



PE Progression of skills

	EYFS	Year 1	Year 2
Ball Skills	<p>Move freely using suitable spaces and speed or direction to avoid obstacles.</p>	<p>Explore different ways using a ball. Explore ways to send a ball or other equipment Retrieve and stop a ball using different parts of the body. Play a variety of running and avoiding games. Participate in simple team games.</p> <p>Develop simple attacking and defending techniques Pass and receive a ball in different ways with increased control.</p>	<p>Develop control and accuracy when moving with a ball in a variety of different games. Pass and receive a ball with more control and accuracy.</p> <p>Recognise the best ways to score points and stop points being scored. Recognise how they work best with their partner. Use different rules and tactics for invasion games. Make it difficult for opponents. Keep the ball and find best places to score. Watch others accurately. Describe what they see and ask to copy others' ideas, skills and tactics. Participate in small team games.</p>
Sending and Receiving	<p>Catch a large ball. Demonstrate good control and coordination in large and small movements. Pass a ball: chest pass Kick a ball along the floor less than 10M with the correct technique. Dribble a ball at feet with control</p>	<p>Focus on throwing a ball with control both over and underarm with prompts. Focus on catching a ball from shorter and longer distances, on their own and in groups. Play games based on net games (tennis, badminton). Pass and receive a ball in different ways with control and increased accuracy.</p>	<p>Use their skills to play end to end games, games over a barrier and fielding games. Use their ability to solve problems and make decisions. Watch others and describe what is happening. Talk about what they have done and how they did it. Participate in team games. Pass and receive a ball in different ways with control and increased accuracy. Perform fielding techniques with increased control and coordination.</p>

<p>Gymnastics</p>	<p>Move freely and with pleasure and confidence in a range of ways including, rolling, floor shapes, ways of travel. Experiments with different ways of moving. Jumps off an object and lands appropriately. Stand on one foot to hold a balance.</p>	<p>Learn a variety of basic gymnastic movements. Be still in different body shapes and balances and combine different ways of travelling. Move between mats and small apparatus and change the speed of movement. Handle apparatus safely. Recognise how it feels when the body is tense in a balance. Develop balance, agility, co-ordination of travelling, stillness, jumping, timing, changing shape, direction and size.</p>	<p>Develop short sequences on their own. Use imagination to find different ways of using apparatus. Form simple sequences of different actions using floor and apparatus. Have a clear start, middle and end. Have a clear focus when watching others perform. Say when a movement or skill is performed well (aesthetic appreciation). Describe what they have done and what they have seen. (Make easier or harder. Use advice to improve.) Develop balance, agility and coordination of travelling, stillness, jumping, timing, changing shape, size, direction.</p>
<p>Dance</p>	<p>Move freely and with pleasure and confidence in a range of ways. Experiments with different ways of moving. Complete simple sequences to different stimulus.</p>	<p>Learn basic movements relating to feelings. Learn what makes a good start and finish position in a sequence. Learn how to move their bodies in a variety of ways. Respond to different music showing a range of emotions and stimulus. Perform dance movements and simple sequences using simple movement patterns. Be taught to remember and perform short dance routines to other children (1-8 steps). Participate in country dancing at the Speen village fete.</p>	<p>Use a range of vocabulary to describe moods and how dances make them feel. Perform dances using simple movement patterns with a clear start middle and end. On their own can remember and perform short dance routines to other children (1-8 steps). Evaluate and improve a dance performance by recording and viewing their rehearsals. Participate in country dancing at the Speen village fete.</p>
<p>Fitness</p>		<p>To change direction whilst running. To explore balancing in more challenging activities with some</p>	<p>To demonstrate improved technique when changing direction on the move. To demonstrate increased balance whilst</p>

		<p>success.</p> <p>To explore co-ordination when using equipment.</p> <p>To explore running at different speeds.</p> <p>To explore strength exercises using my own body weight.</p> <p>To improve stamina by moving for longer periods of time and identify how it makes me feel.</p>	<p>travelling along and over equipment.</p> <p>To perform actions with increased control when co-ordinating my body with and without equipment.</p> <p>To demonstrate running at different speeds.</p> <p>To develop strength and demonstrate increased control in body weight exercises.</p> <p>To develop stamina and an ability to work for longer periods of time.</p>
Athletics	<p>Children will be taught how to use their bodies to:</p> <ul style="list-style-type: none"> • Sprint 20M • Jump for height • Jump for distance • Overarm throw • Chest push • Run for longer distance 50M • Participate in Sports day 	<p>Children will be taught how to use their bodies to:</p> <ul style="list-style-type: none"> • Sprint 30M • Jump for height • Jump for distance • Leap hurdles • Overarm throw • Chest push • Run for longer distance 80m • Participate in Sports day 	<p>Children will be taught how to use their bodies to:</p> <ul style="list-style-type: none"> • Sprint 40M • Jump for height • Jump for distance • Leap hurdles • Overarm throw • Chest push • Run for longer distance 100M. • Participate in Sports day