



Progression of Knowledge and Skills

Subject: Physical Education

Curriculum Leader: Gareth McGovern

	Reception	Year 1	Year 2
<ul style="list-style-type: none"> Awareness and understanding of the importance of Health and Fitness 	<ul style="list-style-type: none"> Describe how our body feels during a physical activity. 	<ul style="list-style-type: none"> Describe how my body feels before, during and after an activity. Explain how we can exercise safely. 	<ul style="list-style-type: none"> Demonstrate how to exercise safely. Describe how my body feels during different activities. Explain what my body needs to keep healthy.
<ul style="list-style-type: none"> Agility, Balance and Co-ordination – static to travelling. 	<ul style="list-style-type: none"> Stand on the spot, drive arms forwards and backwards, keeping body still and straight. March on the spot and drive arms at the same time. Run on the spot, lifting knees up, touching heels to bottom. Run on the spot, touching heels to bottom. Stand on the spot, touching left toe forward and then right toe. Repeat but this time touch to the side. 	<ul style="list-style-type: none"> Side-step in both directions. Gallop, leading with either foot. Hop on either foot. Skip. Stand still for 10 seconds. Walk forwards with fluidity and minimum wobble. Walk backwards with fluidity and minimum wobble. Balance with both hands/ feet down. Balance with 1 hand/2 feet down. Balance with 2 hands/1 foot down. 	<ul style="list-style-type: none"> Combine side-steps with 180°. Front pivots off either foot. Combine side-steps with 180°. Reverse pivots off either foot. Skip with knee and opposite elbow at 90° angle. Hopscotch forwards and backwards, hopping on the same leg (right and left). Stand still for 30 seconds. Complete 5 mini-squats. Jump from 2 feet to 2 feet with quarter turn in both directions.

	<ul style="list-style-type: none"> • Bounce on 1 leg on the spot and then the other leg. • Swing arms and bend knees on the spot. • Hold onto something and jump. • Jump up, bending knees to take off and then bending knees to land. • Jump up and down on the spot in time with a beat. • Jump forwards and then backwards. • Jump from side to side. • Jump up and land first using 1 foot and then 2 feet. • Jump in time with a partner. 	<ul style="list-style-type: none"> • Balance with 1 hand/ 1 foot down. • Balance with 1 hand or 1 foot down. • Balance with no hands or feet down. • Stand on line with good stance for 10 seconds. • Walk forwards with fluidity and minimum wobble. • Walk backwards with fluidity and minimum wobble. • Sit holding hands with toes touching, lean in together then apart. • Sit holding 1 hand with toes touching, lean in together then apart. • Sit holding hands with toes touching and rock forwards, backwards and side-to-side. 	<ul style="list-style-type: none"> • Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot). • Pick up a cone from one side, swap hands and place it on the other side. • Return the cone to the opposite side. • Walk fluidly, lifting knees to 90°. • Walk fluidly, lifting heels to bottom. • Stand on low beam with good stance for 10 seconds.
<ul style="list-style-type: none"> • Agility, Balance and Co-ordination (Gymnastics specific, applying skills when using apparatus and equipment) 	<ul style="list-style-type: none"> • Learn star and tuck shapes • Explore star, tuck and straight shapes using low apparatus. • Explore star, tuck and straight shapes using large apparatus. • Explore travelling movements on feet using low apparatus (avoiding obstacles in spaces). 	<ul style="list-style-type: none"> • Learn tuck, star and straight (dish and arch) shapes • Straight shapes; keep a straight line from feet to head. Keep stomach and bottom squeezed tight. Keep legs and feet together. 	<ul style="list-style-type: none"> • Perform points and patches balances. • Explore point and patch balances using low apparatus. • Explore point and patch balances using large apparatus. • Learn more complex travelling movements using feet, adding

	<ul style="list-style-type: none"> • Learn correct landing technique using low apparatus. • Explore jumping down from various heights off apparatus. • Learn different rolls (rotation). • Explore rolls and spins using low apparatus. • Explore rolls and spins using different apparatus. 	<ul style="list-style-type: none"> • Learn pike and straddle shapes and explore tuck, star and straight shapes using low apparatus. • Explore the 5 key gymnastic shapes using large apparatus. • Learn travelling movements using different parts of the body. • Explore travelling movements with different parts of the body using low apparatus. • Explore travelling movements with different parts of the body using large apparatus. • Learn different types of jumps (flight) and landing. • Explore different jumps using low apparatus. • Learn different rotations, rolls and spins. 	<p>variety by combining with hand apparatus.</p> <ul style="list-style-type: none"> • Explore more complex travelling movements using large apparatus. • Learn different types of jumps and leaps. • Explore jumps and leaps using a skipping rope and begin to develop a sequence. • Perform sequences of jumps and leaps using a skipping rope. • Learn different rolls and spins. • Explore rolls and spins using low apparatus and begin to develop a sequence. • Perform sequences of rolls and spins using low apparatus.
<ul style="list-style-type: none"> • Agility, Balance and Co-ordination (dance specific, applying skills to movement to music) 	<ul style="list-style-type: none"> • Create and link some movements together. • Begin to understand and explore some movements from the lesson. • Understand the shapes we have made with our bodies. 	<ul style="list-style-type: none"> • Create and develop actions and movements that travel and change direction and speed. • Link 2 movements together to begin a sequence. • Use imagination when creating actions and ideas. 	<ul style="list-style-type: none"> • Create and perform short dance sequences to music using travel, turn, jump, gesture and levels. • To show how to exercise safely. • Link 2 or more movements together to begin a sequence. • Use imagination when creating actions and ideas.

		<ul style="list-style-type: none"> • Work with a partner or small group to copy or create a formation for the movements. • Demonstrate more control in a variety of movements. • Use shapes and moving between shapes to explore different music. • Explore and creating different ways of responding to music. • Change the dance depending on the different music being played. • Count out loud or in head to the beat of the music. • Make our own body do exactly what the music does. • Make our body do the opposite of what the music does, for example, move fast to slow music and slowly to fast music. • Think how the music makes me feel before starting to move. • To be able to perform basic movements to music and to build a simple themed dance focusing on Rain-forests. • Explore combining skills such as travelling and jumping, turning on different levels. 	<ul style="list-style-type: none"> • Work with a partner or small group to copy or create a formation for the movements. • Demonstrate more control in a variety of movements. • To explore body shapes, one of the basics of the movement of dance. • Exploring different standing and floor shapes. • Finding interesting and inventive ways of moving between standing and floor shapes. • Putting shapes into a repeatable sequence. • Exploring standing and floor shapes with a partner. • Finding interesting and inventive ways of moving between the standing and floor shapes with a partner. • Using partner shapes and moving between shapes with a partner to create a sequence of movement that can be remembered and repeated. • Exploring circles.
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<ul style="list-style-type: none"> • Agility, Balance and Co-ordination (ball skills specific) 	<ul style="list-style-type: none"> • Ball skills- throwing and catching. 	<ul style="list-style-type: none"> • Sit and roll a ball along the floor around body using 2 hands. 	<ul style="list-style-type: none"> • Sit and roll a ball up and down legs and round upper body using 1 hand.

	<ul style="list-style-type: none"> • Ball skills aiming, dribbling, pushing, throwing & catching, patting, or kicking. • Roll large ball and collect the rebound. • Roll small ball and collect the rebound. • Throw large ball and catch the rebound with 2 hands. • Stand on line with good stance for 10 seconds. • React and catch large ball dropped from shoulder height after 2 bounces. 	<ul style="list-style-type: none"> • Sit and roll a ball along the floor around body using 1 hand (right and left). • Sit and roll a ball down legs and around upper body using 2 hands. • Stand and roll a ball up and down legs and round upper body using 2 hands. • From 1, 2 and 3 metres: react and catch large ball dropped from shoulder height after 2 bounces. • React and catch large ball dropped from shoulder height after 1 bounce. • Roll a ball, chase and collect it in balanced position facing opposite direction. • Chase a ball rolled by a partner and collect it in balanced position facing opposite direction. 	<ul style="list-style-type: none"> • Stand and roll a ball up and down legs and round upper body using 1 hand.
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PE Key Vocabulary Progression

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Reception	Year 1	Year 2
<ul style="list-style-type: none"> • Exercise • Safety • Healthy • Stand • March • Walk • Run • Lift • Forwards • Backwards • Bounce • Jump • Swing • Land • Star • Tuck • Straight • Travelling • Roll 	<ul style="list-style-type: none"> • During • After • Hop • Skip • Side-step • Gallop • Balance • Wobble • Fluidity • Dish • Arch • Pike • Straddle • Apparatus • Flight • Rotations • Spins • Actions • Directions 	<ul style="list-style-type: none"> • Demonstrate • Describe • Explain • Combine • Front pivots • Reverse pivots • Hopscotch forwards • Hopscotch backwards • Squats • Quarter turn • Freeze • Swap hands • Walk fluidly • Points balance • Patch balance • Variety • Leaps • Develop a sequence • Spins

<ul style="list-style-type: none"> • Spin • Shape • Aim • Dribble • Push • Throw • Catch • Pat • Kick • Rebound • Stance • Collect 	<ul style="list-style-type: none"> • Speed • Imagination • Beat • Turn • Demonstrate • Communicate • Perform • Improve • Along • Around • Shoulder height • Opposite • Chase 	<ul style="list-style-type: none"> • Gesture • Levels • Variety • Standing shape • Floor shape • Repeatable sequence • Inventive • Partner shapes • Circles • Angles • Silk moves • Linking • Evenly responsible • Multi-staged themed dance • Travel and change direction • Copy • Upper body
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