



EYFS

- Show increasing control over and object in pushing, throwing, catching or kicking it.
- Negotiates space successfully when playing, racing and chasing with other children.
- Experiments with different ways of moving
- Moves confidently and freely in a range of ways
- Children show good control and coordination in large and small movements
- Begins to move rhythmically and imitates movement in response to movement.
- Imitates new combinations of movement.
- Jumps off an object and lands appropriately
- Travels with confidence and skill around, under, over and through balancing and climbing equipment.

Key Objective		EYFS
	<i>Games/ Invasion Games</i>	<ul style="list-style-type: none"> • Describe how the body feels when still and when exercising • Hit a ball with a bat or racquet. • Roll equipment in different ways • Throw underarm • Throw an object at a targets • Catch equipment using two hands • Move a ball in different ways including bouncing and kicking • Kick an object as a target. • Move safely around the space and equipment • Travel in different ways including backwards and sideways.
	<i>Dance</i>	<ul style="list-style-type: none"> • Join a range of different movements together • Change the speed of their actions • Change the style of their movements • Create a short movement phrase which demonstrates their own ideas • Control their body when performing a sequence of movements. • Talk about what they have done.
	<i>Gymnastics</i>	<ul style="list-style-type: none"> • Create a short sequence of movements • Roll in different ways with control • Travel in different ways



		<ul style="list-style-type: none">• Stretch in different ways• Jump in a range of ways from one space to another.• Begin to balance with control• Move around, under, over and through different objects and equipment.• Perform Rolls- curled side, log and teddy bear.• Perform Jumps- Straight, tuck, jumping jack, half turn.• Control by body when performing a sequence of movements.
	Athletics	<ul style="list-style-type: none">• Run in different ways for a variety of purposes• Jump in a range of ways, landing safely.• Roll equipment in different ways• Throw underarm• Participate in simple games