**Reception**

**Skills Lists PE**

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|  | I can experiment with different ways of moving. | I can jump off an object and land appropriately. | I can negotiate space successfully when playing racing and chasing games with other children. | I can travel with confidence and skill around, under and over and through balancing and climbing equipment. | I can show increasing control over an object in pushing, patting throwing, catching and kicking it. | I can use simple tools to effect changes in materials. | I can handle tools, objects, construction and malleable materials safely and with increasing control. | I can show a preference for a dominant hand. | I can begin to use anti-clockwise movement and retrace vertical lines. | I can eat a healthy range of foods and understand the need for variety in food. |
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