

## EYFS and Key Stage 1 Physical Skills

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

Agility	<ul style="list-style-type: none"> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li>Travels with confidence and skill around, under, over and through balancing and climbing equipment</li> <li>Can change direction when moving at speed</li> </ul>	<ul style="list-style-type: none"> <li>To move with control when changing direction and speed.</li> </ul>	<ul style="list-style-type: none"> <li>To move with control, changing direction and speed when playing avoiding and chasing games.</li> </ul>
Balance	<ul style="list-style-type: none"> <li>Can stand momentarily on one foot when shown</li> <li>Squats with steadiness to rest or play with object on the ground and rises to feet without using hands.</li> </ul>	<ul style="list-style-type: none"> <li>Can balance on one foot for longer periods of time</li> <li>Has an awareness of strategies to support balancing</li> <li>Mounts stairs, steps or climbing equipment using alternate feet.</li> </ul>		
Co-ordination	<ul style="list-style-type: none"> <li>Can negotiate space successfully when walking and running</li> </ul>	<ul style="list-style-type: none"> <li>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</li> <li>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</li> </ul>	<ul style="list-style-type: none"> <li>To demonstrate good coordination when using hands to pass a ball around the body.</li> <li>To use a racket to move with a ball (on the racket and on the ground).</li> <li>To use a racket accurately to strike a ball to a partner including in a cooperative rally. (On the ground)</li> </ul>	<ul style="list-style-type: none"> <li>Able to bounce a ball up and down on a racket with control.</li> <li>Able to strike a ball towards a stationary target with control.</li> </ul>
Gymnastics	<ul style="list-style-type: none"> <li>To travel safely in a variety of different ways.</li> <li>To travel in different ways using short, long, fast and slow steps.</li> <li>To jump and land appropriately.</li> <li>To balance using different parts of the body in a controlled way.</li> <li>To use different parts of the body to perform a rocking action.</li> <li>To use 3 and 4 parts of the body to balance and travel.</li> <li>To move confidently in different ways, including rolling.</li> </ul>		<ul style="list-style-type: none"> <li>To develop strength and flexibility when performing a range of basic gymnastics shapes.</li> <li>To move confidently, using changes in speed, level and direction and combine different ways of travelling in a sequence.</li> <li>To show control and balance when performing a range of jumps.</li> <li>To perform and link different balances with control and strength.</li> <li>To develop a range of rocking actions, including tuck.</li> <li>To perform a forwards roll.</li> </ul>	<ul style="list-style-type: none"> <li>To demonstrate improving strength, flexibility and control when performing a range of basic gymnastic shapes.</li> <li>To travel with body weight partly supported by hands.</li> <li>To perform a range of jumps individually and as part of a sequence, demonstrating control and good balance when taking off and landing.</li> <li>To demonstrate strength and control when performing balances using different body parts.</li> <li>To perform rocking actions with good strength and body tension demonstrated</li> <li>To perform a forward roll with control and with a clear starting and finishing position.</li> </ul>
Dance	<ul style="list-style-type: none"> <li>To know and perform a star shape correctly.</li> <li>To explore and create actions which resemble key words.</li> <li>To know and perform strong and controlled marches in time with a simple beat.</li> <li>To explore and create actions which link to a character.</li> <li>To perform a range of shapes and movements to help tell a story.</li> </ul>		<ul style="list-style-type: none"> <li>To create movements to resemble a specific theme/ character.</li> <li>To perform movements in time with a simple beat (e.g. stamp feet to a simple clapped beat of 4 or 8)</li> <li>To use different levels within a dance to help portray a character / story</li> <li>To remember and repeat a short movement phrase in time with the beat and other group members.</li> <li>To perform movements at different speeds to help tell a story.</li> </ul>	<ul style="list-style-type: none"> <li>To create and explore body actions which resemble aspects of a given theme (e.g. winter), performing them with control.</li> <li>To explore, remember and link a range of actions, performing them with increasing control.</li> <li>To compose a short dance phrase including actions which represent a given theme, performing with increasing control and co-ordination.</li> <li>To compose and perform a short dance phrase that expresses the feelings and ideas of a given theme.</li> </ul>