

P.E. Progression of Skills and Knowledge

Reception	Year 1	Year 2
	<p>NC Ref: Pupils should:</p> <ul style="list-style-type: none">• 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. <p>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.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• master basic movements including running, jumping, throwing and catching, as well as• developing balance, agility and coordination, and 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.	
Health & Fitness		
<ul style="list-style-type: none">• Describe how the body feels when exercising.	<ul style="list-style-type: none">• Describe how the body feels before, during and after exercise.• Carry and place equipment safely.	<ul style="list-style-type: none">• Recognise and describe how the body feels during and after different physical activities.• Explain what they need to stay healthy.

Gymnastics		
<ul style="list-style-type: none"> Roll in different ways with control. Travel using a range of body parts. Stretch using different body parts. Jump in a range of ways from one space to another with control. Begin to balance with control. Move around, under, over, and through different objects and equipment. 	<ul style="list-style-type: none"> Create and perform a movement sequence. Copy actions and movement sequences with a beginning, middle and end. Link two actions to make a sequence. Recognise and copy contrasting actions (small/tall, narrow/wide). Travel in different ways, changing direction and speed. Hold still shapes and simple balances. 	<ul style="list-style-type: none"> Copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence. Travel in a variety of ways, including rolling. Hold a still shape whilst balancing on different points of the body. Jump in a variety of ways and land with increasing control and balance. Climb onto and jump off the equipment safely.

<ul style="list-style-type: none">• Combine different movements with ease and fluency.• Develop overall body strength, coordination, balance and agility.	<ul style="list-style-type: none">• Carry out simple stretches.• Carry out a range of simple jumps, landing safely.• Move around, under, over, and through different objects and equipment.• Begin to move with control and care.	<ul style="list-style-type: none">• Move with increasing control and care.
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INVASION GAMES

Using Space

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| <ul style="list-style-type: none">• Move safely around the space and equipment.• Travel in different ways, including sideways and backwards. | <ul style="list-style-type: none">• Use different ways of travelling in a range of directions or pathways.• Run at different speeds.• Begin to use space in a game. | <ul style="list-style-type: none">• Use different ways of travelling at different speeds and following different pathways or directions• Change speed and direction whilst running.• Begin to choose and use the best space in a game. |
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Hitting & Striking a Ball

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| <ul style="list-style-type: none">• Hit a ball with a bat or racquet. | <ul style="list-style-type: none">• Use hitting skills in a game.• Practise basic striking, sending and receiving. | <ul style="list-style-type: none">• Strike or hit a ball with increasing control.• Learn skills for playing striking and fielding games.• Position the body to strike a ball. |
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Throwing & Catching

<ul style="list-style-type: none"> ● Roll different equipment in different ways. ● Throw underarm. ● Throw an object at a target. ● Catch equipment such as balls & beanbags using two hands. 	<ul style="list-style-type: none"> ● Catch from a variety of heights and distances. ● Throw using an underarm motion with two hands. ● Improve catching by using two hands. ● Use hand-eye coordination to control a ball. ● Throw in different ways for accuracy and distance. ● Master an overarm throw to generate power when throwing. ● Use various throws to pass the ball to a partner (chest push, overarm and underarm throw) ● Use hand-eye coordination to control a ball ● Master an overarm throw to generate power. ● Use various throws to pass the ball to a partner (chest push, overarm and underarm) 	<ul style="list-style-type: none"> ● Catch from a variety of heights and distances. ● Throw using an underarm motion with two hands. ● Improve catching by using two hands. ● Use hand-eye coordination to control a ball. ● Throw in different ways for accuracy and distance. ● Master an overarm throw to generate power when throwing. ● Use various throws to pass the ball to a partner (chest push, overarm and underarm throw) ● Develop leadership skills ● Develop speed and agility when throwing and catching ● Throw, catch and bounce a ball with a partner. ● Throw in different ways for accuracy and distance. ● Use throwing and catching skills in a game. ● Understand the rules of the game and play as a team. ● Begin to use and understand the terms attacking and defending. ● Understand the importance of rules in a game. ● Use the skills learnt to shoot at a goal with accuracy and power. ● Work with the team to keep possession of the ball constantly in a game.
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Travelling & Passing a Ball		
<ul style="list-style-type: none"> • Move a ball in different ways, including bouncing and kicking. • Use equipment to control a ball. • Kick an object at a target. 	<ul style="list-style-type: none"> • Travel with a ball in different ways & directions (side to side, forwards and backwards) with control and fluency. • Pass the ball to another player in a game. • Use kicking skills in a game. 	<ul style="list-style-type: none"> • Bounce and kick a ball whilst moving. • Use kicking skills in a game. • Use dribbling skills in a game. • Know how to pass the ball in different ways.
Attacking & Defending		
<ul style="list-style-type: none"> • Play a range of chasing games. 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Begin to use and understand the terms attacking and defending. • Work with the team to keep possession of the ball constantly in a game. • Use the skills learnt to shoot at a goal with accuracy and power.
Tactics and Rules		
<ul style="list-style-type: none"> • Follow simple rules 	<ul style="list-style-type: none"> • Follow simple rules to play games, including team games. • Use simple attacking skills such as dodging to get past a defender. • Use simple defensive skills such as marking a player or defending a space. 	<ul style="list-style-type: none"> • Understand the importance of rules in games. • Use at least one technique to attack or defend to play a game successfully.

DANCE

- Join a range of different movements together. Change the speed of their actions.
- Change the style of their movements.
- Create a short movement phrase which demonstrates their own ideas.
- Control body when performing a sequence of movements.
- Talk about what they have done. Talk about what others have done.

- Copy and repeat actions.
- Vary the speed of their actions.
- Begin to improvise independently to create a simple dance.
- Perform using a range of actions and body parts with some coordination.
- Begin to perform learnt skills with some control.
- Watch and describe performances.
- Begin to say how they could improve.

- Copy, remember and repeat actions.
- Change the speed and level of actions.
- Move in time to music.
- Improve the timing of their actions
- Perform sequences of their own composition with coordination.
- Perform learnt skills with increasing control.
- Compete against self and others.
- Watch and describe performances and use what they see to improve their own performance.
- Talk about the differences between their work and that of others.

ATHLETICS

Jumping

- Jump in a range of ways, landing safely.

- Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.
- Perform a short jumping sequence.
- Jump as high as possible.
- Jump as far as possible.
- Land safely and with control.
- Work with a partner to develop the control of their jumps.

- Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Combine different jumps together with some fluency and control.
- Jump for distance from a standing position with accuracy and control.
- Investigate the best jumps to cover different distances.
- Choose the most appropriate jumps to cover different distances.
- Know that the leg muscles are used when performing a jumping action.

Throwing

- Roll equipment in different ways. Throw underarm.
- Throw an object at a target.

- Throw underarm and overarm.
- Throw a ball towards a target with increasing accuracy.
- Improve the distance they can throw by using more power.

- Throw different types of equipment in different ways, for accuracy and distance.
- Throw with accuracy at targets of different heights.
- Investigate ways to alter their throwing technique to achieve greater distance.