



**“Flourishing with God in life, learning and love”**

**Progression of skills in PHYSICAL EDUCATION**

<b>Area of learning/skill</b>	<b>Reception Including: Understanding the world Expressive arts and design</b>	<b>Where is this learnt, practiced, revisited or seen?</b>	<b>Year 1</b>	<b>Where is this learnt, practiced, revisited or seen?</b>	<b>Year 2</b>	<b>Where is this learnt, practiced, revisited or seen?</b>
<b>Health and Fitness</b>	I can describe how my body feels before, during and after an activity.	Su1&2 LPESN – 1. Athletics 2. Invasions Games – catching	I can describe how my body feels before, during and after an activity I can show how to exercise safely.	Across year – including activities in playground – Agility, Balance and Coordination	I can show how to exercise safely. I can describe how my body feels during different activities. I can explain what my body needs to keep healthy.	Across year – including visits to Velodrome  Science and PSHE Sp1 & Su2
<b>Acquiring and developing skills</b>	I can copy actions. I can repeat actions and skills.	Su1&2 LPESN – 1. Athletics 2. Invasions Games – catching	I can move with control and care. I can copy and remember actions.	Gymnastics sessions Aut1&2	I can copy and remember actions. I can repeat and explore actions with control and coordination.	Gymnastics sessions Aut1&2
<b>Evaluating and improving</b>	I can talk about what I have done. I can describe what other people did.	Su1&2 LPESN – 1. Athletics 2. Invasions Games – catching	I can describe what other people did. I can say how I could improve.	All PE sessions	I can talk about what is different between what I did and what someone else did. I can say how I could improve	All PE sessions

<b>Dance</b>	I can move to music. I can copy dance moves. I can perform some dance moves. I can move around the space safely.	Au2 - Nativity dances – Continuous provision	I can copy dance moves. I can make up a short dance. I can dance imaginatively. I can change rhythm, speed, level and direction.	Dance work with KICK – 12 sessions during the year	I can change rhythm, speed, level and direction. I can dance with control and co-ordination. I can make a sequence by linking sections together. I can link some movement to show a mood or feeling.	Dance work with KICK – 12 sessions during the year
<b>Games</b>	I can throw underarm. I can roll a piece of equipment. I can move and stop safely. I can catch with both hands. I can kick in different ways.	Continuous provision Bikes, using climbing frame, balls, hoops, goals, buckets.	I can hit a ball with a bat. I can throw in different ways. I can use hitting, kicking and/or rolling in a game. I can follow rules.	Sports Day activities All PE session including Games Spr & Sum	I can stay in a 'zone' during a game. I can decide where the best place to be is during a game. I can use one tactic in a game. I can follow rules.	Sports Day activities All PE session including Games Spr & Sum
<b>Gymnastics</b>	I can make my body tense, relaxed, curled and stretched. I can copy sequences and repeat them. I can roll in different ways. I can travel in different ways. I can balance in different ways. I can stretch in different ways. I can curl in different ways.	Continuous provision Balance beams, using climbing frame, tunnels, bikes.	I can make my body tense, relaxed, curled and stretched. I can control my body when travelling. I can control my body when balancing. I can climb safely. I can plan and show a sequence of movements.	Gymnastics Aut1&2	I can use contrast in my sequences. My movements are controlled. I can think of more than one way to create a sequence, which follows a set of 'rules'. I can work on my own and with a partner to create a sequence.	Gymnastics Aut1&2