

EYFS Curriculum Goals	First check point End F1	Second Check point December	Third checkpoint March	Final Checkpoint June	Linked ELGs
<p>To move their bodies with good balance and control</p>	<p>Children will continue to develop their movement, balancing, riding (scooters, trikes and bikes) and basic ball skills (large).</p> <p>Children can go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Children use large-muscle movements to wave flags and streamers, paint and make marks</p> <p>Children match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank/ in a tunnel.</p> <p>Children can skip, hop, stand on one leg and hold a pose for a game like musical statues</p> <p>Children will use one-handed tools and equipment, for example, making snips in paper with scissors.</p> <p>Children will be eating independently and learning how to use a knife and fork.</p>	<p>Children can collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</p> <p>Children will start taking part in some group activities in their play, which they make up for themselves, or in teams.</p> <p>Children can choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</p> <p>PE Focus: Gymnastics: Children can experiment with different shapes and jumps</p> <p>Children will experiment with different ways of rolling in shapes (moon roll/rocket roll)</p> <p>Children can move long the floor in different ways like sliding, rolling, stretching etc</p> <p>Children will show a start shape, roll and finishing shape (beginning of a sequence)</p> <p>Children will use a comfortable grip with good control when holding pens and pencils</p> <p>Children will show a preference for a dominant hand.</p> <p>Children will be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</p>	<p>PE focus: Dance; Children will progress towards a more fluent style of moving, with developing control and grace.</p> <p>Children can move in time to happy and sad music.</p> <p>Children will experiment with different ways of moving and with actions at different levels.</p> <p>Children can move around as different characters or animals to the music</p> <p>Children will experiment with different ways of balancing</p> <p>Children are increasingly able to use and remember sequences and patterns of movements, which are related to music and rhythm.</p> <p>PE Focus: Ball skills Children will experiment with different ways of moving (agility)</p> <p>Children will experiment with different ways of throwing a moving a ball with different body parts (co-ordination)</p> <p>Children will begin working with friends in a team – taking turns with adult support.</p> <p>Children will develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.</p>	<p>PE focus: Ball skills/ Athletics Children will develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>Children will march/run for co-ordination</p> <p>Children will experiment with different ways of throwing under/overarm</p> <p>Children will experiment with different ways of jumping- measuring with various objects</p> <p>Children will work with friends in a team – taking turns effectively.</p> <p>Children will confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Children will develop overall body-strength, balance, co-ordination and agility.</p> <p>Develop the foundations of a handwriting style which is fast, accurate and efficient.</p>	<p>P: GM -Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>-Demonstrate strength, balance and coordination when playing.</p> <p>-Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>P:FM Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</p> <p>Use a range of small tools, including scissors, paintbrushes and cutlery.</p> <p>Begin to show accuracy and care when drawing.</p>

		Children will use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.			
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