

P.E Progression Grid



Key skills and Knowledge - Sticky Knowledge

	F1	F2	Y1	Y2
Knowledge	<p>To make up group activities that they make up for themselves or within a team.</p> <p>Move body in relation to music and rhythm.</p> <p>Match their developing physical skills to tasks and activities in the setting.</p> <p>Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</p>	<p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Beginning to perform a range of throws.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>Choose the right resources to carry out their own plan.</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>Further develop and refine a range of ball skills including, throwing, catching, kicking, passing, batting and aiming.</p> <p>Participates in simple games.</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>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>
Skills	<p>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>Revise and refine the fundamental movement skills they have already acquired.</p> <p>*rolling, crawling, walking, jumping, running, hopping, skipping and climbing.</p>	<p>Dance</p> <p>Copies and explores basic movements and body patterns.</p> <p>Links movements to sounds and music.</p> <p>Responds to a range of stimuli.</p> <p>Gymnastics</p>	<p>Dance</p> <p>Copies and explores basic movements with clear control.</p> <p>Varies levels of speed and direction in sequence.</p> <p>Can vary the size of their body shapes.</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>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>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>Copies and explores basic movements with some control and coordination- on hands and feet.</p> <p>Can perform different body shapes</p> <p>Can perform 2 footed jump.</p> <p>Balances with some control on front and back.</p> <p>Games</p> <p>Can travel in a variety of ways including running and jumping.</p> <p>Receives a ball with basic control.</p> <p>Beginning to develop hand-eye coordination.</p> <p>Athletics</p> <p>Can run at different speeds and recognise differences.</p> <p>Can jump from a standing position and begin to explore basic jumps (2-2, 2-1, 1-2, 1-1).</p> <p>Performs a variety of throws with basic control.</p>	<p>Uses space well and negotiates space clearly.</p> <p>Responds imaginatively to stimuli.</p> <p>Gymnastics</p> <p>Explores and creates different pathways and patterns- on feet and hands and feet.</p> <p>Uses equipment in a variety of ways to create a sequence.</p> <p>Link movements together to create a sequence including balance, travel, jump and roll.</p> <p>Can balance showing good tension and control on front and back.</p> <p>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>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>
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				<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>
Vocabulary	Skip Hop Climb Balance	Rolling Crawling Walking Jumping Running Hopping Skipping Climbing Batting Aiming Passing Balance Agility Co-ordination	Travel Agility Co-ordination Balance Pass Aim Throw Team work Pencil roll Egg roll Circle roll Perform Hand eye co-ordination	Travel Agility Co-ordination Balance Pass Aim Throw Team work Pencil roll Egg roll Circle roll Forward roll Perform Hand eye co-ordination Defend Attack Spatial awareness Sequence
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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