

PE Fundamentals – Next Steps Programme of Study	
30 - 50 months	• Moves freely with pleasure and confidence in a range of ways • Runs skilfully, adjusting speed and direction • Can catch a large ball
40 - 60 months	• Travels with confidence and skill around climbing equipment • Jumps off an object and lands appropriately • Shows increasing control when throwing, catching and kicking
2021 ELGs	• Negotiate space and obstacles safely • Demonstrate strength, balance and coordination • Move energetically; running, jumping, dancing, hopping, skipping and climbing
Year 1	• Master basic movements; running, jumping, throwing and catching • Develop balance, agility and co-ordination • Participate in team games • Develop simple tactics for attacking and defending • Perform dances using simple movement patterns
Year 2	