

PE On Track Indicators - EYFS



Moving and Handling	Early Learning Goal
<ul style="list-style-type: none"> • I can experiment with different ways of moving. • I can jump off an object and land appropriately. • I can negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. • I can travel with confidence and skill around, under, over and through balancing and climbing equipment. • I can use simple tools to effect changes and materials. • I can show increasing control over an object in pushing, throwing, catching or kicking it. • I can handle tools, objects, construction and malleable materials safely and with increasing control. • I can show a preference for a dominant hand. • I can begin to use anticlockwise movement and retrace vertical lines • I can begin to form recognisable letters. • I can use a pencil and hold it effectively to form recognisable letters, most of which are correctly formed. 	<ul style="list-style-type: none"> • I can show good control and co-ordination in large and small movements. • I can move confidently in a range of ways, safely and negotiating space. • I can handle equipment and tools effectively, including pencils for writing.
Health & Self Care	Early Learning Goal
<ul style="list-style-type: none"> • I can eat a healthy range of foods and understand the need for variety of food. • I can usually dry and clean during the day. • I have some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. • I can show understanding of the need for safety when tackling new challenges, and considers and manages some risks. • I can show understanding of how to transport and store equipment safely. • I can practise some appropriate safety measures without direct supervision. 	<ul style="list-style-type: none"> • I know the importance of good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. • I can manage my own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.