

PE and Games End Points - Nursery and Reception

Nursery	Reception
Moving	
<ul style="list-style-type: none"> + can move freely in a range of ways: - slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, hopping, galloping + can step and climb equipment using alternate feet + can run skilfully + can negotiate space, adjusting speed or direction to avoid obstacles + can catch a large ball + can find a space + can stand momentarily on one foot (when shown) 	<ul style="list-style-type: none"> + can experiment with different ways of moving + jump off an object and land appropriately (e.g. on two feet, on two feet to roll) + can negotiate space successfully when playing racing and chasing games, adjusting speed and direction to avoid obstacles and people + can show increasing control over an object when pushing, patting, throwing or catching + can show a preference for a dominant hand or foot + can travel with confidence and skill around, under, over and through balancing and climbing equipment + can work physically in a given space or using printed lines
Health and Self-Care	
<ul style="list-style-type: none"> + can show some understanding of what exercise or physical activity means + can show some understanding that being active can make you feel warmer and become out of breath 	<ul style="list-style-type: none"> + can show some understanding of what healthy foods are + can manage their own needs for dressing and re-dressing