

Reception PE Progression Map

Physical Development: Educational Programme

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Physical Development: Gross Motor Skills

ELG: Negotiate space and obstacles safely, with consideration for themselves and others, demonstrate strength, balance and coordination when playing, move energetically, such as running, jumping, dancing, hopping, skipping, and climbing.

Reception Baseline	End of Autumn	End of Spring	End of Reception (ELG's)	Year 1 National Curriculum
I am increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.	I can move freely and confidently in a range of ways such as slithering shuffling, sliding, rolling, walking, crawling, jumping and running.	I can combine different movements with ease and fluency. I am progressing towards a more fluent style of moving, with developing control and grace.	I can move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	I can master basic movements including running and jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities (PE). I can perform dances using simple movement patterns (PE).
I can travel around, under, over and through balancing and climbing equipment.	I can travel with confidence and skill around, under, over and through balancing and climbing equipment.	I can confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.	I can negotiate space and obstacles safely, with consideration for myself and others.	I can develop balance, agility and co-ordination, and begin to apply these in a range of activities (PE).
I can use large-muscle movements to wave flags and streamers, paint and make marks.	I can use my core muscle strength to achieve a good posture when sitting at a table or on the floor.	I am developing overall body strength, balance, coordination and agility.	I can demonstrate strength, balance and coordination when playing	I will develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education (PE).
I am continuing to develop my movement, balancing, riding (scooters and bikes) and ball skills.	I can show increasing control over an object in pushing, patting, throwing, catching or kicking it.	I have further developed and refined a range of ball skills including, throwing catching, kicking, passing, batting and aiming.	I have developed confidence, competence, precision and accuracy when engaging with activities that involve a ball.	I can master basic movements including throwing and catching as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities (PE). I can participate in team games, developing simple tactics for attacking and defending (PE).

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