

## Physical Education

EYFS Curriculum – Early Learning Goals	National Curriculum Objectives Year 1	Additional Progression Guidance Year 1 (where appropriate)
<p><b>Physical Development: Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul> <p><b>Expressive Arts and Design: Being Imaginative and Expressive</b></p> <ul style="list-style-type: none"> <li>• Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</li> </ul>	<p>Pupils should develop fundamental movement skills, becoming increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations.</p> <ul style="list-style-type: none"> <li>• Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li> <li>• Participate in team games, developing simple tactics for attacking and defending.</li> <li>• Perform dances using simple movement patterns.</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• To explore movement actions with control and link them together with flow.</li> <li>• To explore gymnastic actions and shapes.</li> <li>• To explore travelling on benches.</li> <li>• To explore movement actions with control and to link them together with flow.</li> <li>• To choose and use simple compositional ideas by creating and performing sequences.</li> <li>• To repeat and link combinations of gymnastic actions.</li> <li>• To link combinations of movements an shapes with control</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• To change direction during travelling moves.</li> <li>• To link travelling moves that change direction and level.</li> <li>• To link moves together.</li> <li>• To use a variety of moves.</li> <li>• To explore basic body patterns and movements to music.</li> <li>• To use a variety of moves that change speed and direction.</li> <li>• To link together dance moves with gestures and changing direction in time to the music.</li> <li>• To practice taking off from different positions.</li> </ul> <p><b>Multi-Skills</b></p> <ul style="list-style-type: none"> <li>• To explore static balancing and understand the concept of bases.</li> </ul>

- To combine a number of coordinated drills using upper and lower body movements.
- To aim at a variety of balls and equipment accurately.
- To time running to stop or intercept the path of a ball.
- To travel in different ways, showing clear transitions between movements.
- To travel in different directions with control and fluency.
- To practice ABC (agility, balance and coordination ) at circuit stations.

#### **Ball Skills**

- To master basic sending and receiving techniques.
- To develop balance, agility and coordination.
- To master basic sending and receiving skills.
- To master basic sending and receiving as well as developing balance, agility and coordination.
- To make use of coordination, accuracy and weight transfer.
- To develop receiving skills.
- To use ball skills in game-based activities.

#### **Throwing and Catching**

- To learn skills for striking and fielding games.
- To practise basic striking, sending and receiving.
- To use throwing and catching skills in a game.
- To practise accuracy of throwing and consistent catching.
- To strike with a racket or bat.
- To play a game fairly and in a sporting manner.
- To use fielding skills to play a game.

#### **Athletics**

- To use varying speeds when running.

		<ul style="list-style-type: none"><li>• To explore footwork patterns.</li><li>• To explore are mobility.</li><li>• To explore different methods of throwing.</li><li>• To practice short distance running.</li></ul> <p><b>OAA</b></p> <ul style="list-style-type: none"><li>• To identify where they are on simple maps and diagrams of familiar environments e.g. in relation to position of desk in plan of classroom</li><li>• To begin to work and behave safely when working co-operatively with others</li></ul>
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