



Emscote Infant School

Physical Education Skills Progression – Reception to the end of KS1

	Reception	Year 1	Year 2	Vocabulary
Dance	<p>Can I clap in time to music?</p> <p>Can I travel around the room in a variety of ways with control, demonstrating use of alternative feet and the same foot i.e. hopping?</p> <p>Can I move with ease and fluency, combining different movements?</p> <p>Can I explore and engage to music expressing my feelings?</p> <p>Can I demonstrate movements at different speeds i.e. fast, slow, gallop, and heavy?</p> <p>Can I link basic sequences and include shapes (gesture) whilst showing some control and grace?</p>	<p>Can I copy and explore basic movements and body patterns?</p> <p>Can I change direction during travelling moves?</p> <p>Can I link travelling moves that change direction and level?</p> <p>Can I link moves together?</p> <p>Can I explore basic body patterns and movements to music?</p> <p>Can I use a variety of moves that change speed and direction?</p> <p>Can I link together dance moves with gestures and changing direction in time to music?</p>	<p>Can I copy and explore basic movements with clear control?</p> <p>Can I explore different levels and speeds of movement?</p> <p>Can I compose and perform simple dance phrases?</p> <p>Can I show contrasts in simple dances with good body shape and position.</p> <p>Can I develop a range of dance movements and improve timing?</p> <p>Can I work to music, creating movements that show rhythm and control?</p>	<p>Walk</p> <p>Run</p> <p>Skip</p> <p>Hop</p> <p>Gallop</p> <p>Twirl</p> <p>Freeze</p> <p>Still</p> <p><i>Travel, stillness, direction, space, body parts, levels, speed, sequence</i></p>
Games- 1. Acquiring and developing skills 2. Selecting and applying skills, tactics and compositional ideas	<p>Sending and receiving</p> <p>Can I practise sending different items (i.e. balls, bean bags, and quoits) towards a target/target area?</p> <p>Can I demonstrate an understanding of how hard or how soft sending items may need to be?</p> <p>When rolling a ball, can I control my body, copy and observe?</p> <p>When rolling a ball can I work with a partner?</p> <p>Can I use my eye-hand co-ordination and control and spatial awareness?</p>	<p>Can I copy and repeat simple skills?</p> <p>Can I throw and catch a ball with a partner?</p> <p>Can I move fluently, changing direction and speed easily and avoiding collisions?</p> <p>Can I show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking?</p> <p>Can I use skills in different ways in different games, and try to win by changing the way they use skills in response to their opponent's actions?</p>	<p>Can I Copy, remember and repeat simple skills with control and co-ordination?</p> <p>Can I pass a ball accurately to a partner over a variety of distances?</p> <p>Can I perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control?</p> <p>Can I show a good awareness of others in running, chasing and avoiding games and make simple decisions about when and where to run?</p> <p>Can I show some understanding of simple tactics?</p> <p>Can I use tactics to suit different situations? E.g. React to situations in a way that helps my partner and makes it difficult for my opponents.</p>	<p>Catch</p> <p>Kick</p> <p>Throw</p> <p>Bat</p> <p>Skip</p> <p>Run</p> <p>Shoot</p> <p>Score</p> <p><i>Striking, catching, own space, team, speed, direction, passing, controlling, shooting, scoring, underarm, Pass/send/receive</i></p>

Gymnastics	<p>Can I demonstrate movement in and out, around, up, down, backwards and forwards?</p> <p>Can I listen and observe and show an awareness of space?</p> <p>Can I move with confidence, travel in different ways with control and co-ordination?</p> <p>Can I jump in different ways, show control and co-ordination?</p> <p>Can I talk about what happens to my body during exercise?</p> <p>Can I demonstrate crawling, climbing, travelling using small apparatus safely e.g. moving across a plank.</p> <p>Can I work with others to manage /move small and large equipment demonstrating correct technique?</p>	<p>Can I explore movement actions with control and link them together with fluency?</p> <p>Can I explore gymnastic actions and shapes?</p> <p>Can I explore travelling safely with control on benches?</p> <p>Can I explore movement actions with control, and to link them together with fluency?</p> <p>Can I choose and use simple ideas to create and perform sequences?</p> <p>Can I repeat and link combinations of gymnastic actions?</p> <p>Can I link combinations of movements and shapes?</p>	<p>Can I remember and repeat simple gymnastic actions with control?</p> <p>Can I balance on isolated parts of the body using the floor and hold balance?</p> <p>Can I develop a range of gymnastic moves, particularly balancing?</p> <p>Can I link together a number of gymnastic actions into a sequence?</p> <p>Can I explore ways of travelling around on large apparatus safely?</p> <p>Can I choose and use a variety of gymnastic actions to make a sequence?</p>	<p>Partners</p> <p>Curl</p> <p>Stretch</p> <p>Follow</p> <p>Lead</p> <p>Forwards</p> <p>Backwards</p> <p>Looking up</p> <p>Big</p> <p>Small</p> <p><i>Forwards, backwards, sideways, roll, slow, body parts, shape, jump, travel, stretch, wide, narrow</i></p>
Athletics	<p>Can I start to negotiate space and obstacles safely?</p> <p>Can I learn to run at different speeds?</p> <p>Can I demonstrate overall body strength, balance and coordination?</p> <p>Can I move energetically, such as running, jumping, hopping and skipping?</p> <p>Do I understand how my body moves and how I can control this?</p> <p>I will take part in sports day.</p>	<p>Can I use varying speeds when running and when using obstacles?</p> <p>Can I explore footwork patterns?</p> <p>Can I explore arm mobility?</p> <p>Can I explore different methods of throwing?</p> <p>I will practise short distance running.</p> <p>I will take part in sports day linked to above skills.</p>	<p>Can I run with agility and confidence?</p> <p>Can I learn the best jumping techniques for distance?</p> <p>Can I throw different objects in a variety of ways?</p> <p>Can I hurdle an obstacle and maintain effective running style?</p> <p>Can I run for distance?</p> <p>Can I complete an obstacle course with control and agility?</p> <p>I will take part in sports day linked to above skills.</p>	<p>Running</p> <p>Walking</p> <p>jogging</p> <p>Speed</p> <p>Throw</p> <p>Skip</p> <p>Bounce</p> <p>Jump</p> <p>Leap</p> <p>Hop</p> <p><i>Target, overarm, underarm, aim, baton, relay, take off, landing, Health and fitness – warm up/ cool down</i></p>

Knowledge & understanding of fitness and health	<p>Can I observe the effects of health on my body? E.g. My heart beats faster.</p> <p>Can I know and talk about the different factors that support and make a positive contribution to my health and wellbeing?</p> <p>Can I explain what a warm-up is, why they are important and the effect they have on my heart and body?</p>	<p>Do I know and understand that being active is good for the body and can be fun?</p> <p>Can I recognise and describe what my body feels like during different types of exercise?</p> <p>Can I lift, move and place equipment and apparatus safely using correct posture and technique?</p> <p>Do I understand the basic importance of warm up and cool down?</p>	<p>Can I recognise and describe what my body feels like during different activities/games?</p> <p>Can I start to recognise why different types of fitness may help a sports person perform well?</p> <p>Can I describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene?</p>	<p>Body parts- legs, arms, back, hands, feet, neck, head, heart and chest. Healthy Water Diet Vegetables and fruit energy Muscles Stretch Warm up Cool down</p> <p><i>Torso, skeleton, lungs Breathe, oxygen, warm up, injury. Healthy, exercise, fitness. Heart rate Balanced diet, vegetables, fruit, carbohydrates, protein, fat, dairy.</i></p>
Evaluating and improving performance	<p>Can I watch and talk about performances, expressing my feelings and responses?</p>	<p>Can I describe and comment on my own and others actions?</p> <p>Can I describe what I have done?</p> <p>Can I watch others and say what they are doing?</p>	<p>Can I talk about the differences between my own and others' performance and suggest improvements?</p>	<p><i>Helpful, kind, positive feedback, praise, support, improvements, express, opinion, feelings</i></p>

In the EYFS the most relevant statements for PE are taken from the following areas of learning:

- **Personal, Social and Emotional Development (PSED)**
- **Physical Development (PD)**
- **Expressive Arts and Design Early Learning Goals (EA&D)**

Note: Vocabulary in **italics** is additional word knowledge for KS1 and non- italic words are for Reception.