

Physical Skills – EYFS and Key Stage 1

	EYFS – 30 – 50 months Ref: F1	EYFS – 40 – 60+ months Ref: F2	Year 1 Ref: 1	Year 2 Ref: 2
Running Ref: a	<ul style="list-style-type: none"> Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. Runs safely on whole foot. 	<ul style="list-style-type: none"> Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Uses changes in direction and speed to find and use space. 	<ul style="list-style-type: none"> Able to identify space and move into it when playing chasing and avoiding games. Understands what pace means and can perform the correct running technique when travelling at different paces Able to select the correct pace for a short and long-distance race. 	<ul style="list-style-type: none"> Able to identify where to run and decide when is the best time to move in chasing and avoiding games. Beginning to be able to select different paces of running for different activities Able to run for increasingly prolonged periods of time
Jumping Ref: b	<ul style="list-style-type: none"> Can jump confidently using two feet Can hop for a short period of time 	<ul style="list-style-type: none"> Can jump using two feet safely and successfully Can jump over small obstacles Jumps off an object and lands appropriately Able to hop confidently Able to leap confidently 	<ul style="list-style-type: none"> Able to land safely, with control and balance, when performing a range of jumps. Able to confidently link jumps together to achieve a greater distance. 	<ul style="list-style-type: none"> Beginning to develop different types of take-off and landing techniques Shows a developing understanding of the techniques required to jump for distance
Throwing Ref: c	<ul style="list-style-type: none"> Beginning to develop their awareness of aiming when throwing an object Beginning to show increasing control and accuracy when throwing a small ball or bean bag 	<ul style="list-style-type: none"> Shows increasing control over an object when pushing, patting and throwing. Shows a preference for a dominant hand when throwing 	<ul style="list-style-type: none"> Able to accurately throw a ball or bean bag to catch themselves. Able to use an underarm throw to accurately send a ball or bean bag to a partner or at a target. Able to use two hands to send a large ball with increasing accuracy to a partner or a target. To use hands to bounce a ball with control. 	<ul style="list-style-type: none"> Able to confidently move a ball or bean bag from one hand to the other when stationary and when moving. Able to catch with one hand when working individually and with a partner. Can throw a large ball using two hands accurately Able to aim at high, low, stationary and moving targets using different types of throw and different types of equipment
Catching Ref: d	<ul style="list-style-type: none"> Able to track the flight of an object as it moves Can catch a large ball 	<ul style="list-style-type: none"> Shows increasing control when catching an object Is beginning to track the flight of an object into their hands Demonstrates bouncing and catching skills using a range of different sized balls 	<ul style="list-style-type: none"> Able to consistently stop rolling or bouncing bean bags or small balls Move to catch or stop a bean bag or small ball with some consistency Able to move into a good position to catch or stop a bouncing or non-bouncing ball 	<ul style="list-style-type: none"> Able to use two hands to dribble a ball, including changing speed and direction. Able to use one hand to dribble a ball with some control Able to run after and towards a rolling or bouncing ball, retrieve and throw to return. Able to move into space to catch a ball or bean bag (stationary or moving).
Kicking Ref: e	<ul style="list-style-type: none"> Is becoming more confident when kicking a large ball 	<ul style="list-style-type: none"> Shows increasing control over an object when kicking it. Is beginning to show how small movements can be used to dribble a football with some success Can use feet to move a ball in different directions Can stop a large ball using only their feet 	<ul style="list-style-type: none"> Able to use feet to accurately move a ball around an area while keeping control. Able to kick a ball to a partner or at a target with accuracy and control. 	<ul style="list-style-type: none"> Able to dribble a ball using their feet, including changes of speed and direction. Able to send a ball to a moving (partner) or a stationary target using feet.

<p>Agility Ref: f</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. 	<ul style="list-style-type: none"> Travels with confidence and skill around, under, over and through balancing and climbing equipment Can change direction when moving at speed 	<ul style="list-style-type: none"> To move with control, changing direction and speed when playing avoiding and chasing games. 	<ul style="list-style-type: none">
<p>Balance Ref: g</p>	<ul style="list-style-type: none"> Can stand momentarily on one foot when shown Squats with steadiness to rest or play with object on the ground and rises to feet without using hands. 	<ul style="list-style-type: none"> Can balance on one foot for longer periods of time Has an awareness of strategies to support balancing Mounts stairs, steps or climbing equipment using alternate feet. 		
<p>Co-ordination Ref: h</p>	<ul style="list-style-type: none"> Can negotiate space successfully when walking and running 	<ul style="list-style-type: none"> Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. 	<ul style="list-style-type: none"> To demonstrate good coordination when using hands to pass a ball around the body. To use a racket to move with a ball (on the racket and on the ground). To use a racket accurately to strike a ball to a partner including in a cooperative rally. (On the ground) 	<ul style="list-style-type: none"> Able to bounce a ball up and down on a racket with control. Able to strike a ball towards a stationary target with control.
<p>Gymnastics Ref: i</p>	<ul style="list-style-type: none"> To travel safely in a variety of different ways. To travel in different ways using short, long, fast and slow steps. To jump and land appropriately. To balance using different parts of the body in a controlled way. To use different parts of the body to perform a rocking action. To use 3 and 4 parts of the body to balance and travel. To move confidently in different ways, including rolling. 	<ul style="list-style-type: none"> To develop strength and flexibility when performing a range of basic gymnastics shapes. To move confidently, using changes in speed, level and direction and combine different ways of travelling in a sequence. To show control and balance when performing a range of jumps. To perform and link different balances with control and strength. To develop a range of rocking actions, including tuck. To perform a forward roll and combine it with a range of other shapes actions and movements in a sequence. To remember and repeat short sequences of movements 	<ul style="list-style-type: none"> To demonstrate improving strength, flexibility and control when performing a range of basic gymnastic shapes. To travel with body weight partly supported by hands. To perform a range of jumps individually and as part of a sequence, demonstrating control and good balance when taking off and landing. To demonstrate strength and control when performing balances using different body parts. To perform rocking actions in pike and straddle shapes with good strength and body tension demonstrated To perform a forward roll with control and with a clear starting and finishing position. 	
<p>Dance</p>	<ul style="list-style-type: none"> To know and perform and star shape correctly. To explore and create actions which resemble words. To know and perform strong and controlled marches in time with a simple beat. To jump and land appropriately. To explore and create actions which link to a soldier. To perform movements and balances with control. To perform movements with fluency and in a gentle manner. To perform a range of travelling movements safely and with control and confidence. To perform a range of shapes and movements to help tell the story. To perform a range of movements safely, at a faster pace and with control. 	<ul style="list-style-type: none"> To create movements to resemble a specific theme/ character. To remember and repeat a short movement phrase in time with the beat and other group members. To perform movements at different speeds to help tell a story. To use different levels within a dance to help portray a character / story To know a range of expressions, moods and feelings and use a selection in the dance to help complete the story. 	<ul style="list-style-type: none"> To create and explore body actions which resemble aspects of a given theme (e.g. winter), performing them with control. To explore, remember and link a range of actions, performing them with increasing control. To compose a short dance phrase including actions which represent a given theme, performing with increasing control and co-ordination. To compose and perform a short dance phrase that expresses the feelings and ideas of a given theme. 	

