

Curriculum Skills and Progression Map

PE



Early Years Foundation Stage	Key Stage One
<p>Physical Development</p> <p>Moving and handling Early Learning Goal</p> <ul style="list-style-type: none">● Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing <p>Health & Self Care Early Learning Goal</p> <ul style="list-style-type: none">● Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently	<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

	Games	Athletics	Dance	Gymnastics	Swimming & Water Safety
Early Years Foundation Stage	<ul style="list-style-type: none"> ● Play ball games in both pairs and small groups 	<ul style="list-style-type: none"> ● Experience races using different ways of moving 	<ul style="list-style-type: none"> ● Learn some simple dances ● Create their own dances 	<ul style="list-style-type: none"> ● Copy and remember actions ● Explore balance ● Travel in different ways ● Explore different rolls 	
Year 1	<ul style="list-style-type: none"> ● Practice skills associated with simple games (coordination, throwing and catching) ● Work cooperatively in teams 	<p>Running</p> <ul style="list-style-type: none"> ● To run with control <p>Jumping</p> <ul style="list-style-type: none"> ● Be aware of different jumps ● Be aware of safe jumping (bent knee) ● Perform 5 basic jumps (2-2, 2-1, 1-2, 1-1, same foot, 1 -1 landing on the other foot) <p>Throwing</p> <ul style="list-style-type: none"> ● Throw into targets ● Perform a range of throwing actions e.g. overarm and underarm ● Explain a successful throw 	<p>Compose</p> <ul style="list-style-type: none"> ● Copy some moves ● Remember a short dance <p>Perform</p> <ul style="list-style-type: none"> ● Move spontaneously showing some control and co-ordination ● Move with rhythm in the above actions ● Demonstrate good balance ● Move with confidence when walking, hopping, jumping, landing <p>Appreciate</p> <ul style="list-style-type: none"> ● Respond to own work and that of others when exploring ideas, feelings and preferences ● Recognise the changes in the body when dancing and how this can contribute to keeping healthy 	<p>Sequencing</p> <ul style="list-style-type: none"> ● To copy and remember actions ● Travel in different ways ● Create a sequence with a partner <p>Balance</p> <ul style="list-style-type: none"> ● Stand and sit “like a gymnast” ● Explore balance on front and back so that extended arms and legs are held off the floor (arch and dish shapes respectively) <p>Travel</p> <ul style="list-style-type: none"> ● To explore different ways of moving <p>Jump</p> <ul style="list-style-type: none"> ● To jump in a variety of ways and land with some control and balance <p>Roll</p> <ul style="list-style-type: none"> ● To develop control in different rolls ● Pencil roll – from back to front keeping body and limbs in straight shape ● Egg roll – lie on side in tucked shape, holding knees tucked into chest roll onto back and 	

				<p>onto other side. Repeat to build up core strength ●Dish roll – with extended arms and legs off the floor, roll from dish to arch shape slowly and with control</p> <ul style="list-style-type: none"> ● Begin forward roll (crouch in tucked shape, feet on floor, hands flat on floor in front. Keep hands and feet still, raise hips in the air to inverted ‘V’ position 	
<p>Year 2</p>	<ul style="list-style-type: none"> ● Develop tactics ● Pass to teammates at appropriate times ● Follow the rules of the game and play fairly 	<p>Running</p> <ul style="list-style-type: none"> ● Show differences in running at different speed and jogging ● Use different techniques to meet challenges ● Describe different ways of running <p>Jumping</p> <ul style="list-style-type: none"> ● Describe different ways of jumping ● Explain what is a successful jump <p>Perform combinations of (2-2, 2-1, 1-2, 1-1, same foot, 1 -1 landing on the other foot)</p> <p>Throwing</p> <ul style="list-style-type: none"> ● Describe different ways of throwing ● Can throw a variety of objects, changing their action for accuracy and 	<p>Compose</p> <ul style="list-style-type: none"> ● Use own ideas to create dance sequence <p>Perform</p> <ul style="list-style-type: none"> ● Move with rhythm in the above actions ● Demonstrate good balance ● Co-ordinate arm and leg actions (e.g. march and clap) ● Interact with a partner (e.g. holding hands, swapping places, meeting and parting) <p>Appreciate</p> <ul style="list-style-type: none"> ● Respond to own work and that of others when exploring ideas, feelings and preferences 	<p>Sequencing</p> <ul style="list-style-type: none"> ● Perform gymnastic sequence with a balance, a travelling action, a jump and a roll ● Teach sequence to a partner and perform together <p>Balance</p> <ul style="list-style-type: none"> ● Develop balance by showing good tension in the core and tension and extension in the arms and legs, hands and feet ● Develop balance on front and back so that extended arms and legs are held off the floor (arch and dish shapes respectively) <p>Travel</p> <ul style="list-style-type: none"> ● Begin to travel on hands and feet (hands flat on floor and fully extend arms) ● Monkey walk (bent legs and extended arms) ● Caterpillar walk (hips raised so legs as well as arms can be fully extended. 	<ul style="list-style-type: none"> ● Perform safe self-rescue in different water based situations ● Swim competently, confidently and proficiently over a distance of at least 25 metres ● Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke

		distance as required	<ul style="list-style-type: none">●Recognise the changes in the body when dancing and how this can contribute to keeping healthy	Keep hands still while walking feet towards hands, keep feet still while walking hands away from feet until in front support position) <ul style="list-style-type: none">● Bunny hop (transfer weight to hands) Jump <ul style="list-style-type: none">● To explore shapes in the air and show control when jumping and landing e.g. star jump Roll <ul style="list-style-type: none">● To develop control in different rolls● Pencil roll – from back to front keeping body and limbs in straight shape● Egg roll – lie on side in tucked shape, holding knees tucked into chest roll onto back and onto other side. Repeat to build up core strength●Dish roll – with extended arms and legs off the floor, roll from dish to arch shape slowly and with control● Begin forward roll (crouch in tucked shape, feet on floor, hands flat on floor in front. Keep hands and feet still, raise hips in the air to inverted ‘V’ position	
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