

PE Skills Ladder

Skills ladders show the disciplinary knowledge that child will learn in the subject.



Working physically :

Strand	EYFS		Y1	Y2
	EYFS have opportunities to explore PE/gross motor within the continuous provision environment via play and exploration as well as adult directed activities. Physical learning comes under the 'Gross motor' section of the EYFS framework.		During Years 1 and 2 , pupils should be taught the knowledge and skills through the teaching of the National Curriculum content.	
	F1/Nursery	F2/Reception		
Introduction to PE	I can find a space. I can go and stop when instructed. I can move around the space safely	I can take turns when instructed. I can move around with control. I can avoid others using the space around me.		
Fundamentals	I can balance on one foot. I can jump and land with soft knees. I can turn my body in different directions. I can hop. I can jump with two feet.	I can balance. I can run. I can stop quickly when needed. I can jump, leap, gallop and skip.	I can use the balls of my feet to land, change direction and to help me run faster. I can jump using my arms to assist me.	I can sprint. I can dodge others. I can stop in a balanced position. I can skip effectively.
Dance	I can move fast or slow to a beat. I can move at different levels. I can change direction when moving.	I can take steps in time to a beat. I can change my actions when the music changes.	I can perform a dance with a partner. I can use facial expressions to show feelings when dancing.	I can combine different shapes and levels when performing. I can use facial and body expressions to show feelings when dancing.
Gymnastics	I can make different shapes with my body. I can change my body shape to help me rock and roll. I can jump and land safely I can make the three shapes. (tuck, straight, star)	I can do a forward roll. I can do a barrel and straight roll. I can stay in shape when rocking and rolling. I can make the five shapes. (tuck, straight star, straddle, pike)	I can balance on different levels and with different parts of my body. I can make the seven shapes. (tuck, straight star, straddle, pike, arch, dish)	I can travel and balance on different parts of my body. I can create a sequence of moves. I can make the nine shapes. (tuck, straight star, straddle, pike, arch, dish, front support, back support)
Ball skills	I can roll a ball using my fingertips. I can stop a ball with my hands or feet. I can throw an object underarm. I can catch a large ball with two hands. I can use soft touches on the ball.	I can change the direction of a ball with my hands. I can stop a ball by putting my foot on it. I can throw a ball overarm. I can dribble a ball using soft touches. I can catch a ball with two wide hands.	I can use both feet when dribbling a ball. I can use my sole, toe, heel inside foot and outside foot when dribbling. I can track a ball, so I am ready to receive it.	I can use my hands to dribble a ball. I can catch balls of different sizes with two hands. I can hit a target. I can stop a rolling ball.
Games EYFS Invasion games Key Stage 1	I can play fairly. I can follow rules. I can take turns	I can work with a partner or team to score points. I can keep a score in a simple game.	I can change direction to lose a defender. I can defend against an attacker. I can attack towards the correct goal. I can attack against a defender.	I can mark a player. I can communicate to let a team player know I am free. I can keep track of a score throughout a game.
Athletics	See fundamentals	See fundamentals	I can run at different paces. I can throw a long distance or a short distance. I can jump and land with control.	I can alter my pace for different running distances. I can throw with control and accuracy. I can jump at different heights.