



SOUTH WOOTTON INFANT SCHOOL

PE Progression

| | EYFS | YEAR 1 | YEAR 2 |
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| Gymnastics | <ul style="list-style-type: none"> • Listen and observe, show an awareness of space for themselves and others • Move confidently, change direction and speed avoiding collisions, stop quickly • Move with confidence, travel in different ways with control and co-ordination • Perform a single balance. • Balance on one foot. • Balance on a piece of apparatus. • Jump with both feet leaving the ground. | <ul style="list-style-type: none"> • Explore movement actions with control and link them together with flow. • Explore gymnastic actions and shapes. • Explore travelling on benches. • Explore movement actions with control and to link them together with flow. • Choose and use simple compositional ideas by creating and performing sequences. • Repeat and link combinations of gymnastic actions. • Link combinations of movements and shapes with control. | <ul style="list-style-type: none"> • Remember and repeat simple gymnastic actions with control. • Balance on isolated parts of the body using the floor and hold balance. • Develop a range of gymnastic moves, particularly balancing. • Link together a number of gymnastic actions into a sequence. • Explore ways of travelling around on large apparatus. • Choose and use a variety of gymnastic actions to make a sequence |
| Dance | <ul style="list-style-type: none"> • Listen and observe, show an awareness of space for themselves and others • Move confidently, change direction and speed avoiding collisions, stop quickly • Move with confidence, travel in different ways with control and co-ordination • Copy a simple dance pattern. • Link two dance movements | <ul style="list-style-type: none"> • Change direction during travelling moves. • Link travelling moves that change direction and level. • Link moves together. • Use a variety of moves. • Explore basic body patterns and movements to music. • Use a variety of moves that change speed and direction. • Link together dance moves with | <ul style="list-style-type: none"> • Explore different levels and speeds of movement. • Compose and perform simple dance phrases. • Show contrasts in simple dances with good body shape and position. • Develop a range of dance movements and improve timing. • Work to music, creating movements that show rhythm |

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| | <p>together.</p> <ul style="list-style-type: none"> • Move to a beat. | <p>gestures and changing direction in time to music.</p> <ul style="list-style-type: none"> • Practise taking off from different positions | <p>and control.</p> |
| Games | <ul style="list-style-type: none"> • Listen and observe, show an awareness of space for themselves and others • Move confidently, change direction and speed avoiding collisions, stop quickly • Move with confidence, travel in different ways with control and co-ordination • Jump in different ways, show control and co-ordination. • Move in a variety of ways in and out of cones and obstacles. • Control a ball, roll a ball, bounce a ball. • Use hands to control a ball. • Throw and catch a large ball, overarm and underarm. • Roll and kick a ball to an end target. | <ul style="list-style-type: none"> • Master basic sending and receiving techniques. • Develop balance, agility and co-ordination. • Master basic sending and receiving skills. • Master basic sending and receiving techniques • Master basic sending and receiving as well as developing balance agility and co-ordination. • Make use of coordination, accuracy and weight transfer. • Develop receiving skills. • Learn skills for striking and fielding games. • Practise basic striking, sending and receiving. • Use throwing and catching skills in a game. • Practise accuracy of throwing and consistent catching. • Strike with a racket or bat. | <ul style="list-style-type: none"> • Use hand-eye coordination to control a ball. • Catch a variety of objects. • Have a varying type of throws. • Kick and move with a ball. • Develop catching and dribbling skills. • Learn skills for playing striking and fielding games. • Position the body to strike a ball. • Develop catching skills. • Throw a ball for distance. • Practise throwing skills in a circuit. • Use fielding skills to play a game. |
| Athletics | <ul style="list-style-type: none"> • Listen and observe, show an awareness of space for themselves and others • Move confidently, change | <ul style="list-style-type: none"> • Use varying speeds when running. • Explore footwork patterns. • Explore arm mobility. | <ul style="list-style-type: none"> • Run with agility and confidence. • Learn the best jumping techniques for distance. • Throw different objects in a |

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| | <p>direction and speed avoiding collisions, stop quickly</p> <ul style="list-style-type: none"> • Move with confidence, travel in different ways with control and co-ordination | <ul style="list-style-type: none"> • Explore different methods of throwing. • Practise short distance running. | <p>variety of ways.</p> <ul style="list-style-type: none"> • Hurdle an obstacle and maintain effective running style. • Run for distance. • Complete an obstacle course with control and agility. |
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