pupils should;

- Show good control and co-ordination in large and small movements.
- Move confidently in a range of ways, safely negotiating space.
- Handle equipment effectively.

	Nursery	Reception
PE	<p>8-20m</p> <ul style="list-style-type: none"> -Sits unsupported on the floor -Pulls to standing, holding on to furniture or person support -Walks around furniture <p>16-26m</p> <ul style="list-style-type: none"> -Walks upstairs holding hand of adult -Comes downstairs backwards on knees <p>22-36m</p> <ul style="list-style-type: none"> -Runs safely on whole foot. -Climbs confidently and is beginning to put themselves up on nursery play climbing equipment. -Walks upstairs or downstairs holding onto a rail two feet to one step. <p>30-50m</p> <ul style="list-style-type: none"> -Moves freely and with pleasure and confidence in a range of ways such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. -Mounts stairs, steps or climbing equipment using alternate feet. -Walks downstairs, two feet to each step while carrying a small object. -Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. -Can stand momentarily on one foot when shown. 	<p>30-50m</p> <ul style="list-style-type: none"> -Moves freely and with pleasure and confidence in a range of ways such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. -Mounts stairs, steps or climbing equipment using alternate feet. -Walks downstairs, two feet to each step while carrying a small object. -Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. -Can stand momentarily on one foot when shown. -Can catch a large ball. <p>40-60m</p> <ul style="list-style-type: none"> -Experiments with different ways of moving. -Jumps off an object and lands appropriately. -Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. -Travels with confident and skills around, under, over and through balancing and climbing equipment. -Shows increasing control over an object in pushing, patting, throwing, catching and kicking it. -Shows a preference with a dominant hand. <p>ELG</p> <p>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 effectively.</p>

	-Can catch a large ball.	
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