

## Foundation Stage - PE Phase Ladder

Gymnastics	Revise and refine fundamental movements
	Can travel in different ways: rolling, walking, jumping, running
	Use apparatus to climb up and down
	Perform different movements
	Can perform a balance
Dance	Can change directions while travelling
	Link actions together
	Can copy short phases
Games	Can move into a space
	Can stop a ball with their feet
	Can pass a ball using their feet
	Can catch a ball
	Can throw a ball
Athletics	Can jump: Both feet together
	Can throw in a straight line using underarm/overarm
	Can run 20m
	Can sprint 10m