



Pound Hill Infant Academy EYFS PE Curriculum



**POUND HILL
INFANT
ACADEMY**

Physical Literacy		Can move on their feet in a variety of ways including jumping, skipping, hopping, running and walking
Physical Literacy		Can move on large body parts in a variety of ways including sliding, slithering, rolling and shuffling
Physical Literacy		Can move energetically in movements such as running, jumping, dancing and climbing
Physical Literacy		Jumps off an object and lands appropriately and safely
Physical Literacy		Negotiate space and obstacles safely, with consideration for themselves and others
Physical Literacy		Adjust speed and change direction to avoid obstacles in playing space
Physical Literacy		Travels with confidence around, under, over and through equipment and apparatus
Physical Literacy		Demonstrates a range of control over an object such as a ball e.g. rolling, catching, patting and pushing

Physical Literacy		Shows a preference for a dominant hand when manipulating objects
Physical Literacy		Follow simple instructions, copy and variety of defined shapes and actions
Physical Literacy		Demonstrate strength, balance and coordination when playing
Physical Literacy		Organise, match various, items, images, colours and symbols
Physical Literacy		Be confident to try new activities and show independence, resilience and perserverance
Physical Literacy		Make their body tense, relaxed, stretched and curled