Skills progressions

EYFS

Body awareness	Movement	Stability	Object control	Athletics
- go under, over, through and between obstacles - know where the body is when it is turning, sliding or upside down - have directional and spatial awareness - travels with confidence and skill around, under, over and through balancing and climbing equipment - negotiate space and obstacles safely, with consideration for themselves and others	- experiment with different ways of moving - control bodily movements whilst balancing, climbing, running, jumping or throwing - move freely and with pleasure and confidence in a range of ways - jump off an object and land appropriately - able to skip on alternate feet	- balance whilst moving around on uneven or unstable surfaces - use coordination for climbing, crawling - stand walk and run on tiptoes - move confidently in and around the environment	- control movements such as judging how hard or soft to throw a ball - use hand-eye or foot-eye coordination for throwing, catching, kicking and hitting a ball - show increasing control over an object in pushing, patting, throwing, catching or kicking it	- Races, Running, Bean-bag, Throwing, Jumping, - Competition - Can run at different speeds. - Can jump from a standing position. - Performs a variety of throws and balancing skills
Links to KS1 dance	Links to KS1 athletics	Links to KS1 gymnastics	Links to KS1 invasive games	Links to KS1 athletics