



Reception – Progression of skills checklist

Introduction to PE

- To negotiate space effectively.
- To jump using two feet and land safely in a range of directions.
- To throw a range of equipment with direction
- To show balance in a range of shapes such as star and tuck.
- To travel around a space in a range of different ways.

Dance

- To move body parts in a range of different ways such as twisting and spinning.
- To keep rhythm when moving their body.
- To repeat movement of others.
- To negotiate space safely.
- To change the speed of their actions.
- To change the style of their movements.
- To create a short movement phrase which demonstrates their own ideas.
- To talk about what they have done.
- To talk about what others have done.

Gymnastics

- To create a range of shapes with their body such as tuck, star and pike.
- To point toes and straighten arms when performing a balance.
- To perform a range of stretches.
- To land with bent knees following a jump.
- To hold a balance for 5 seconds.
- To perform a range of rolls such as the straight roll.



Ball skills

- To roll a ball with accuracy and direction.
- To effectively stop a rolling ball with hands or feet.
- To catch a ball or object with some success.
- To dribble a ball by keep the ball close to their body.
- To kick a ball with accuracy and direction.

Games

- To follow instructions and the rules of simple games.
- To travel at a range of different speeds and in different ways such as jogging and skipping.
- To throw with direction and accuracy.
- To catch a range of equipment with some success.
- To keep the ball under some control when moving it with feet or bouncing it.

Fundamentals

- To perform a range of movements such as jumping and skipping.
- To negotiate space effectively.
- To jump over a range of equipment safely.
- To change direction when moving at speed.
- To bend knees when they jump and land.