



PE Curriculum Progression Skills



Aspect	EYFS					
Personal, Social and Emotional Development	Managing Self		<ul style="list-style-type: none"> • Be confident to try new activities and show independence, • Resilience and perseverance in the face of a challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing. 			
	Building Relationships		<ul style="list-style-type: none"> • Work and play cooperatively and take turns with others. 			
Physical Development/Gross Motor Skills	<ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. <p style="text-align: center;"><i>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</i></p>					
Expressive Arts and Design/ Being Imaginative and Expressive	Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.					
Aspect	Key Stage 1					
	End of Year 1 Expectations			End of Year 2 Expectations		
	Real PE Unit 5	Real PE Unit 6	Dance – Seasons	Real PE Unit 5	Real PE Unit 6	Dance – Snow Dance
	Tennis	Athletics	Gymnastics	Tennis	Athletics	Gymnastics
Health and Fitness	I can describe how my body feels before and during an activity I can show how to exercise safely			I can describe how my body feels before and during an activity I can show how to exercise safely I am aware of why exercise is important for good health		
Acquiring and Developing Skills	I can move safely with control and care. I can copy and remember actions.			I can move safely with control and care. I can repeat and explore actions with control and coordination.		
Evaluating and Improving	I can describe what other people have done. I can say how can improve.			I can talk about and compare what I did to what someone else did.		
Dance	I can copy dance moves. I can make up a short dance. I can move and dance imaginatively. I can change rhythm, level, speed and direction. I can work on my own and with a partner.			I can move and dance imaginatively. I can change rhythm, level, speed and direction. I can create a sequence by linking sections together. I can link some movement to show mood or feeling. I can work on my own and with a partner.		



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Games	<p>I can roll, throw and catch a large ball.</p> <p>I can strike and kick a large ball.</p> <p>I can roll, strike, hit and kick a large ball in a game.</p> <p>I can follow rules to a game.</p> <p>I can explore static balancing and show increasing control.</p>	<p>I can throw, catch and retrieve a small ball e.g a tennis ball</p> <p>I can roll, strike, hit and kick a large or small ball in a game.</p> <p>I can perform a range of skills with some consistency and control.</p> <p>I can perform a sequence of movements with some changes in level, direction and speed.</p> <p>I can follow rules to a game.</p>
Gymnastics	<p>I can make my body tense, relaxed, curled and stretched.</p> <p>I can show increasing control when travelling on the floor and on apparatus.</p> <p>I can show increasing control when balancing on the floor and on apparatus.</p> <p>I can use apparatus and equipment safely.</p> <p>I can perform a sequence of movements.</p> <p>I can jump and land with increasing control.</p> <p>I can make different shapes with my body.</p>	<p>I can show good control when travelling on the floor and on apparatus.</p> <p>I can show good control when balancing on the floor and on apparatus.</p> <p>I can use apparatus and equipment safely.</p> <p>I can perform a sequence of movements on my own or with a partner.</p> <p>I can jump and land with increasing control.</p> <p>I can make different shapes with my body.</p>
Tennis	<p>I can hold a tennis racket correctly.</p> <p>I can hit a tennis ball safely using a racket.</p> <p>I am developing hand and eye coordination to hit the ball.</p> <p>I can hit the ball using a forearm motion or underarm motion.</p> <p>I can hit a tennis ball over a net.</p> <p>I can hit a tennis ball back to a partner.</p> <p>I understand some basic rules of tennis.</p>	<p>I can hold a tennis racket with increasingly control and strength.</p> <p>I can hit a tennis ball safely and accurately using a racket.</p> <p>I can hit a target using a tennis ball.</p> <p>I can drop and hit a tennis ball after it has bounced.</p> <p>I am developing hand and eye coordination to hit the ball.</p> <p>I can hit the ball using a forearm motion and may begin to use a backhand motion.</p> <p>I can hit a tennis ball back to a partner over a net.</p>
Athletics	<p>I can develop a sprint start position.</p> <p>I can develop a good body posture when sprinting.</p> <p>I can participate in sprinting races.</p> <p>I can balance a bean bag on my head with increasing control.</p> <p>I can throw a vortex howler.</p> <p>I can run and negotiate hurdles.</p>	<p>I have a good sprint start position.</p> <p>I can show good body posture when sprinting and increasing speed.</p> <p>I can participate in sprinting races individually and as a team in a relay.</p> <p>I can throw a vortex howler with greater distance.</p> <p>I can run and negotiate hurdles.</p>