

PE Progression YR →Y1→Y2

Objectives

Key ideas

Activities

Next steps/Things to do

Area of learning.	Early Years	Year 1	Year 2
EYFS/ N.C objectives	<p><u>2021 Early Development Matters</u></p> <ul style="list-style-type: none"> • Develop a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement. • Support children to develop their core strength, stability, balance, spatial awareness and agility by creating games both indoors and outdoors. • Encourage the development of Gross Motor Skills to develop healthy bodies and social and emotional wellbeing. • Encourage the development of Fine Motor Skills to develop precision and hand-eye coordination, linked to early literacy. <p><u>National Curriculum Aims</u></p> <ul style="list-style-type: none"> • Develop skills in a range of physical activities • Are physically active for sustained periods of time • Engage in competitive sports and activities • Lead healthy, active lives. <p><u>KS1 Content</u></p> <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, 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. • Yoga 		

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Physical Literacy	Autumn 1 & 2	Autumn 1	Throughout
Gymnastics	Spring 1- Develop skills in a range of physical activities. Motivate children to be active through games such as follow the leader.	Autumn 2- Develop skills in a range of physical activities. Are physically active for sustained periods of time. Listen and follow instructions.	Autumn 2 - Develop skills in a range of physical activities. Are physically active for sustained periods of time Develop short sequences on their own.

Experiments with different ways of moving.

Jumps off an object and lands appropriately.

Children show good control and co-ordination in large and small movements.

They move confidently in a range of ways, safely negotiating space.

Develop core strength.

Listen and following instructions

Understanding body parts.

Jumping games, rolling, shape formations.

Autumn 1

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Develop balance, agility and co-ordination.

Jumping in different directions

Change the speed of movement.

Jumping relays, balancing bean bags on different parts of body. One point balances.
Dance

Throughout

Based on teacher judgement, children who still need support with gross motor skills and hand and eye coordination will receive support where necessary in lessons and additional 1:1 support if possible.

Spring 1-

Develop skills in a range of physical activities.

Motivate children to be active through games such as follow the leader.

Autumn 2-

Develop skills in a range of physical activities.

Are physically active for sustained periods of time.

Listen and follow instructions.

Autumn 2 -

Develop skills in a range of physical activities.

Are physically active for sustained periods of time

Develop short sequences on their own.

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	<p>Learning the names of the core shapes per lesson and why they are important.</p> <p><i>Help with posture, core strength.</i></p> <p>Learning what each shape needs to be successful.</p> <p>Following instructions.</p> <p>Musical tucks, Simon says, parachute games.</p> <p>Summer 2 – revisit and moved with levels.</p>	<p>Learn a variety of gym actions applying them to a routine.</p> <p>Hold different body shapes and balances and combine different ways of travelling.</p> <p>Develop balance, co-ordination of travelling, shapes and size.</p> <p>Recap over shapes through games, then build up into a routine. Yoga for this all too.</p> <p>Spring 1</p> <p>Engage in competitive sports and activities</p> <p>Children apply their skills taught in previous term and apply them in PBE gym competition and core shapes on apparatus (wall bars, benches).</p> <p>How to move safely between each piece of apparatus.</p> <p>Know how to leave apparatus safely.</p> <p>Children to create own routines using variety of equipment.</p>	<p>Have a clear start, middle and end.</p> <p>Explore with partner, mirror images.</p> <p>Self-assess own and others performance.</p> <p>Continue to develop balance and co-ordination of travelling, timing, jumping, transition into shapes and sizes.</p> <p>Learn more complex shapes, rolls, transitions from each, performing to others.</p> <p>Spring 1</p> <p>Engage in competitive sports and activities</p> <p>Continue to develop from Autumn 1</p> <p>Children apply all their skills taught in previous term and apply them in PBE gym competition and on apparatus</p> <p>Children to create own routines using variety of equipment, creating different shapes.</p> <p>Use creative imagination to perform different routines.</p> <p>Self- assess performances.</p>
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			<p>Create and self-assess own routines Challenge to create shapes on wall bars.</p> <p>Applying shapes and routines on range of equipment.</p>
Dance	<p>Autumn 2 , Spring 2, Summer 1 Experiments with different ways of moving</p> <p>Experiment moving in different ways on equipment and jump landing safely.</p> <p>Showing emotion and moving in different ways.</p> <p>Following and listening to instructions.</p> <p>Show high and low movements</p> <p>Move confidently in a range of ways, safely negotiating space.</p> <p>Follow small routine based on topic. Step by step routine.</p>	<p>Autumn 1 Perform dances using simple movement patterns.</p> <p>Perform a longer routine.</p> <p>Use listening skills to follow instructions.</p> <p>Create high and low body shapes.</p> <p>Express feelings during performance (facial expressions)</p> <p>Display simple movement patterns.</p> <p>Class decide key features to dance and use props if necessary.</p> <p>Spring 1- Summer 2 Perform dances using simple movement patterns. For a longer period of time</p> <p>Continue to gain confidence and experience to develop from Autumn 1.</p>	<p>Autumn 1, Autumn 2 Perform dances using simple movement patterns.</p> <p>Following instructions</p> <p>Moving to the beat</p> <p>Telling a story through dance- linking to gymnastics can they include core shapes in their routine?</p> <p>Self-assess own performance</p> <p>Children to create different scenes in groups to add to whole class dance.</p> <p>Spring 2, Summer 2 Perform dances using simple movement patterns.</p> <p>Evaluate and improve a dance performance by recording and viewing their rehearsals.</p>

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		<p>Awareness of performance to an audience.</p> <p>Begin to reflect on how they can make it better.</p> <p>Carry out dance with teacher guidance and give 2 stars and a wish from others. Begin to create your own freeze frame independently.</p>	<p>Use a range of vocabulary to describe moods and how dances make them feel.</p> <p>Remember and repeat simple dance phrases. Perform dances using simple movement patterns</p> <p>Perform to other classes, understanding the purpose of dance.</p>
Multi-skills	<p>Spring 2-</p> <p>Motivate children to be active through games such as follow the leader.</p> <p>Why do we do PE?</p> <p>Understanding healthy lifestyle</p> <p>Moving in different ways</p> <p>Learning how to run and control movements</p> <p>Matching movement to feelings</p> <p>Moving like different animals, basic throwing and catching to partners.</p>	<p>Spring 2-</p> <p>Team Games- Engage in competitive sports and activities.</p> <p>Participate in team games.</p> <p>Play a variety of different games.</p> <p>Understanding winning and losing.</p> <p>Team Games and equipment challenges</p> <p>Handball- Participate in team games, developing simple tactics for attacking and defending</p> <p>How to move to find space.</p> <p>Moving when holding a ball.</p> <p>Learning how to throw and catch (sending and receiving)</p>	<p>Autumn 1-</p> <p>Golf- Develop skills in a range of physical activities</p> <p>Perform fielding techniques with increased control and co-ordination.</p> <p>Use information to improve their work.</p> <p>Choose, use and vary simple tactics.</p> <p>.Tri Golf-putting and chipping activities.</p> <p>Spring 1 and 2</p> <p>Handball- Participate in team games, developing simple tactics for attacking and defending.</p> <p>Use different rules and tactics for invasion games.</p>

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	<p>Summer 1- Sports Day</p> <p>Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Motivate children to be active through games such as follow the leader.</p> <p>Participate in Sports day and physical activities that are included within this using a variety of equipment, taking turns and celebrating other's successes.</p> <p>Over and under, through the arches, javelin, running races.</p> <p>Summer 2</p> <p>Experiments with different ways of moving.</p> <p>Jumps off an object and lands appropriately.</p> <p>Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Motivate children to be active through games such as follow the leader.</p>	<p>Aiming at a target.</p> <p>Develop simple attacking and defending techniques.</p> <p>Pass and receive a ball in different ways with increased control</p> <p>Throwing and catching games, special awareness games.</p> <p>Summer 1- Sports Day</p> <p>Engage in competitive sports and activities.</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Children to take part in challenges that improve their fundamental movement skills of balance, co-ordination and agility. Activities to include running races, slalom run, standing long jump, javelin.</p> <p>Over the arches, javelin, running races</p>	<p>Recognise the best ways to attack and defend.</p> <p>Participate in team games.</p> <p>Understand and develop tactics for attacking and defending.</p> <p>Keep the ball and find best places to score.</p> <p>Watch others accurately.</p> <p>Describe what they see and ask to copy others' ideas, skills and tactics.</p> <p>Handball small sided games.</p> <p>Summer 1- Sports Day</p> <p>Engage in competitive sports and activities.</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Children to take part in challenges that improve their fundamental movement skills of balance, co-ordination and agility. Activities to include</p>
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	<p>How to be safe.</p> <p>Stand on one foot.</p> <p>Catch a ball.</p> <p>Moving in different ways.</p> <p>Learning how to catch.</p> <p>Wiggly warms up, bouncing ball games, bowling. Running, skipping games.</p>	<p>Summer 2</p> <p>Football- Participate in team games, developing simple tactics for attacking and defending.</p> <p>Are physically active for sustained periods of time.</p> <p>Engage in competitive sports and activities.</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Children to recap moving into space and moving whilst dribbling.</p> <p>Then start striking receiving the ball using different parts.</p> <p>Learning rules of the game whilst developing key skills.</p> <p>Participate in team games.</p> <p>Pass and receive a ball in different ways with control and increased accuracy.</p> <p>Small sided skill focused football games.</p>	<p>running races, slalom run, standing long jump, javelin.</p> <p>Over the arches, javelin, running races</p> <p>Summer 2</p> <p>Rounders- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Choose, use and vary simple tactics.</p> <p>Listen to teacher guidance.</p> <p>Learning how to play as a team.</p> <p>Send and receive a ball in different ways with control and increased accuracy.</p> <p>Perform fielding techniques with increased control and co-ordination.</p>
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		<p>Athletics- Children should master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Develop balance, agility and co-ordination</p> <p>How to run, throw and jump and perform these with increased control and co-ordination.</p> <p>Athletics- 60m sprint and hurdles, long distance running</p>	<p>Batting and fielding games and small sided rounders matches.</p> <p>Athletics- Children should master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Explore movement techniques with increased control.</p> <p>How to run, throw and jump and perform these with increased control and co-ordination.</p> <p>Children to begin to start pushing their own individual performance, taking on skills they have learnt in order to be successful in sport. Celebrate the skills and talents of the child.</p> <p>Athletics- Tim Trials 60m sprint and hurdles, long distance running</p>
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