



EYFS & Y1 Skills Progression in PE – The complete Champions Sports, Health and Fitness Programme



Key stage 1: POS Statements

- 1) Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others
- 2) They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations
- 3) Pupils should be taught to 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
- 4) Pupils should be taught to participate in team games, developing simple tactics for attacking and defending
- 5) Pupils should be taught to perform dances using simple movement patterns.

EYFS – Reception and ELG

The most relevant statements for PE are taken from the following areas of learning:

- Personal, Social and Emotional Development
- Physical Development
- Expressive Arts and Design

R – skills covered	1 - Sports	Skills covered	1-Fitness	Skills covered	1 Health	Skills covered
<p>Personal, Social and Emotional Development: Manage their own needs. - personal hygiene</p> <ul style="list-style-type: none"> • Know and talk about the different factors that support overall health and wellbeing: - regular physical activity <p>Physical Development Revise and refine the fundamental movement skills they have already acquired: - rolling - running - crawling - hopping - walking - skipping - jumping - climbing</p> <ul style="list-style-type: none"> • Progress towards a more fluent style of moving, with developing control and grace. • Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming. • Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. • Combine different movements with ease and fluency. • Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. • Develop overall body strength, balance, coordination and agility. <p>Expressive Arts and Design Listen attentively, move to and talk about music, expressing their feelings and responses.</p>	<p>Multiskills</p>	<ul style="list-style-type: none"> • form a static balance • coordinate upper and lower body • aim a ball with accuracy • time running and show stop start moves • travel in different ways 	<p>Boot Camp</p>	<ul style="list-style-type: none"> • describe what happens to their body when they exercise using basic language • explain why fitness is important • complete a range of activities showing stamina 	<p>Body Parts and their functions</p>	<ul style="list-style-type: none"> • Identify basic body parts and say what they do
	<p>Story time Dance</p>	<ul style="list-style-type: none"> • link moves to music • change direction and speed 	<p>Mighty Movers (running)</p>	<ul style="list-style-type: none"> • Explore the effect of running at different speeds 	<p>Healthy mind, emotions and goals</p>	<ul style="list-style-type: none"> • Recognise emotions • Set a goal to work to
	<p>Groovy Gymnastics</p>	<ul style="list-style-type: none"> • link movements with control and flow • use a roll to move • move over or around an obstacle 	<p>Skip to the beat</p>	<ul style="list-style-type: none"> • develop foot patterns with control and coordination 	<p>Hygiene, medicine and exercise</p>	<ul style="list-style-type: none"> • explain how to keep clean and why hygiene is important • recognize illness and how medicine may help • recognize that exercise is good for our health



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<ul style="list-style-type: none"> • Watch and talk about dance and performance art, expressing their feelings and responses. • Explore and engage in music making and dance, performing solo or in groups. 		<ul style="list-style-type: none"> • link and combine movements 				
<p>ELG: Personal, Social and Emotional Development Managing Self: Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</p> <ul style="list-style-type: none"> • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing. <p>Building Relationships:</p> <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others. <p>Physical Development Gross Motor Skills: Negotiate space and obstacles safely, with consideration for themselves and others.</p> <ul style="list-style-type: none"> • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing <p>Expressive Arts and Design Being Imaginative and Expressive: Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</p>	<p>Brilliant ball skills</p>	<ul style="list-style-type: none"> • send and receive a ball • use ball skills in a game 	<p>Gymfit circuits</p>	<ul style="list-style-type: none"> • perform a sequence of moves with increasing balance and accuracy 	<p>Body protectors and body changes</p>	<ul style="list-style-type: none"> • explain how our body protects us • describe changes to the body over time • explain how senses can help us
<p>ELG: Personal, Social and Emotional Development Managing Self: Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</p> <ul style="list-style-type: none"> • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing. <p>Building Relationships:</p> <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others. <p>Physical Development Gross Motor Skills: Negotiate space and obstacles safely, with consideration for themselves and others.</p> <ul style="list-style-type: none"> • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing <p>Expressive Arts and Design Being Imaginative and Expressive: Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</p>	<p>Throwing and catching</p>	<ul style="list-style-type: none"> • control a ball with the hands • display basic striking, catching and throwing skills • play fairly and in a sporting manner 	<p>Cool Core</p>	<ul style="list-style-type: none"> • display basic core strength and agility 	<p>Relationships with others and opinions</p>	<ul style="list-style-type: none"> • form positive relationships • express an opinion • recognize when friendships are challenged
	<p>Active athletics</p>	<ul style="list-style-type: none"> • display a hop, a skip and a jump with balance and control • show arm mobility to throw • complete an obstacle course 	<p>Fitness frenzy</p>	<ul style="list-style-type: none"> • evaluate performance 	<p>Diet and vitamins</p>	<ul style="list-style-type: none"> • explain why food and a healthy diet is important • understand that food gives us energy • explain that vitamins are important for health