

1. Progression Map – year on year – P.E

Subject Leader: **A. Jacques**

Last updated: **September 2021**



EYFS		KS1 pupils should be taught to (NC subject content):
<i>Reception: Physical development strand.</i>	<ul style="list-style-type: none">▪ Revise and refine fundamental movement skills they have already acquired.▪ Progress towards a more fluent style of moving▪ Develop overall body strength, balance, coordination and agility to engage with physical activity sessions and other physical disciplines inc-dance, gymnastics, sport and swimming.▪ Use core muscle strength to achieve a good posture▪ Combine different movements with ease and fluency.▪ Confidently and safely use a range of large and small apparatus in and outdoors, alone and in a group.▪ Develop overall body strength, balance, coordination and agility.▪ Know and talk about the different factors that support health and wellbeing.▪ Further develop a range of ball skills including throwing, catching, kicking, passing, batting and aiming.▪ Develop confidence and precision and accuracy when engaging in activities that use a ball.	<ul style="list-style-type: none">▪ Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, begin to apply these in a range of activities.▪ Participate in team games, developing simple tactics for attacking and defending.▪ Perform dances using simple movement patterns.
Early Learning Goal	<p>Aspect/Area: Physical development. Negotiate space and obstacles safely with consideration for themselves and others Demonstrate strength, balance and coordination when playing. Move energetically when running, jumping, dancing, hopping, skipping and climbing.</p> <p>Expressive arts and design: Move in time with music</p>	

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	Gymnastics	Games	Dance	Healthy and active lifestyles.			
Reception	<ul style="list-style-type: none">➤ I can travel in different ways➤ I can move around in space and around apparatus safely➤ I can perform a log roll.➤ I can jump off low apparatus and land safely➤ I can use my body to make shapes➤ I can balance on different parts of my body➤ I can hold my weight on my hands (e.g bunny hop)➤ I can put a sequence of 3 movements together.➤ I know I need to bend my knees when I land.	<ul style="list-style-type: none">➤ I can move around space safely and change speed.➤ I can travel in different directions➤ I am aware of others when moving around➤ I can run in a straight line➤ I can jump over low obstacles➤ I can run fast when competing <p>Ball Skills</p> <ul style="list-style-type: none">➤ I can push a large ball along the ground➤ I can roll a large ball to a partner➤ I can hold a large ball/ beanbag with 2 hands➤ I can pass the small ball/ beanbag/scarf from one hand to another➤ I can pat a ball and make it bounce➤ I can throw the large ball/ beanbag/ scarf underarm➤ I can place my hands together in a catching position➤ I can catch a large ball/ beanbag /scarf.➤ I can kick a ball along the ground➤ I am beginning to control the ball when dribbling.➤ I can kick a ball towards a target➤ I can push a ball along the ground with a bat➤ I can hit a ball along the ground to a partner➤ I can balance a ball on a bat➤ I can hit a ball down making it bounce➤ I can hit a ball towards a target➤ I can aim at a target and throw a ball.➤ I can throw a ball overarm	<ul style="list-style-type: none">➤ I can move confidently and safely in space.➤ I can show good control and coordination in large and small movements➤ I can respond to a stimulus and move in a variety of ways e.g animals, crawling, sliding,➤ I can move at different levels➤ I can change the speed of my movements➤ I can stretch and curl my body into different shapes➤ I can copy movements and remember them➤ I can join a range of movements together➤ I begin to move in time to the beat➤ I can talk about what I have done➤ I can talk about what others have done.➤ I can link some dance moves together to create a dance sequence	<p>I know I need to warm up and cool down</p> <p>I can say what exercise is.</p> <p>I can spot some of the effects physical activity has on my body.</p> <p>I can take part in a variety of active breaks during the day.</p>			
Tier 2 & 3 Vocabulary	Balance Log roll Jump / land Movement Heartbeat Speed	Weight Travel Space stretch	Throw Catch Roll Push Receiving dribbling	Underarm Direction Coordination Travel Target Bounce	Copy Repeat Level Direction	Curl Stretch speed	Active Healthy Exercise Warm up Cool down
Resource links	First grade sports gymnastics folder	Planning from First Grade sports – see P.E folder on the server.	Planning from first grade sports – see P.E folder on the server	Online resources: Jumpstart Johnny Go noodle Dough disco Cosmic yoga			

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Year 1



	Gymnastics	Games	Dance	Healthy and active lifestyles
Year 1	<ul style="list-style-type: none"> ➤ I can travel along different pathways using different levels ➤ I can move around the space safely ➤ I know what a log roll is and can perform it ➤ I can perform a tuck roll. ➤ I can show balances using different parts of my body including the dish and arch shapes. ➤ I can perform a pencil jump and land safely ➤ I can perform a star jump and land safely ➤ I know how to land safely by bending my knees and landing in a sitting position. ➤ I can hold my weight on my hands. ➤ I can make up a sequence of 5 moves and perform it. ➤ I know my heart beats faster when I exercise. ➤ I know I breathe faster when I exercise ➤ I know I need to warm up. ➤ I can say what I like about someone's sequence. 	<ul style="list-style-type: none"> ➤ I can move safely in space and am aware of where others are. ➤ I can adjust speed and direction to avoid obstacles ➤ I can work with a partner (cooperation) ➤ I can play small team games. ➤ I can compete against myself and others ➤ I can watch and copy what others are doing ➤ I can say what is good about the skills someone is using. ➤ I know how to use my arms when running (hip to lip) ➤ I can remember, repeat and link combinations of actions <p>Ball skills</p> <ul style="list-style-type: none"> ➤ I know how to roll a ball to a partner ➤ I can pass the ball to a partner (rolling) ➤ I can bounce the ball to a partner ➤ I can throw a ball/ beanbag/ quoit accurately to a partner and myself ➤ I know how to get ready to catch (hands together in a cup shape, looking at the ball, hug once caught) ➤ I can catch a large ball/ beanbag/ quoit ➤ I can send a ball/ beanbag high, low using underarm and overarm throws. ➤ I can aim and throw a ball/beanbag/ quoit at a target ➤ I can kick a ball to a partner ➤ I can kick a ball at a target ➤ I can dribble a ball with some control around a space ➤ I can bounce a ball with a bat ➤ I can strike a ball with a bat/ hockey stick along the ground ➤ I can strike a ball with a bat/ hockey stick at a target ➤ I can strike a ball which has been thrown to me ➤ I can attack and defend when playing a small game 	<ul style="list-style-type: none"> ➤ I can move confidently and safely in space ➤ I can listen to the music before moving ➤ I can copy and repeat actions ➤ I can develop a dance motif (recurring element) and use this throughout the dance ➤ I can put a sequence of actions together to create a dance ➤ I can vary the speed of my actions ➤ I can use simple choreographic devices such as unison (2 or more dancers moving together at the same time), canon (a move that is copied and repeated.) and mirroring. ➤ I can perform a range of actions with some coordination ➤ I can watch and describe performances ➤ I can begin to say how a dance could be improved. 	<p>I am beginning to understand why I need to warm up and cool down.</p> <p>I know what exercise is.</p> <p>I know exercise is important to help us stay healthy</p> <p>I know of a number of things I can do to keep me healthy.</p> <p>I can talk about some of the effects exercise has on my body.</p>

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Year 1



	Gymnastics	Games	Dance	Healthy and active lifestyles
Tier 2 & 3 Vocabulary	Heartbeat Log roll Tuck roll Teddy bear roll Dish Arch Jump Land pathways	Cooperate Team Throw Catch Strike aim Underarm Overarm Coordination Speed Direction receive Dribble dodge	Motif Choreograph Canon Mirroring Unison sequence	Active Healthy Exercise warm up cool down heartbeat muscles
Resource Links	First grade sports gymnastics	Planning from First Grade sports – see P.E folder on the server. Planning for uni hoc/ tennis skills – see P.E folder on the sever.		Online resources Jumpstart Johnny Go noodle Dough disco Cosmic yoga

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Year 2



	Gymnastics	Games	Dance	Healthy & active lifestyles
Year 2	<ul style="list-style-type: none"> ➤ I can travel along a pathway in different ways using high, low, narrow and wide shapes. ➤ I can perform a log roll and know to keep my legs together with pointed toes, use straight arms. ➤ I can perform a tuck roll and know how to start with my arms out and bring them into a tuck to roll. ➤ I can perform a pencil jump and land safely ➤ I can perform a star jump and land safely. ➤ I know how to land safely by bending my knees and landing in a sitting position. ➤ I can perform a front support position ➤ I can perform a back support position. ➤ I can hold my weight on my hands. ➤ I can make up a sequence of 5 moves and remember it to perform on more than one occasion. ➤ I can say what is good about someone's performance. ➤ I can make suggestions for improvements. ➤ I can act on these suggestions to improve my sequence. 	<ul style="list-style-type: none"> ➤ I can move safely around space, showing an awareness of where others are. ➤ I can adjust speed and direction to dodge others and obstacles when moving in space. ➤ I can work with a partner and in a small group. (cooperation) ➤ I can play a small team game ➤ I can compete against myself and others. ➤ I can watch, copy and make improvements on what I have seen when learning a new skill. ➤ I can give simple instructions on how someone can make improvements to the skill they are performing. ➤ I am beginning to understand how to defend / attack ➤ I can use a good running technique (hip to lip, opposite arm to leg) ➤ I can remember, repeat and link combinations of actions (ie javelin throw) <p>Ball skills</p> <ul style="list-style-type: none"> ➤ I can choose how to send a ball to a partner using a variety of ways (throw, roll, bounce pass, one hand, two hands, kick etc) depending on the type of equipment I am using. (ball, beanbag, quoit, scarf) ➤ I can throw and catch a variety of equipment (using underarm, overarm and push passes) ➤ I know how to catch (receive) a ball / other piece of equipment. (hands together in a cup shape, looking at the object, hug once caught) and I can tell others how to do it. ➤ I am beginning to understand how to adjust my body to catch an object. ➤ I can send a ball at different heights and speeds. ➤ I can aim at a stationary or moving target to send a ball/ beanbag etc. ➤ I can track the path of a ball and move to intercept it. ➤ I can dribble a ball in space avoiding other children ➤ I can dribble a ball at different speeds and stop it. ➤ I can return a ball by hitting it when it has been hit to me. ➤ I can hit a ball over a net ➤ I can defend a goal using my feet, hands, hockey stick/bat ➤ I can retrieve a ball when fielding and return it. ➤ I can work with a partner or small team to attack and defend 	<ul style="list-style-type: none"> ➤ I can copy, remember and repeat actions ➤ I can create a short motif inspired by a stimulus. ➤ I can change the speed and level of my actions. ➤ I can use simple choreographic devices such as unison (2 or more dancers moving together at the same time), canon (a move that is copied and repeated.) and mirroring with increasing control ➤ I can use different transitions within a dance ➤ I can move in time to the music ➤ I can improve the timings of my actions ➤ I can perform learnt skills with increasing control ➤ I can perform sequences of my own composition with coordination ➤ I can watch and describe performances ➤ I can use what I see to improve my own performance. ➤ I can talk about the differences between my work and that of others. 	<p>I know why I need to warm up and cool down</p> <p>I can suggest a range of activities to keep me healthy.</p> <p>I know why exercise is important to keep me healthy and can give some reasons why.</p> <p>I know why we breathe faster when we exercise</p> <p>I know my heart beats faster when I exercise and pumps blood around my body</p>

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Year 2



	Gymnastics	Games	Dance	Healthy & active lifestyles
Tier 2 & 3 Vocabulary	Back support Front support Sequence feedback	Sending Receiving Striking Fielding Skills Push pass Attacking Defending Teamwork Cooperation Feedback improvements Direction speed underarm overarm aim target	Motif levels Choreograph transitions Sequence composition Mirroring Unison canon	Heartbeat Pumping Muscles healthy
Resource Links	First grade sports gymnastics folder	Planning from First Grade sports – see P.E folder on the server. Planning for uni hoc/ tennis skills – see P.E folder on the sever.	Planning from first grade sports – see P.E folder on server Some resources in kitchenette Maypole resources – kitchenette Dance ideas – go noodle	Online resources Jumpstart Johnny Go noodle Dough disco Cosmic yoga

* Resources available on the server (Staff > Subject Leadership > P.E)

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