

EYFS PE Stepping Stones to Key Stage 1			
	Personal, Social and Emotional Development	Physical Development	Expressive Arts and Design
<b>Nursery</b>	<ul style="list-style-type: none"> <li>Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them.</li> <li>Increasingly follow rules, understanding why they are important.</li> <li>Remember rules without needing an adult to remind them.</li> </ul>	<ul style="list-style-type: none"> <li>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>Go up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>Use large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm.</li> <li>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</li> <li>Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</li> <li>Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</li> <li>Show a preference for a dominant hand.</li> <li>Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips.</li> </ul>	<ul style="list-style-type: none"> <li>Respond to what they have heard, expressing their thoughts and feelings.</li> </ul>



<b>Reception</b>	<ul style="list-style-type: none"><li>Manage their own needs.<ul style="list-style-type: none"><li>- personal hygiene</li></ul></li><li>Know and talk about the different factors that support overall health and wellbeing: - regular physical activity</li></ul>	<ul style="list-style-type: none"><li>Revise and refine the fundamental movement skills they have already acquired: rolling, running, crawling, hopping, walking, skipping, jumping, climbing</li><li>Progress towards a more fluent style of moving, with developing control and grace.</li><li>Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.</li><li>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</li><li>Combine different movements with ease and fluency.</li><li>Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.</li><li>Develop overall body strength, balance, coordination and agility.</li></ul>	<ul style="list-style-type: none"><li>Explore, use and refine a variety of artistic effects to express their ideas and feelings.</li><li>Return to and build on their previous learning, refining ideas and developing their ability to represent them.</li><li>Create collaboratively, sharing ideas, resources and skills.</li><li>Listen attentively, move to and talk about music, expressing their feelings and responses.</li><li>Watch and talk about dance and performance art, expressing their feelings and responses.</li><li>Explore and engage in music making and dance, performing solo or in groups.</li></ul>
<b>ELG</b>	<b>Personal, Social and Emotional Development</b>	<b>Managing Self</b>	<ul style="list-style-type: none"><li><b>Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</b></li><li><b>Explain the reasons for rules, know right from wrong and try to behave accordingly.</b></li><li><b>Manage their own basic hygiene and personal needs, including dressing.</b></li></ul>
		<b>Building Relationships</b>	<ul style="list-style-type: none"><li><b>Work and play cooperatively and take turns with others.</b></li></ul>
<b>ELG</b>	<b>Physical Development</b>	<b>Gross Motor Skills</b>	<ul style="list-style-type: none"><li><b>Negotiate space and obstacles safely, with consideration for themselves and others.</b></li><li><b>Demonstrate strength, balance and coordination when playing.</b></li><li><b>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</b></li></ul>
<b>ELG</b>	<b>Expressive Arts and Design</b>	<b>Being Imaginative and Expressive</b>	<ul style="list-style-type: none"><li><b>Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</b></li></ul>



Holland Moor  
Primary School

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