

PE Progression of Skills

The document below demonstrates how we structure and sequence our PE curriculum across the school to ensure our pupils gain a rich and wide range of mathematical skills, knowledge and vocabulary, effectively built upon year on year.

Year Group	Dance:	Gymnastics:	Games	Healthy lifestyles and Safety:
EYFS	<p>Recognise repeated sound patterns and match movements to music.</p> <p>Copy simple body movements and dance steps to music.</p> <p>Make simple shapes with their bodies. e.g. stretched, curled.</p> <p>Travel on feet in a variety of ways, e.g. skip, hop.</p> <p>Be aware of the space around them and move safely around the room.</p> <p>Follow simple instructions to change direction, speed or level.</p> <p>Move and “freeze” with control.</p> <p>Describe the music in simple terms, e.g. happy music, sad music.</p>	<p>Using the floor and apparatus:</p> <p>Copy and experiment with different ways of moving and balancing.</p> <p>Hold simple balances and body shapes.</p> <p>Change direction and pathway with awareness of others.</p> <p>Perform a range of simple high and low, quick and slow movements.</p> <p>Travel, jump, turn and balance with basic control and awareness.</p> <p>Perform simple jumps, taking off and landing safely with basic control.</p> <p>Balance with basic control.</p> <p>Link 2 simple combinations of movements and shapes.</p>	<p>Work individually and begin to work with a partner.</p> <p>Use a range of small and large equipment with some control, e.g. bean bags, balls, hoops.</p> <p>Throw, catch and bounce a large ball to oneself with basic control.</p> <p>Aim with some control between, in, at and over targets.</p> <p>Roll and kick a large ball to a partner or a target with some control and accuracy.</p> <p>Steer a ball along the ground using apparatus with some control.</p> <p>Cooperate with others and take turns with equipment.</p> <p>Show some control when adjusting speed and direction, showing an awareness of others.</p> <p>Follow the rules of a simple game.</p>	<p>Listen to instructions and engage with the activity</p> <p>Understand that exercise helps to keep us healthy.</p> <p>Develop positive attitudes towards a healthy lifestyle.</p> <p>Navigate and negotiate space safely with a basic awareness of others.</p> <p>Name and use different parts of their bodies.</p> <p>Share space and equipment/apparatus safely with others.</p> <p>Work sensibly and cooperatively with other children and equipment.</p> <p>Start and stop on a given signal.</p> <p>Dress and undress independently for PE lessons.</p>

Year Group	Dance:	Gymnastics:	Games	Healthy lifestyles and Safety:
1	<p>Copy and perform basic movements and body patterns to music.</p> <p>Remember and repeat simple movements and dance steps.</p> <p>Links movements to sounds and music with awareness of timing.</p> <p>Respond to a range of stimuli, moving with confidence and imagination.</p> <p>Change direction, speed and level during travelling moves.</p> <p>Move different body parts in a controlled way when stationary.</p> <p>Express and communicate ideas, thoughts and feelings through movement.</p> <p>Describe a short dance using appropriate vocabulary.</p>	<p>Using the floor and apparatus:</p> <p>Copy and perform basic movements and balances with some control and coordination.</p> <p>Hold different body shapes.</p> <p>Change direction, level and pathway with some control.</p> <p>Travel, jump, turn and balance with some control.</p> <p>Perform simple jumps and rolls.</p> <p>Balance with some control.</p> <p>Link 2-3 simple combinations of movements and shapes with flow and control.</p> <p>Choose and use simple compositional ideas by creating and performing short sequences.</p>	<p>Work individually and with a partner.</p> <p>Perform a range of throws with large apparatus with some accuracy of direction and speed.</p> <p>Receive a ball from a partner with basic control.</p> <p>Use hand-eye coordination to catch and strike large pieces of equipment.</p> <p>Participate in simple 1 on 1 games.</p> <p>Aim consistently between, in, at and over targets.</p> <p>Bounce and catch a ball with a degree of control.</p> <p>Show a degree of control when sending and receiving a range of equipment.</p> <p>Steer a ball in a controlled way using apparatus.</p> <p>Follow and understand the rules of simple games.</p>	<p>Use equipment safely and responsibly with awareness of others.</p> <p>Understand the importance of exercise for a healthy lifestyle.</p> <p>Navigate and negotiate space safely and start and stop on a signal.</p> <p>Recognise changes that happen to the body during exercise</p>

Year Group	Dance:	Gymnastics:	Games	Healthy lifestyles and Safety:
2	<p>Link together dance moves in time to the music with clear control with some understanding of the mood and feeling.</p> <p>Copy, remember and repeat a short sequence of dance steps.</p> <p>Add changes of direction, height and speed to a sequence in time with the music.</p> <p>Move different body parts in a controlled way when stationary and moving.</p> <p>Responds imaginatively to stimuli.</p> <p>Improvise to an idea showing sensitivity.</p> <p>Describe dance phrases and expressive qualities.</p>	<p>Using the floor and apparatus:</p> <p>Choose and link together a number of gymnastic actions into a sequence and perform with flow and control.</p> <p>Travel, jump, turn and balance with control.</p> <p>Use equipment in a variety of ways to create a sequence</p> <p>Link travelling moves that change direction, level, pathway and speed.</p> <p>Hold different body shapes with body tension.</p> <p>Balance on isolated parts of the body using the floor or apparatus and hold balance.</p> <p>Develop a range of simple gymnastic moves e.g. rolls, jumps.</p> <p>Explore ways of travelling around on large apparatus.</p> <p>Take off from different positions.</p>	<p>Work individually, with a partner and in small teams.</p> <p>Send and receive with consistency, coordination and control using a variety of equipment.</p> <p>Demonstrate accuracy when using hands and feet in different ways to pass and aim.</p> <p>Understand and use simple tactics.</p> <p>Throw, catch and bounce when in a stationary position or moving around the playing area and aiming at a target.</p> <p>Use hand-eye coordination to catch and strike smaller pieces of equipment.</p> <p>Begin to develop own games with peers. Invent rules and explain how they can improve their game.</p> <p>Understand how to make up rules and score points.</p> <p>Identify and use simple attacking and defending strategies.</p> <p>Understand and use a range of strategies to make games harder.</p>	<p>Use equipment safely and responsibly with due regard for others.</p> <p>Understand and explain the benefits of the importance of exercise for a healthy lifestyle</p> <p>Navigate and negotiate space safely and with good awareness, and start and stop on a given signal.</p> <p>Recognise and describe changes that happen to the body during exercise</p> <p>Understand the purpose and importance of warm up and cool down.</p>

Key Vocabulary: EYFS

Dance:	Gymnastics:	Games:	Healthy lifestyles and Safety:
<p>Move Freeze In time Still Jump Turn Skip Hop Rhythm Beat Faster Slower High Low Forwards Sideways Backwards</p>	<p>Jump, Bounce Balance, Travel, Roll Take off Land Space, Straight, Curved, Zig zag Turn Forwards, Backwards Sideways, Low, high Quick, slow Curled, stretched Wide, narrow Direction, Pointed, stretched Rock, roll Names of apparatus, e.g. mats, bench,</p>	<p>Names of equipment, e.g. ball, bean bag, bat, hoop. Throw Catch Kick Hit Aim</p>	<p>Healthy Fit Exercise Stop Space Safely Names of body parts e.g. arms, legs.</p>

Key Vocabulary: Key Stage 1

Dance:	Gymnastics:	Games:	Healthy lifestyles and Safety:
Sequence Movement Timing Travel Stillness Gesture Jump Turn Rhythm Beat Speed Level Direction	Travel, Jump Balance, Roll Space Pathway, Straight, Curved, Zig zag Twist, Spin, Turn Forwards, Backwards Sideways, Diagonally Low, medium, high Curled, stretched Wide, narrow Pattern, Sequence Direction, Level, Speed Pointed, stretched Rock, roll Bounce, Jump, Land Names of rolls. Names of jumps e.g. star jump, tuck jump Names of apparatus, e.g. mats, bench, trestles	Throw Catch Kick Send Receive Dribble Hit Strike Field Net Court Aim Tactic Score	Health Fitness Pulse Exercise Muscles Breathing Heart rate Sweaty Hot

