 **PE Progression**

**EYFS links:**

***Physical Development In Reception***

* + Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing
  + Progress towards a more fluent style of moving, with developing control and grace
  + Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming
  + Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor
  + Combine different movements with ease and fluency
  + Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group
  + Develop overall body-strength, balance, co-ordination and agility
  + Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming
  + Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball
  + Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating

***Gross Motor Skills ELG***

* + Negotiate space and obstacles safely, with consideration for themselves and others
  + Demonstrate strength, balance and coordination when playing
  + Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

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| **Gymnastics** | **Y1** | **Y2** | | **Y3** |
| **KS1 PE National Curriculum:** Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities | | **KS2 PE National Curriculum:** Develop flexibility, strength, technique, control and balance | |
| Recognise and copy basic actions – travelling, rolling, jumping and staying still.  Perform different body shapes at different levels, speed and directions.  Hold still shapes and simple balances with some control.  Perform a 2 footed jump landing safely.  Move around, under, over and through different objects and equipment. | Copy and explore and remember actions to link a number of gymnastic actions into own sequence.  Hold a still shape while balancing on different points of the body.  Jump in a variety of ways and land safely with increasing control.  Perform movement phrases using a range of different body parts.  Use equipment in a variety of ways to create a sequence.  Climb on and off equipment safely. | | Copy, explore and remember a variety of movements.  Work independently and with others to create a sequence using own ideas.  Travel in a variety of ways and begin to develop good technique when travelling, balancing.  Describe own work using simple gymnastics vocabulary.  Begin to notice similarities and differences between sequences.  Use turns whilst travelling in a variety of ways.  Begin to show flexibility in movements. |

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| **Dance** | **Y1** | **Y2** | | **Y3** |
| **KS1 PE National Curriculum:** Perform dances using simple movement patterns | | **KS2 PE National Curriculum:** Perform dances using a range of movement patterns | |
| Respond to a range of stimuli.  Perform movement phrases using a range of different body parts.  Copy and repeat actions and vary their speed.  Put a sequence of actions together to create a motif.  Begin to improvise independently to create a simple dance.  Explore, remember and repeat short dance phrases. | Copy, remember and repeat actions to create a motif.  Perform movement phrases using a range of different body parts with control and accuracy.  Explore different speeds and levels of actions.  Put a sequence of actions together with clear beginning, middle and end.  Move in time to music using movements that show rhythm and control. | | Create motifs in response to different stimuli.  Begin to improvise and work cooperatively with a partner to create a simple dance.  Begin to compare and adapt movements and motifs to create a larger sequence.  Use simple dance vocabulary to compare and improve work.  Perform with some awareness of rhythm and expression. |

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| **Games** | **Y1** | **Y2** | | | **Y3** | |
| **KS1 PE National Curriculum:** Use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending | | | **KS2 PE National Curriculum:** Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Participate in team games, developing simple tactics for attacking and defending | | |
| **Striking and hitting a ball** | | | | | |
| Use hitting skills in a game.  Practise basic striking, sending  and receiving. | Strike or hit a ball with increasing control.  Learn skills for playing striking and fielding games.  Position the body to strike a ball. | | | Demonstrate successful hitting and striking skills.  Develop a range of skills in striking (and fielding where appropriate).  Practise the correct batting technique and use it in a game.  Strike the ball for distance. | |
| **Throwing and Catching a ball** | | | | | |
| Throw underarm and overarm.  Catch and bounce a ball.  Use rolling skills in a game.  Practise accurate throwing and consistent catching. | Throw different types of equipment in different ways, for accuracy and distance.  Throw, catch and bounce a ball with a partner.  Use throwing and catching skills in a game.  Throw a ball for distance.  Use hand-eye coordination to control a ball.  Vary types of throw used. | | | Throw and catch with greater control and accuracy.  Practise the correct technique for catching a ball and use it in a game.  Perform a range of catching and gathering skills with control.  Catch with increasing control and accuracy.  Throw a ball in different ways (e.g. high, low, fast or slow).  Develop a safe and effective overarm bowl. | |
| **Games (continued)** | **Y1** | | **Y2** | | | **Y3** |
| **Travelling with a ball** | | | | | |
| Travel with a ball in different ways.  Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency. | | Bounce and kick a ball whilst moving.  Use kicking skills in a game. Use dribbling skills in a game. | | | Move with the ball in a variety of ways with some control.  Use two different ways of moving with a ball in a game. |
| **Passing a ball** | | | | | |
| Pass the ball to another player in a game.  Use kicking skills in a game | | Know how to pass the ball in different ways. | | | Pass the ball in two different ways in a game situation with some success |
| **Possession** | | | | | |
|  | |  | | | Know how to keep and win back possession of the ball in a team game. |
| **Using Space** | | | | | |
| Use different ways of travelling in different directions or pathways.  Run at different speeds.  Begin to use space in a game. | | Use different ways of travelling at different speeds and following different pathways, directions or courses.  Change speed and direction whilst running.  Begin to choose and use the best space in a game. | | | Find a useful space and get into it to support teammates. |
| **Attacking and Defending** | | | | | |
| Begin to use the terms attacking and defending.  Use simple defensive skills such as marking a player or defending a space.  Use simple attacking skills such as dodging to get past a defender. | | Begin to use and understand the terms attacking and defending.  Use at least one technique to attack or defend to play a game successfully. | | | Use simple attacking and defending skills in a game.  Use fielding skills to stop a ball from travelling past them |

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| **Athletics** | **Y1** | **Y2** | **Y3** | |
| **KS1 PE National Curriculum:** Master basic movements including running, jumping and throwing, as well as developing balance, agility and co- ordination, and begin to apply these in a range of activities | | | **KS2 PE National Curriculum:** Use running, jumping and throwing isolation and in combination |
| Perform and practise a variety of athletic movements and apply athletic skills and techniques to a variety of activities.  Show understanding and a basic level of control, combination and consistency when running.  Experiment with different jumping techniques showing control, coordination or consistency throughout.  Develop coordination and balance whilst exploring different running, throwing and jumping techniques.  Develop the distance running technique, understanding the difference between sprinting and running over long distances. | | | Apply and develop a broad range of athletic skills in different ways.  Show control, coordination and consistency when running, jumping and throwing.  Choose the appropriate running speed to meet the demands of the task.  Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.  Combine basic jump actions to form a jump combination, using a controlled jumping technique. |