

Progression Guidance for Physical Education from Early Years

Background:

'Physical Education' sits predominantly within the Physical Development area of learning within the EYFS. Aspects of Physical Development are threaded throughout other areas of learning, including 'Writing' and 'Exploring Media and Materials'. The Characteristics of Effective Learning are threaded through all aspects of learning and are the fundamental ways in which children within EYFS learn.

The following table shows how the early learning goals link to the KS1 Subject Content for Physical Education:

KS1 Subject Content	Linked ELGs	Relevant Statements
Health and Fitness	Health and Self-Care	<ul style="list-style-type: none"> • Know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.
Acquiring and Developing Skills	Moving and Handling	<ul style="list-style-type: none"> • Show good control and coordination in large and small movements. • Move confidently in a range of ways, safely negotiating space.
Dance	Moving and Handling	<ul style="list-style-type: none"> • Show good control and coordination in large and small movements. • Move confidently in a range of ways, safely negotiating space.
Games	Moving and Handling	<ul style="list-style-type: none"> • Show good control and coordination in large and small movements. • Move confidently in a range of ways, safely negotiating space.
Gymnastics	Moving and Handling	<ul style="list-style-type: none"> • Show good control and coordination in large and small movements. • Move confidently in a range of ways, safely negotiating space.
Evaluating and Improving	<i>Links to the creative and critical thinking within the Characteristics of Effective Learning</i>	