



ST THOMAS MORE PRIMARY

PE PROGRESSION THROUGH ESSENTIAL SKILLS

Foundation Stage

Assessing pupil progress by the end of the Foundation Stage

Skills can be covered through a variety of activities sand and water play, role play, outdoor learning, movement to song & rhyme, manipulation of pencils, paint brushes, scissors, as well as more traditional activity areas such as playground games, gymnastics, dance and multi skills.

EYFS Skills

- Can look, listen and follow simple verbal and body signals and instructions
- Can dress and undress independently
- Can show wide, narrow, tall, small and thin shapes when still
- Can hold a tuck shape on feet with a firm base, strong core and clear shape for between 10 and 30 seconds
- Can learn whilst moving for 10 minutes through vigorous physical activity without a break
- Can crawl in opposition with flat hand base with fingers and thumbs together, extended feet with pointed toes
- Can travel on feet showing arms and legs in opposition
- Can move from sitting to standing showing firm base, strong core and clear shape
- Can move from standing to sitting showing firm base, strong core and clear shape
- Can hop on one leg
- Can jump two feet to two feet
- Can jump with quarter turn from standing
- Can jump with half turn from standing
- Can stop with firm base, strong core and clear shape on a signal whilst travelling
- Know when to stop
- Know when to move
- Know how to travel in different spaces and environments
- Can move to music showing basic rhythm and timing
- Can copy and repeat a simple set of movements
- Can move around class room, playground, cloakroom and other familiar environments around school safely and with purpose
- Can travel on feet with changes of speed
- Can travel on feet with changes of level
- Can travel on different body parts
- Can travel on different body parts over, under, through and across a variety of equipment
- Can travel with a variety of equipment including bean bag, hoop, ball, skipping rope etc. by using different parts of the body
- Can travel to share, swap or pass equipment with another
- Can direct an object to a target by slide, roll, push or throw
- Can look after and sort basic equipment
- Understands how to show what good movement looks like