

EYFS PE Curriculum Progression Plan (Nursery & Reception)

Academic Year Plan

Linked to EYFS Statutory Framework & Development Matters

Prime Area of Learning: Physical Development

Relevant Early Learning Goals (ELGs):

Gross Motor Skills ELG:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Fine Motor Skills ELG:

- Hold and use tools effectively, including pencils for writing.

Autumn Term: Foundation of Movement

Focus Area	Nursery (30-50 months)	Reception (40-60+ months)	Links to Development Matters
Locomotion	Basic movements: walking, running, stopping	Running with control, changing direction	Move freely in a range of ways (running, slithering, etc.)
Spatial Awareness	Move safely in space, avoiding obstacles	Use space safely, beginning to judge distances	Negotiates space and obstacles safely
Balance	Begin to balance on one foot with support	Static balance activities (one foot, beam walking)	Experiments with different ways of moving
Games	Simple chasing and rolling games	Bean bag and ball rolling/throwing into targets	Shows increasing control over objects
Body Awareness	Naming body parts, moving different parts on command	Follow instructions for whole-body movement	Understands need for varied physical activity

Spring Term: Control and Coordination

Focus Area	Nursery	Reception	Links to Development

			Matters
Throwing & Catching	Begin to throw beanbags and balls underarm	Throwing with accuracy, introduction to catching	Shows control over objects
Jumping & Hopping	Start jumping off low equipment	Hop on one foot, jump forward and backwards	Jumps off object and lands appropriately
Agility & Speed	Quick changes in direction with prompts	Short obstacle courses	Moves with confidence in various ways
Dance & Movement	Copy simple rhythm patterns using the body	Express ideas and respond to music with movement	Moves rhythmically; imitates movement
Group Games	Participate in circle games	Begin team-based relay-style games	Initiates and joins in play cooperatively

Summer Term: Developing Strength, Strategy & Stamina

Focus Area	Nursery	Reception	Links to Development Matters
Sports Day Prep	Practice running in lanes, balancing activities	Introduce competition through races (bean bag, sack)	Confidently participates in physical challenges
Advanced Ball Skills	Kicking and dribbling large balls	Dribbling, passing, and target games	Shows coordination and control
Outdoor Adventure	Climbing frame confidence	Climbing, swinging, balancing on apparatus	Travels confidently over balancing and climbing equipment
Teamwork & Rules	Understand turn-taking and listening	Follow simple rules in team games	Understands rules and cooperates with others
Consolidation	Reinforce key movement patterns	Showcase learned skills in group performance	Demonstrates strength, balance and coordination

Assessment & Observation Opportunities

- Continuous Provision: Include PE-linked resources in outdoor areas—balls, hoops, climbing equipment, etc.
- Focused Tasks: Weekly PE sessions based on term focus.
- Observations: Use Development Matters checkpoints to assess progress—e.g., “Can they jump off a step and land safely?” or “Can they follow a movement pattern to music?”

Progression Overview Summary

Skill Area	Nursery	Reception
Movement	Basic locomotion & awareness	Controlled movement in space

Balance	Static balance, support needed	Independent, dynamic balance
Object Control	Rolling, basic throwing	Target-based throwing and catching
Agility	Slow directional changes	Fast, controlled changes
Team Skills	Parallel play, early cooperation	Group games, following rules

● Movement-Based Warm-Ups

1. Animal Walks

- Bear walk (hands and feet on floor)
- Frog jumps (squat and leap)
- Crab walk (hands and feet on floor, tummy up)
- Snake slither (on tummy)

2. Traffic Lights

- Red = stop
- Green = go
- Amber = walk slowly
(Add extras like "Reverse!" or "Speed bump = jump")

3. Follow the Leader

- Leader performs movements like jumping, skipping, arm circles
- Children copy

4. Freeze Dance

- Music plays → children dance/move
- Music stops → freeze in a shape (star, pencil, wide)

5. Simon Says (Movement Edition)

- Simon says jump, hop, run on the spot, touch toes, etc.
- Helps develop listening and reaction skills

6. Bean Game

- Various movements linked to "bean" types:
 - Runner bean = run on the spot
 - Baked bean = lie flat
 - Jelly bean = wobble
 - String bean = stretch tall
 - French bean = say "Ooh la la!"

● Stretching & Coordination Warm-Ups

7. Reach for the Sky, Touch Your Toes

- Stretch up high, then bend to touch toes
 - Repeat with side bends and slow torso twists
 - 8. **Big and Small Shapes**
 - Make yourself as BIG as possible
 - Make yourself as SMALL as possible
 - Can be done lying down or standing
 - 9. **Rolling Arms & Shoulder Shrugs**
 - Arm circles forward/back
 - Shrug shoulders up/down
 - Add wrist/ankle rolls for fine motor warming
 - 10. **Balance Poses**
 - Tree pose (balance on one foot)
 - Aeroplane arms
 - Star balances
 - Great transition into calm focus
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Short Games to Warm Up

- 11. **Stuck in the Mud (Warm-up Version)**
 - If tagged, freeze with legs apart
 - Others crawl under to unfreeze
- 12. **Sleeping Lions (Calming Transition)**
 - End warm-up with a brief moment of stillness
 - Helps settle group focus before main activity

Team Games for 4-Year-Olds

1. Beanbag Relay

- Children run to a marker, place or collect a beanbag, and return to tag the next player.
- Encourages turn-taking and running skills.

2. Parachute Popcorn

- Children hold a parachute and bounce balls on top.
- Work together to keep balls on or pop them off when instructed.

3. Animal Herding

- One team guides “animals” (soft balls or beanbags) into a “pen” using foam noodles or hands.

- Builds communication and gross motor control.

4. Cone Collectors

- Teams race to collect cones scattered around the area and return them to a base.
- Can be done in teams of color to match cones.

5. Tunnel Relay

- Team members crawl through a tunnel (or under a bench), tag the next person, and repeat.
- Great for coordination and crawling/balancing.

6. Treasure Hunt Teams

- Teams search for hidden “treasures” (beanbags, soft toys) and bring them back to base.
- Encourages exploration and cooperation.

7. Over and Under

- Children pass a ball over their heads and then under their legs down the line.
- Builds teamwork and coordination.

8. Traffic Cone Bowling

- One team sets up cones; the other rolls soft balls to knock them down.
- Swap roles after a turn.

9. Shark Island

- One team is “sharks,” others are “fish” crossing from one side to another.
- If tagged, fish join the sharks.

10. Team Balloon Keep-Up

- Teams try to keep a balloon in the air using only hands or body parts (e.g., elbows).
- Encourages laughter, communication, and teamwork.

Cool Down Activities for 4-Year-Olds

1. "Big Balloon" Breathing

- Children pretend to blow up a balloon with their breath (arms get bigger as they breathe in).
- Exhale slowly as arms deflate.
- Helps with breath control and calming.

2. Stretch Like a Cat

- Stretch arms and legs long on the floor like a cat waking up.
- Arch your back like a cat, then relax down.
- Gentle on muscles and fun imagery.

3. Counting Toe Touches

- Slowly bend down to touch toes while counting to 5.
- Stand back up and stretch arms to the sky.
- Repeat a few times.

4. Flower Pose

- Sit with legs crossed, close eyes, and imagine being a calm flower in the sun.
- Breathe in through your nose, out through your mouth.
- Focuses attention and settles the group.

5. Sleeping Starfish

- Lie on the floor with arms and legs spread out.
- Take deep breaths and listen for calm music or a quiet story voice.
- Great for full-body relaxation.

6. Humming Bee Breath

- Inhale slowly through the nose.
- Exhale with a gentle humming sound (like a bee).
- Fun and soothing.

7. Slow Motion Walking

- Walk slowly in a circle like you're in slow motion—pretend you're walking through jelly.
- Focus on balance and moving gently.

8. Wind Down Wiggles

- Shake arms, then legs, then whole body slowly—like you're “shaking off” the exercise.
- Gradually slow down the shaking to a stop.

9. Yoga Poses for Calm

- Tree pose 🌳 (balance on one foot)
- Butterfly pose 🦋 (seated, feet together, flap knees)
- Child’s pose 🌙 (kneel, stretch arms forward, rest head down)

10. Rainbow Arms

- Sweep arms over your head like drawing a rainbow.
- Breathe in as arms go up, breathe out as arms go down.
- Repeat with a soft, slow rhythm.