

# WHOLE SCHOOL PE PROGRESSION



EYFS		Key Stage 1			
End of Key Stage Objectives	<b>Early Learning Goals</b>  <b>Physical Development</b> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul> <b>Expressive Arts and Design</b> <ul style="list-style-type: none"> <li>Perform songs, rhymes, poems and other stories with others and (when appropriate) try to move in time with music</li> </ul>		<b>National Curriculum Objectives</b>  Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. <ul style="list-style-type: none"> <li>Master the basic movements including running, jumping, throwing and catching</li> <li>Develop balance, agility, co-ordination and begin to apply these skills in a range of activities.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> <li>Perform dances using simple movement patterns.</li> <li>Develop simple gymnastic sequences involving a roll, jump, shape and balance.</li> </ul>		
	<b>Nursery</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	
<b>Key Skills</b>	<ul style="list-style-type: none"> <li>I can run, jump and begin to use stairs independently</li> <li>I can sit on Push a long toys, scooters and trikes</li> <li>I know play is developing my body</li> <li>I am beginning to throw objects overarm</li> <li>I can use large movements and roll ,crawl, jump and run</li> <li>I will develop my hand/eye co-ordination</li> <li>I will climb using alternate feet</li> <li>I will balance briefly on one leg</li> <li>I will develop my movements in balance, riding and using balls</li> <li>I will begin to remember a simple sequence</li> </ul>	<ul style="list-style-type: none"> <li>I can stand momentarily on one foot when shown(<b>balance</b>)</li> <li>I can negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles (<b>agility and coordination</b>)</li> <li>I can experiment with different ways of <b>moving</b></li> <li><b>Travels with confidence and skill</b> around, under, over and through climbing and balancing equipment</li> <li>I can jump off and object and land appropriately</li> <li>I can show increasing <b>control</b> over an object in pushing, patting, throwing, catching or kicking it</li> <li>I can <b>catch</b> a large ball</li> </ul>	<ul style="list-style-type: none"> <li>I can walk along a straight line without swaying from one side to the other</li> <li>I can <b>run</b> between posts placed in a long line bending my legs and body to help me change direction</li> <li>I can hop on one leg on the spot, using my arms to help me <b>balance</b></li> <li>I can <b>jump</b> a long distance using my arms and legs to help push me forward and land safely and <b>jump</b> high bending my knees and swinging my arms to help me move higher</li> <li>I can <b>catch</b> a beanbag with 2 hands</li> <li>I can <b>throw</b> a small ball underarm to reach a target</li> <li>I can use my skills to <b>perform</b> in sports and activities and perform a sequence of actions with a clear beginning, middle and end.</li> <li>I can talk about my and others' performances</li> </ul>	<ul style="list-style-type: none"> <li>I can <b>run</b> between posts placed closely together in a long line bending my legs and body to help me change direction</li> <li>I can hop on one leg from place to place, using my arms to help me <b>balance</b> without putting my other foot down</li> <li>I can <b>jump</b> a long distance using my arms and legs to help push me forward and land safely with knees bent and feet together and <b>jump</b> high bending my knees and swinging my arms to help me move higher and land with knees and ankles bent</li> <li>I can <b>catch</b> a tennis ball using 2 hands or 1 hand</li> <li>I can <b>throw</b> a small ball overarm over a longer distance to accurately reach a target</li> <li>I can select the most appropriate skills and actions learnt to perform at my best</li> <li>I can structure a longer sequence of skills and actions in different orders to improve performance.</li> <li>I can <b>participate</b> in simple team games developing my attacking and defending skills</li> <li>I can say how well I have done compared to others</li> </ul>	

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<b>Fundamentals</b>		<ul style="list-style-type: none"> <li>• I am confident to try new challenges</li> <li>• I can negotiate space safely with consideration for myself and others</li> <li>• I follow instructions involving several ideas or actions</li> <li>• I take turns, play co-operatively and encourage others</li> <li>• I play games honestly and consider rules</li> <li>• I use movement skills with developing balance and co-ordination when playing games</li> </ul>	<ul style="list-style-type: none"> <li>• I can change direction when moving at speed</li> <li>• I can recognise changes in my body when I do exercise</li> <li>• I can run at different speeds</li> <li>• I can select my own actions in response to a task</li> <li>• I can show jumping and hopping movements</li> <li>• I can work co-operatively with others to complete tasks</li> <li>• I can show balance and co-ordination when static and moving at slow speed</li> </ul>	<ul style="list-style-type: none"> <li>• I am beginning to provide feedback using key words</li> <li>• I am beginning to turn and jump in an individual skipping rope</li> <li>• I can describe how my body feels during exercise</li> <li>• I can show balance when changing direction</li> <li>• I can show hopping, skipping, jumping movements with some/lots of control</li> <li>• I can work co-operatively with a partner and a small group</li> <li>• I show balance and Co-ordination when running at different speeds.</li> </ul>
<b>Ball Skills</b>		<ul style="list-style-type: none"> <li>• I can negotiate space safely with consideration for others and myself</li> <li>• I follow instructions involving several ideas or actions</li> <li>• I persevere when trying new challenges</li> <li>• I play ball games and think of the rules</li> <li>• I play co-operatively and take turns</li> <li>• I use ball skills with developing competence and accuracy</li> </ul>	<ul style="list-style-type: none"> <li>• I am beginning to catch with two hands with some success</li> <li>• I can throw a ball to a partner</li> <li>• I am beginning to dribble a ball with my hands and feet</li> <li>• I am beginning to understand simple tactics</li> <li>• I can roll and throw underarm with some accuracy towards a target</li> <li>• I can track a ball coming towards me and begin to collect it</li> <li>• I can work co-operatively with a partner</li> <li>• I can say when someone is successful</li> <li>• I understand what good technique looks like</li> </ul>	<ul style="list-style-type: none"> <li>• I am beginning to provide feedback using key words</li> <li>• I am beginning to understand and use simple tactics</li> <li>• I can dribble a ball with my hands and feet with some/lots of control</li> <li>• I can roll, throw and kick a ball to hit a target/partner(with and without equipment) safely</li> <li>• I can send and receive a ball using both kicking and throwing and catching skills</li> <li>• I can track a ball and collect using hands or feet</li> <li>• I can work co-operatively with a partner and small group</li> <li>• I understand what good technique looks like and can use key words to describe it</li> <li>• I understand the principles of a target game and can use scoring systems when playing games</li> </ul>
<b>Gymnastics/Dance</b>		<ul style="list-style-type: none"> <li>• I am confident to try new challenges</li> <li>• I can combine movements, selecting actions in response to task and apparatus</li> <li>• I can confidently and safely use a range of large and small apparatus</li> <li>• I can negotiate space safely</li> <li>• I can follow instructions involving several ideas or actions</li> <li>• I use movement skills with developing strength, balance</li> </ul>	<p>I am confident to perform in front of others I can link simple actions together to create a sequence I can make my body tense, relaxed, stretched and curled I can recognise changes in my body when I do exercise I can remember and repeat actions and shapes I can say what I liked about someone else's performance I can use apparatus safely and wait for my turn I can show some sense of dynamic and expressive qualities in my dance</p>	<p>I am beginning to provide feedback using key words I am proud of my work and confident to perform in front of others I can perform the basic gymnastic actions with some/lots of control and balance I can plan and repeat simple sequences of actions I can use direction and levels to make my work interesting to watch I can use shapes and movement when performing other skills I can work safely with apparatus and others I can show a character and idea through the actions and dynamics I choose I can use counts to stay in time with the music</p>

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		<p>and co-ordination showing increasing control and grace</p> <ul style="list-style-type: none"> <li>I can work co-operatively with others and take turns</li> </ul>	<p>I am beginning to use counts</p>	
<b>Athletics</b>			<p>I am able to throw towards a target            I am beginning to show balance and co-ordination when changing direction            I am developing overarm throwing            I can recognise changes in my body when I do exercise            I can run at different speeds            I can work with others and make safe choices            I try my best            I understand the difference between a jump, a leap, and a hop and can choose which allows me to jump the furthest</p>	<p>I can describe how my body feels during exercise            I can identify good technique            I can jump and land with control            I can use an overarm throw to help me to throw for distance            I can work with others, taking turns and sharing ideas            I show balance and co-ordination when running at different speeds            I try my best</p>
<b>Sending and receiving</b>			<p>I am beginning to send and receive a ball with my feet            I can catch a ball with some success            I can recognise changes in my body when I do exercise            I can roll a ball towards a target            I can throw a ball to a partner            I can track a ball that is coming towards me            I can work co-operatively with a partner</p>	<p>I am beginning to provide feedback using key words            I am beginning to trap and cushion a ball that is coming towards me            I can accurately throw and kick a ball to a partner            I can catch a ball passed to me, with and without a bounce            I can roll a ball to hit a target            I can track a ball and stop it using my hands and feet            I can work co-operatively with a partner and a small group            I can work safely to send a ball towards a partner using a piece of equipment</p>
<b>Striking and fielding games</b>			<p>I can catch a beanbag and a medium sized ball            I can hit a ball using my hand            I can roll a ball towards a target            I can track a ball that is coming towards me            I know how to score points            I understand the rules and I am beginning to use these to play honestly and fairly            I understand when I am successful</p>	<p>I am beginning to provide feedback using key words            I am developing underarm and overarm throwing skills            I can hit a ball using equipment with some consistency            I can track a ball and collect it            I can use simple tactics            I know how to score points and remember the score            I understand the rules of the game and can use these to play fairly in a small group            I</p>
<b>Invasion games</b>			<p>I am beginning to dribble a ball with my hands and feet            I can change direction to move away from a defender            I can recognise space when playing games            I can usually send and receive a ball with hands and feet            I can use simple rules to play fairly</p>	<p>I can sometimes dribble a ball with my hands and feet            I can stay with another player to try and win the ball            I can dodge and find space away from the other team            I can send and receive a ball with hands and feet with more accuracy and consistency            I can move with a ball towards a goal            I can describe how my body feels during exercise            I know how to score points and can remember the score</p>

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			<p>I move to stay with another player when defending</p> <p>I recognise changes in my body when I do exercise</p> <p>I understand when I am a defender and when I am an attacker</p>	<p>I know who is on my team and I can attempt to send the ball to them</p>
<b>Target Games</b>			<p>I can use an overarm/underarm throw aiming towards a target</p> <p>I can roll a ball towards a target</p> <p>I can work co-operatively with a partner</p> <p>I understand what good technique looks like</p>	<p>I can throw, roll or strike a ball to a target with some success</p> <p>I am able to select the appropriate skill for the situation</p> <p>I understand the principles of a target game and can use different scoring systems when playing games</p> <p>I can work co-operatively with a partner or small group</p> <p>I understand what good technique looks like and can use key words in the feedback I provide</p>