







# HANDS, HEAD, HEART PROGRESSION OF KEY SKILLS - EYFS

RECEPTION	GAMES
<b>HANDS</b>  	Finds clear space avoiding obstacles in lessons and in games
	Adjusting speed and direction to avoid obstacles.
	Experiments with different ways of moving showing confidence
	Copy simple ways of travelling to include; walking, running, hopping.
	Shows increasing control over large and small objects with hands and feet to include; patting, pushing and kicking.
	Able to manipulate equipment on own and with another.
	Able to manipulate equipment whilst moving with some control.
	Able to catch a bean bag /large ball when thrown accurately.
	Able to throw a beanbag/large ball in a given direction.
	Hold equipment with 1 hand appropriately such as; hoops, quoits, bats, rackets, beanbags, balls.
<b>HEAD</b>  	Follow instructions involving several actions
	Talk about their ideas
	Say why they like certain activities more than others
	Know the importance of physical activity for good health
<b>HEART</b>  	Able to manipulate equipment with another
	Play cooperatively in games
	Take turns
	Show confidence and self-awareness to try new activities
	Confident to talk in a familiar group
	Take account of other people's ideas
	Show sensitivity to other people's needs and feelings




Find Us:

# HANDS, HEAD, HEART PROGRESSION OF KEY SKILLS - EYFS

RECEPTION	DANCE
<b>HANDS</b>  	Begin to move rhythmically.
	Imitates movement in response to movement.
	Uses and remembers simple actions in response to music or actions.
	Experiment ways to move their body in creative ways in response to music/words/pictures
	Change the way they move in response to different stimuli or the tempo.
	Copy simple gestures
	Travel at a speed appropriate to how the music is played.
	Travel in response to the stimuli showing some control.
	Copy simple movement patterns such as; step hop, side step, tip toe walking, and walking heel toe.
	Shows stillness when instructed.
<b>HEAD</b>  	Uses and remembers simple actions in response to music or actions.
	Change the way they move in response to different stimuli or the tempo.
	Talk about their ideas
	Follow instructions involving several ideas or actions
	Experiment with ways of changing dances
	Say why they like some activities more than others
<b>HEART</b>  	Enjoys joining in with dancing
	Confident to try new activities
	Explores feelings using bodily movements
	Confident to speak in a familiar group
	Give attention to what others say




Find Us:

# HANDS, HEAD, HEART PROGRESSION OF KEY SKILLS - EYFS

RECEPTION	GYMNASTICS
<b>HANDS</b> 	Jumping and landing on feet
	Jumping from low level apparatus and landing of feet
	Land in a controlled position on feet
	Travels with confidence on, over and through apparatus.
	Travels on floor and apparatus in different ways to include; sliding, crawling, walking, jumping.
	Explore's travelling on different body parts to include; feet, hands and feet, backs, tummy, bottom, side.
	Perform wide, tall, small, tuck, star shapes.
	Balance on large body and some small body parts.
	Balance momentarily on 1 foot
<b>HEAD</b> 	Follow instructions involving several actions
	Talk about their ideas
	Say why they like certain activities more than others
	Know the importance of good health and physical activity
<b>HEART</b> 	Confident to try new activities
	Showing some confidence when jumping from apparatus
	Take account of other people's ideas
	Confident to speak in front of a familiar group

Find Us:

# HANDS, HEAD, HEART PROGRESSION OF KEY SKILLS - EYFS

RECEPTION	ATHLETICS
<b>HANDS</b>  	Shows improved control and coordination when walking and running
	Negotiates obstacles when walking and running to include; lines, cones, hoops, etc. by adjusting speed and/or direction
	Negotiates space when running at speed
	Explores jumping high and landing on feet with some control
	Explores jumping far and landing on feet with some control.
	Jumps on and off lines, in and out of hoops showing some control.
	Shows increasing control and coordination when pushing and throwing equipment to include; bean bags, large balls, quoits using 1 and 2 hands.
	Shows increasing accuracy when throwing at targets using bean bags/large balls from close range.
<b>HEAD</b>  	Follows instructions involving several actions
	Know the importance of good health and physical activity
	Talk about their ideas
	Say why they like certain activities more than others
<b>HEART</b>  	Play cooperatively in games
	Take turns
	Confident to speak in familiar groups
	Confidence to try new activities

Find Us: