



<b>PE</b>			
30-50 Months	Physical Development	Moving and Handling	<p>To move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>To mount stairs, steps or climbing equipment using alternate feet.</p> <p>To walk downstairs, two feet to each step, while carrying a small object.</p> <p>To run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.</p> <p>To stand momentarily on one foot when shown.</p> <p>To catch a large ball.</p> <p>To draw lines and circles using gross motor movements.</p>
		Health and Self-Care	<p>To observe the effects of activity on their bodies.</p> <p>To understand that equipment and tools have to be used safely.</p>
		Expressive Arts and Designs	Exploring Media and Material
	Expressive Arts and Designs	Being Imaginative	<p>To develop preferences for forms of expression.</p> <p>To use movement to express feelings.</p> <p>To create movement in response to music.</p> <p>To capture experiences and responses with a range of media, such as music, dance and paint and other materials or words.</p>



ST Benedict's Primary School: PE in EYFS  
T.Noor 2019-2020



40-60 Months	Physical Development	Moving and Handling	<p>To experiment with different ways of moving.</p> <p>To jump off an object and land appropriately.</p> <p>To negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>To travel with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>To show increasing control over an object in pushing, patting, throwing, catching or kicking it.</p>
		Health and Self-Care	<p>To show understanding of the need for safety when tackling new challenges and consider and manage some risks.</p> <p>To show understanding of how to transport and store equipment safely.</p> <p>To practice some appropriate safety measures without direct supervision.</p>
	Expressive Arts and Designs	Being Imaginative	<p>To initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.</p>

ELG	Physical Development	Moving and Handling	<p>To show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p>
		Health and Self-Care	<p>To know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p>
	Expressive Arts and Designs	Being Imaginative	<p>To represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.</p>