



PE Curriculum Progression Skills



Aspect		ELG for 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
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.
Games	I can roll, throw and catch a large ball. I can strike and kick a large ball. I can roll, strike, hit and kick a large ball in a game. I can follow rules to a game.		I can throw, catch and retrieve a small ball e.g a tennis ball I can roll, strike, hit and kick a large or small ball in a game. I can perform a range of skills with some consistency and control.



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