

Physical Education Progression of Knowledge and Skills
St John's Infants' School
 'Let your light shine' -Matthew 5:16

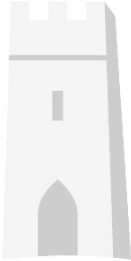
	EYFS	Year 1	Year 2
<u>Gymnastics</u>	Respond to the commands 'move' and 'stop'. Move confidently and safely in their own and general space. To use equipment safely. Copy simple movements. Make shapes with their bodies according to instructions. Perform a 2 footed jump off of an object and land safely. Show contrasting shapes with their bodies (tall/short, wide/thin, straight/curved). Simply show whether they enjoyed something or not.	Learn a variety of basic gym actions. Be still when showing different body shapes and balances. Move between mats and apparatus safely demonstrating a change in speed and direction. To repeat and link different combinations of gymnastic actions. To choose and use basic gym actions to create a simple sequence. Watch, copy, and describe sequences that they and others have done.	Develop short sequences independently. Can use imagination to find different ways of using apparatus. Can form simple sequences of different gymnastics actions using floor and apparatus. Improve their work using feedback from others and from what they have observed by watching others sequences.

<u>Dance</u>	Be able to negotiate the space confidently. Explore basic body actions and rhythms. Watch and copy simple actions and sequences. Use bodies to imitate motifs from stories and topics such as animals, trees, weather, etc... Begin to respond with their bodies to different types of music. Simply show whether they enjoyed something or not.	Move confidently and safely using changes of speed and direction. Respond, through movement, to a range of stimuli. Link movements to sounds and music. Show that they have a clear start and finish. Perform dance movements and simple routines using simple movement patterns. Talk about dance ideas.	Remember and repeat simple dance phrases. Demonstrate emotions and feelings in their movements. Add change of direction to a sequence. Begin to vary the rhythm, speed, level and direction of their movements. Use a range to vocabulary to describe how different rhythms and paces make them feel. Watch and describe dances and use what they learn to improve their own dance.
<u>Athletics</u>	Develop fundamental movements of balance, agility and coordination. Vary speed of running based on commands given. Can use comparative language i.e. faster, longer, and are able to physically demonstrate this.	Can run at different speeds. Can jump from a standing position. Perform a variety of throws with basic control. Explore and throw a variety of objects with one hand.	Can change speed and direction whilst running. Can jump from a standing position with accuracy. Perform a variety of throws with control and coordination. Remember, repeat and link combinations of actions.

		Watch, copy and describe what others are doing.	Can use equipment safely. Set simple targets to improve performance.
<u>Games – Invasion, Net/Racket and Field/Striking Games</u>	Be able to move and stop confidently, negotiating the space around them effectively. Show good control over their bodies when exploring different skills. Start showing an ability to use their dominant hand. Can work with a partner in different activities. Explore and use skills effectively for particular games. Can simply show whether they enjoyed something or not.	Be confident and keep themselves safe in the space which the activity/game is being played. Can work with a partner in throwing and catching games. Explore different ways of using a ball. Explore ways to send a range of equipment. Retrieve and stop a ball using different parts of the body. Play a variety of running and avoiding games. Understand simple attacking and defending techniques. Participate in simple games. Pass and receive a ball in different ways. Watch, copy and describe what they and others are doing.	Improve their ability to coordinate and control their bodies in various activities. Develop basic tactics in simple team games and use them appropriately. Can make it difficult for opponents. Can keep the ball and find the best ways to score. Pass and receive a ball in different ways with growing accuracy and control. Can catch and control a ball in movement with a partner or a small group. Can decide where to stand during a team game to support the game. Recognise the best way to score points and to stop points being scored.

		Gain rhythm when throwing and striking a ball. Develop control and accuracy when rolling a ball. Underarm throw with control and accuracy. Show accuracy and control when throwing and aiming. 	Begin to use different rules and tactics for invasion games. Begin to recognise good quality in performances. Can use information provided by others to improve their own performance. Can show rolling and gathering skills with confidence and precision. Show progression from rolling into throwing and catching. Perform underarm and overarm throwing with control. Can strike a stationary ball. Demonstrate a range of striking and gathering skills. Can use striking and gathering skills to play small games.
<u>Vocabulary</u>	Aim Around Backwards Balance Bounce	Aim Action Attacker Balance Bounce	Against Attack Aim Batter Bowler

	Catch Follow Hop Jump Listen Move Over Path Pass Push Run Safely Shape Share Sideways Skip Space Stop Tag Team Throw Travel Under	Catch Change direction Count Defender Direction Dribbling Far Fast Hit Hop Instructions Jump Land Levels Lead Move Overarm Partner Points Ready position Roll Safely Score	Choose Create Collect Control Direction Defend Defence Dodge Fielder Focus Goal Height Jog Levels Landing Link Mirror Overarm Pace Position Pathway Pike Quickly
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<u>Knowledge and Understanding of Health and Fitness</u>	Use simple words and phrases to describe how the body feels after exercise. Begin to understand the importance of exercise and healthy eating. Recognise that the body changes during exercise. Can briefly talk about ways to stay safe. Begin to recognise equipment which may be dangerous and harmful.	Recognise and talk about who their body feels when still and during exercise. Know how to carry and place equipment with adult input and supervision.	Understand the basic importance of a warm up and cool down. Recognise and describe what their bodies feel like during different paced activities. Lift, move and place equipment/apparatus safely.
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