



Progression of Skills - Physical Education



	Reception	Year 1	Year 2
Fundamental Skills taught through games, gymnastics, dance and Real PE lessons.	Static balance Sprint run Vertical jump Catch Hop	Ball bounce Roll Side gallop Skip Kick	Leap Foot dribble Overarm throw Two handed strike Dodge

	Reception	Year 1	Year 2
Real PE Personal skills Social skills Cognitive skills Creative skills Physical skills Health and fitness	Follow instructions. Work on tasks with help. Work sensibly with others, taking turns and sharing. Play, take turns and share with help. Understand and follow simple rules. Name things I am good at. Follow simple instructions. Explore and describe simple movements. Observe and copy others. Perform a single skill or movement with control. Perform a range of skills and link 2 together. Move confidently in different ways. Explain why exercise is good for health. Be aware of changes to my body when I exercise.	Keep trying when I don't succeed Ask for help when it is needed Work on tasks alone. Follow instructions and practise safely. Praise and encourage others. Work sensibly, taking turns and sharing. Order instructions, movements and skills. Explain why someone is working well. Recognise similarities and differences in someone's performance. Name things I am good at. Follow simple rules. Select and link together movements linked to a theme. Explore and describe simple movements. Compare simple movements with others. Perform simple movements with changes in level, direction and speed. Perform movements with consistency and control. Link 2 movements together. Use equipment appropriately and land safely. Explain how the body feels during and after exercise. Be aware of why exercise is good for your health.	Perform simple sequences. Perform single skills. Travel in different ways. Play games with others, with help. Understand others. Help and encourage each other. Stay on task. Stay on task with help. Keep trying. Describe simple changes. Practise safely. Explain benefits of exercise. Compare and develop. Explore and describe. Observe and copy. Follow instructions. Observe and describe. Recognise and order.

	Reception	Year 1	Year 2
Gymnastics	<p>ELG</p> <p>Join a range of movements to create a short sequence.</p> <p>Control my body when performing my sequence of movements.</p>	<p>Master 11 gym shapes.</p> <p>Perform correct shape on demand.</p> <p>Learn a sequence and link movements.</p> <p>perform smooth transitions from one move to next.</p> <p>Perform a sequence in correct order.</p> <p>Lift and carry equipment safely.</p>	<p>Master and perform 11 gym shapes.</p> <p>Show new and safe ways of travelling into and out of moves.</p> <p>Work cooperatively with a partner in developing a floor sequence.</p> <p>Use mirroring to develop partner work.</p> <p>Work cooperatively in a small group, transferring a sequence to benches from floor.</p> <p>Transfer the idea sequence work from floor to benches safely.</p> <p>Show good flow and linking during the sequence</p> <p>Explore levels in equipment.</p> <p>Demonstrate safety when working.</p>
Dance	<p>ELG</p> <p>Join a wide range of different movements.</p> <p>Use a range of movements to create a short dance.</p> <p>Dance to music.</p> <p>Adapt and change my dance to suit a different style.</p> <p>Create a short dance which shows my own ideas and thoughts.</p> <p>Create a short dance with a friend.</p>	<p>Move in different ways to a given beat.</p> <p>Develop movement skills using a stimulus.</p> <p>Perform and discover different movements, different heights, parts of the body.</p> <p>Discuss and notice changes to body when moving.</p> <p>Perform cheerleading movements.</p>	<p>Perform cheerleading movements.</p> <p>Link cheerleading movements together.</p> <p>Respond to music as a stimulus.</p> <p>Develop partner and group work.</p> <p>Use music to remember movements and repetitive sequences.</p>

	Reception	Year 1	Year 2
Games	<p>ELG</p> <p>Show good control when using equipment in a range of ways.</p> <p>Show good control over my movements. Coordinate my movements. coordinate my movements when using large equipment.</p> <p>Coordinate my movements when using small equipment.</p> <p>Confidently move in a range of ways.</p> <p>Confidently negotiate a space.</p>	<p>Demonstrate rolling accurately.</p> <p>Work collaboratively with a partner.</p> <p>Understand the importance of warming up</p> <p>Kick a ball with some accuracy.</p> <p>Throw, catch and bounce with developing accuracy to self and partner.</p> <p>Create games which include developing skills.</p> <p>Hold a bat correctly, use to move a ball.</p>	<p>Play sending games with a partner and small group.</p> <p>Create scoring systems for games.</p> <p>Show different ways of using a bat and ball by yourself.</p> <p>Demonstrate hitting a ball to a partner.</p> <p>Play a striking and fielding game.</p> <p>Demonstrate throwing and catching in a small group, stationary and moving.</p> <p>Play a throwing and catching game in a small group.</p> <p>Introduce defenders into game.</p> <p>Demonstrate dribbling a ball, by self, with partner, small group and with defender.</p> <p>Demonstrate throwing and catching a small ball over a net to a partner using bouncing.</p> <p>Show different ways of balancing and tapping a ball into the air by yourself.</p> <p>Demonstrate tapping the ball over the “net” so your partner can catch it.</p> <p>Know and play a simple cooperative bat and ball game.</p>