

P.E Progression Grid 2021-22



	F1	F2	Y1	Y2
Skills	<p>Continue to develop their movement balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Use large muscle movements to wave flags and streamers, paint and make marks.</p> <p>Use one handed tools and equipment.</p> <p>Use a comfortable grip with good control.</p> <p>Show a preference for a dominant hand.</p>	<p>Revise and refine the fundamental movement skills they have already acquired. *rolling, crawling, walking, jumping, running, hopping, skipping and climbing.</p> <p>Develop overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Develop their small motor skills so that they can use a range of tools competently, safely and confidently.</p> <p>Use core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>Confidently and safely, use a range of large and small apparatus indoors and outside, alone and in a group.</p>	<p>Dance Copies and explores basic movements and body patterns. Links movements to sounds and music. Responds to a range of stimuli.</p> <p>Gymnastics Copies and explores basic movements with some control and coordination- on hands and feet. Can perform different body shapes Can perform 2 footed jump. Balances with some control on front and back.</p> <p>Games Can travel in a variety of ways including running and jumping. Receives a ball with basic control. Beginning to develop hand-eye coordination.</p> <p>Athletics Can run at different speeds and recognise differences. Can jump from a standing position and begin to explore basic jumps (2-2, 2-1, 1-2, 1-1). Performs a variety of throws with basic control.</p>	<p>Dance Copies and explores basic movements with clear control. Varies levels of speed and direction in sequence. Can vary the size of their body shapes. Uses space well and negotiates space clearly. Responds imaginatively to stimuli.</p> <p>Gymnastics Explores and creates different pathways and patterns- on feet and hands and feet. Uses equipment in a variety of ways to create a sequence. Link movements together to create a sequence including balance, travel, jump and roll. Can balance showing good tension and control on front and back. Explore shape in the air when jumping and landing with control.</p> <p>Develop control in different rolls (as year 1). Begin to develop a forward roll.</p>

		<p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Develop the foundations of a handwriting style which is fast, accurate and efficient.</p>		<p>Games</p> <p>Confident to send the ball to others in a range of ways.</p> <p>Develop simple tactics (attacking and defending) and use them appropriately.</p> <p>Athletics</p> <p>Can change speed and direction whilst running and describe different ways of running.</p> <p>Can jump from a standing position with accuracy and master basic jumps (2-2, 2-1, 1- 2, 1-1) showing control for take-off and landing.</p> <p>Performs a variety of throws with control and co-ordination- rolling, under arm, over arm.</p>
Knowledge	<p>To make up group activities that they make up for themselves or within a team.</p> <p>Increasingly be able to use and remember sequences and patterns of movements, which are related to music and rhythm.</p>	<p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Combine different movements with ease and fluency.</p> <p>Further develop and refine a range of ball skills including, throwing, catching, kicking, passing, batting and aiming.</p>	<p>Can link 2-3 simple movements</p> <p>Develops control with different rolls- pencil roll, egg roll, circle roll.</p> <p>Can use equipment safely.</p> <p>Remembers simple movements and dance steps.</p> <p>Beginning to perform a range of throws.</p>	<p>Sequence and remember a short dance.</p> <p>Can describe a short dance using appropriate vocabulary.</p> <p>Beginning to apply and combine a variety of skills (to a game situation) e.g. throwing and catching</p> <p>Develop strong spatial awareness.</p>

	<p>Match their developing physical skills to tasks and activities in the setting.</p> <p>Choose the right resources to carry out their own plan.</p> <p>Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</p>	<p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>Participates in simple games.</p>	<p>Beginning to develop own games with peers.</p> <p>Understand the importance of rules in games and works co-operatively in teams.</p> <p>Beginning to develop an understanding of attacking/defending.</p> <p>Begin to use equipment safely.</p>
Vocabulary	<p>Skip</p> <p>Hop</p> <p>Climb</p> <p>Balance</p>	<p>Rolling</p> <p>Crawling</p> <p>Walking</p> <p>Jumping</p> <p>Running</p> <p>Hopping</p> <p>Skiping</p> <p>Climbing</p> <p>Batting</p> <p>Aiming</p> <p>Passing</p> <p>Balance</p> <p>Agility</p> <p>Co-ordination</p>	<p>Travel</p> <p>Agility</p> <p>Co-ordination</p> <p>Balance</p> <p>Pass</p> <p>Aim</p> <p>Throw</p> <p>Team work</p> <p>Pencil roll</p> <p>Egg roll</p> <p>Circle roll</p> <p>Perform</p> <p>Hand eye co-ordination</p>	<p>Travel</p> <p>Agility</p> <p>Co-ordination</p> <p>Balance</p> <p>Pass</p> <p>Aim</p> <p>Throw</p> <p>Team work</p> <p>Pencil roll</p> <p>Egg roll</p> <p>Circle roll</p> <p>Forward roll</p> <p>Perform</p> <p>Hand eye co-ordination</p> <p>Defend</p> <p>Attack</p> <p>Spatial awareness</p> <p>Sequence</p>
Books				
Resources	Different sized balls	Real PE	Real PE	Real PE

	Hoops Climbing equipment Monkey bars Scissors Hoops A range of bats Skipping ropes	Hoops Climbing equipment Monkey bars Scissors Hoops A range of bats Skipping ropes Bean bags	Hoops Climbing equipment Hoops A range of bats A range of different sized balls Benches Apparatus Mats Spots	Hoops Climbing equipment Hoops A range of bats A range of different sized balls Benches Apparatus Mats Spots
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