

Saint Margaret Mary's Catholic Infant School

Physical Education Progression

| Programme of Study | Nursery | Reception | Games | Year 1 | Year 2 |
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| | <p>Throwing and Catching Enjoy and explore starting to kick, throw and catch equipment such as tied up bibs, bean bags and balls.</p> <p>Travelling and Movement Begin to develop movements including rolling, crawling, walking, running, jumping, hopping, skipping and climbing.</p> <p>Develop movement, balancing and riding skills (Scooters, trikes and bikes).</p> <p>Go up steps and stairs or climb up apparatus with alternate feet.</p> <p>Using space Have an awareness of space when moving equipment e.g. moving a long plank safely.</p> <p>Striking and fielding Use large muscle movements to wave flags and streamers.</p> <p>Passing a ball Explore kicking and passing balls.</p> | <p>Throwing and Catching Developing bouncing, rolling and throwing underarm using equipment such as tied up bibs, bean bags and balls.</p> <p>Develop confidence and competence when bouncing, throwing and catching independently and begin to accurately throw and catch with a partner.</p> <p>Travelling and Movement Refine movements including rolling, crawling, walking, running, jumping, hopping, skipping and climbing.</p> <p>Using space Negotiate space and obstacles safely with consideration for themselves and others.</p> <p>Striking and fielding Use hand to strike a bean bag or a ball and move towards a scoring area. Begin to use a bat to hit a ball or bean bag. Attempt to stop a large ball sent to them using feet.</p> | | <p>Throwing and Catching Roll and throw underarm (including throwing to a target). Use beanbags, large balls and begin to introduce tennis balls. Practice accurate throwing and consistent catching both independently and with a partner.</p> <p>Travelling with a ball Explore travelling with a ball in different ways and directions (side to side, forwards and backwards) with control and fluency.</p> <p>Using space Use different ways of travelling in different ways or pathways. Travel at different speeds. Begin to use space in a game.</p> <p>Striking and fielding Demonstrate different ways of hitting, throwing and striking a ball. Attempt to track balls and other equipment sent to them. Playing as a fielder and get the ball back to a stop zone. Begin to follow simple game rules.</p> | <p>Throwing and Catching As for Year 1 plus perform a range of throwing actions including overarm and chest pass. Use a variety of different sized balls and equipment and master accuracy and throwing to varying distances.</p> <p>Travelling with a ball Bounce and kick a ball whilst moving. Use kicking and dribbling skills and apply these to a game setting.</p> <p>Using space Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst travelling. Begin to choose and use the best space in a game.</p> <p>Striking and fielding Strike or hit a ball with increasing control. Move to track a ball sent to them. Learn skills for playing striking and fielding games.</p> |

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| | <p>Attacking, defending, tactics and rules</p> <p>Begin to take part in some group activities that they make up for themselves or in teams. Remember rules without needing an adult to remind them.</p> | <p>Develop and refine a range of ball skills including batting and aiming.</p> <p>Passing a ball</p> <p>Develop and refine a range of ball skills including kicking and passing.</p> <p>Attacking, defending, tactics and rules</p> <p>Begin to play structured competitive team games following simple rules.</p> | | <p>Passing a ball</p> <p>Pass the ball to another player in a game beginning to develop some control. Use kicking skills in a game.</p> <p>Attacking, defending, tactics and rules</p> <p>Begin to understand 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 pass a defender. Follow simple rules to play games, including team games.</p> | <p>Position the body to strike a ball.</p> <p>Passing a ball</p> <p>Demonstrate passing the ball in different ways with increasing accuracy and control.</p> <p>Attacking, defending, tactics and rules</p> <p>Begin to understand and use the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully. Understand the importance of rules in games.</p> |
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| | <p>Become increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</p> | <p>Listen attentively, move to and talk about music, expressing their feelings and responses.</p> <p>Explore and engage in music making and dance, performing solo or in groups.</p> <p>Begin to move in time to music.</p> <p>Watch and talk about dance and performing art expressing their feelings and responses.</p> <p>Progress towards a more fluent style of moving with developing control and grace.</p> <p>Combine different movements with ease and fluency.</p> | <p>Dance</p> | <p>Explore the movements of different parts of the body including making body shapes and patterns.</p> <p>To work with and copy a partner's movements and keep in time.</p> <p>Remember and repeat simple movements and dance steps.</p> <p>To move in space safely with others, with an awareness of the body and the space it moves in.</p> <p>To begin to change rhythm, speed, level and direction.</p> <p>To create and perform a simple dance and a group or partnered dance with teacher guidance.</p> <p>To develop poise, balance and coordination while moving and stopping.</p> <p>Link movements to sounds and music combining 2 or 3 actions to create a simple sequence.</p> | <p>As for Year 1 plus: Change rhythm, speed, level and direction in dance.</p> <p>Make a sequence by linking sections together independently or with a partner.</p> <p>Express a mood or feeling, including changes in mood or feeling, through a short dance routine.</p> <p>To create and perform a simple dance and a group or partnered dance applying previously taught skills.</p> |
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| | <p>Continue to develop movement and balanced</p> <p>Go up steps and stairs or climb up apparatus using alternate feet.</p> <p>Stand on one leg and hold a pose for a game like musical statues.</p> <p>Explore whether to crawl, walk or run across a plank depending on its width.</p> | <p>Progress towards a more fluent style of moving with developing control and grace.</p> <p>Combine different movements with ease and fluency.</p> <p>Develop overall body strength, balance, coordination and agility.</p> <p>Confidently and safety use a range of large and small apparatus (bench, platform 1 and 2 and downwards slopes).</p> <p>Develop overall body strength and use their core muscle strength to achieve a good posture.</p> | <p>Gymnastics</p> | <p>Develop a range of different body tension including relaxed, curled and stretched.</p> <p>To be able to balance on one leg, on a small base and perform a seated balance including partner balances.</p> <p>Explore and hold the five basic shapes: straight, tucked, star, straddle and pike, both standing and at floor level.</p> <p>Explore jump variations including star jumps, tuck jumps and bunny hops.</p> <p>Explore a variety of rolls including pencil rolls, tuck rolls and teddy bear rolls.</p> <p>Choose ways to travel between balances, shapes and rolls.</p> <p>Travel over, under and across apparatus (bench, platform 1 and 2, A frame 1, slopes and beams.)</p> <p>Perform a sequence of 2-3 actions using jumps, rolls or shape holds/balances both independently and with a partner.</p> | <p>Building upon the skills learnt in Year 1:</p> <p>Explore different body tension, relaxed, curled and stretched to create a sequence of movements.</p> <p>Use equipment in a variety of ways to create a sequence e.g. Travelling across a bench in different ways.</p> <p>Perform a sequence of 3-4 movements, balances or actions including changes in speed and direction both independently and with a partner.</p> <p>Challenge balance and use of core strength to perform balances on 2/3 or 4 points (e.g. one hand, one foot/ press up position).</p> <p>Explore shape in the air when jumping and landing with control (star shape).</p> <p>Travel over, under and across apparatus (bench, platform 1 and 2, A frame 2, slopes and beams.)</p> <p>Show control at take off and landing and correct dismount using apparatus.</p> |
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| | | | | Show control at take off and landing and correct dismount using apparatus. | |
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| PE Vocabulary List | | |
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| EYFS | Year 1 | Year 2 |
| <p>Movement Rolling, Crawling, Walking, Running, Jumping, Hopping, Skipping, Climbing, Space, Fast, Slow, Co-ordination.</p> <p><i>Throwing & Catching:</i> Throwing, Fast, slow, Catching, Control, Co-ordination, Bounce, Rolling, Body parts.</p> <p>Gymnastics Shape, Curl, Roll, Position, Body parts, Travel, Balance, Jump.</p> <p>Dance <i>Travelling:</i> slither, gallop, shuffle, roll, crawl <i>Actions:</i> lead, follow copy <i>Body parts</i> <i>Co-operation:</i> share, wait, before, after. <i>Direction:</i> forwards, backwards <i>Feeling:</i> happy, excited, sad <i>Body actions</i> e.g. stretching, curling, reaching, twisting, turning <i>Movement:</i> strong, gentle, heavy, floppy <i>Space:</i> between, through, above.</p> <p>Games Walking, Running, Throwing, Fast, slow, Catching, Rolling, Space, Pushing, Patting, Kicking, Bounce, Control, Co-ordination, Bounce, Body parts.</p> <p>Ball Skills</p> | <p>Gymnastics EYFS plus... Stretch, balance, tension, zig-zag, travelling, jumping, climbing, repeat, sequence, space, perform, adapt, direction, speed, levels, Landing <i>Shapes:</i> Pike, Star, Straddle, Straight, Tuck, <i>Health and fitness:</i> warm up/ cool down</p> <p>Dance EYFS plus... <i>Travel and stillness:</i> gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue. <i>Direction:</i> forwards, backwards, sideways <i>Space:</i> near, far, in and out, on the spot, own, beginning, middle end. <i>Mood and feelings:</i> happy, angry, calm, excited, sad, lonely <i>Body actions</i> Levels high, medium, low <i>Speed</i> - fast, slow <i>Pathways:</i> curved, zigzag <i>Rhythm Co-ordination</i> Pattern Stimulus Copy <i>Health and fitness:</i> warm up/ cool down.</p> <p>Games EYFS plus... Running, Jumping, Rolling, Striking, Throwing, Bouncing, Catching, Space, Opposite team, Speed, Direction, Passing, Controlling, Shooting, Scoring, Co-ordination, Participate. <i>Health and fitness:</i> warm up/ cool down.</p> | <p>Gymnastics Year 1 plus... Speed, Compose, Movements, Position, Extend, Travel, Combinations, Demonstrate, Repeat, Create, Stretch, Point, Balance, Level, Tension, Smooth, Sequence, <i>Shapes:</i> pike, star, straddle, top to toe, tuck <i>Health and fitness:</i> warm up/ cool down</p> <p>Dance Year 1 plus... Movement, Control, Speed, Level, Sequence, Unison, Cannon, <i>Travel and stillness:</i> gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue <i>Direction:</i> forwards, backwards, sideways <i>Space:</i> near, far, in and out, on the spot, own, beginning, middle, end, <i>Mood and feelings:</i> happy, angry, calm, excited, sad, lonely <i>Body actions</i> <i>Levels:</i> high, medium, low <i>Speed:</i> fast, slow <i>Pathways:</i> curved, zigzag, <i>Rhythm Co-ordination</i>, Pattern Stimulus <i>Health and fitness:</i> warm up/ cool down</p> |

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| <p>Kicking, Passing, Control, Co-ordination, Aim, Batting, Teamwork.</p> <p>Athletics Rolling, Crawling, Walking, Running, Jumping, Hopping, Skipping, Climbing, Space, Fast, Slow, CO-ordination.</p> | | <p>Games Year 1 plus... Avoiding, Accuracy, Tracking a ball, Travelling, Rolling, Striking, Overarm throw, Chest pass, Bounce pass, Bouncing, Catching, Speed, Direction, Passing, Controlling, Co-ordination, Technique, <i>Health and fitness: warm up/ cool down</i></p> |
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