

St Joseph's Catholic Primary School EYFS

	EYFS
Running	Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Uses changes in direction and speed to find and use space.
Jumping	Can jump using two feet safely and successfully Can jump over small obstacles Jumps off an object and lands appropriately Able to hop confidently Able to leap confidently
Throwing	Shows increasing control over an object when pushing, patting and throwing. Shows a preference for a dominant hand when throwing
Catching	Shows increasing control when catching an object Is beginning to track the flight of an object into their hands Demonstrates bouncing and catching skills using a range of different sized balls
Kicking	Shows increasing control over an object when kicking it. Is beginning to show how small movements can be used to dribble a football with some success Can use feet to move a ball in different directions Can stop a large ball using only their feet
Agility	Travels with confidence and skill around, under, over and through balancing and climbing equipment Can change direction when moving at speed
Balance	Can balance on one foot for longer periods of time Has an awareness of strategies to support balancing Mounts stairs, steps or climbing equipment using alternate feet.
Coordination	Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
Gymnastics	To travel safely in a variety of different ways. To travel in different ways using short, long, fast and slow steps. To jump and land appropriately. To balance using different parts of the body in a controlled way. To use different parts of the body to perform a rocking action. To use 3 and 4 parts of the body to balance and travel. To move confidently in different ways, including rolling

Dance	<p>To know and perform and star shape correctly.</p> <p>To explore and create actions which resemble words.</p> <p>To know and perform strong and controlled marches in time with a simple beat.</p> <p>To jump and land appropriately.</p> <p>To explore and create actions which link to a soldier.</p> <p>To perform movements and balances with control.</p> <p>To perform movements with fluency and in a gentle manner.</p> <p>To perform a range of travelling movements safely and with control and confidence.</p> <p>To perform a range of shapes and movements to help tell the story.</p> <p>To perform a range of movements safely, at a faster pace and with control.</p>
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Assessment in EYFS

	By the end of EYFS ELG
Physical competence	I can negotiate space and obstacles safely with consideration. I can demonstrate strength, balance and coordination when playing. I can move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Thinking skills	I can work and play cooperatively and take turns with others. I am confident to try new activities and show independence, resilience and perseverance in the face of challenge.
Social and Emotional	I can give focused attention to what the teacher says...and show an ability to follow instructions involving several ideas or actions.
Healthy and Active Lifestyle	I understand the importance of healthy food choices.