# Progression of Skills: PE - Reception

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way that supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

## Year Group: Reception

### Physical Development

* • To explore and practise basic movement skills such as walking, running, jumping, skipping, and hopping.
* • To show increasing control in large and small movements, including using tools like pencils and scissors.
* • To develop coordination and balance through climbing, crawling, and stretching activities.
* • To experiment with different ways of moving, adjusting speed and direction.
* • To understand and practice the importance of personal space and spatial awareness during physical activity.

### Games

* • To develop basic ball skills such as rolling, pushing, and catching with growing accuracy.
* • To practise sending and receiving a ball using hands and feet with increasing control.
* • To participate in simple group games, understanding the basic rules of sharing and turn-taking.
* • To negotiate space effectively while running and chasing games.

### Gymnastics

* • To explore different ways of travelling, such as crawling, rolling, and sliding.
* • To experiment with balancing on different body parts, creating simple sequences.
* • To climb and travel safely on apparatus, including under, over, and through.
* • To perform simple jumps and landings with control.

### Dance

* • To respond to music and rhythms by creating simple movements and gestures.
* • To develop an awareness of timing and patterns in movement.
* • To perform basic dance movements individually and with a partner.
* • To express feelings and ideas through dance, incorporating creativity and imagination.