



Roe Green Infant School
PE – Skills Progression



AUTUMN/SPRING/SUMMER		
Reception	Year 1	Year 2
DANCE		
<ul style="list-style-type: none">• Create short dance sequences.• Stand on one foot.• Catch a ball.• Write some letters and copy their name.• Experiment moving in different ways on equipment and jump landing safely.• Help to put away equipment correct.• Manage own risk	<ul style="list-style-type: none">• Express feelings of characters through dance.• Learn basic movements relating to feelings.• Show that they have a clear starting and finishing position.• Respond to different music showing a range of emotions.• Perform dance movements and simple routines using simple movement patterns.	<ul style="list-style-type: none">• Identify and describe good-quality form and movement.• Perform dance in duets and formations.• Describe healthy lifestyles and how exercise supports healthy living.• Evaluate and improve a dance performance by recording and viewing their rehearsals.• Use a range of vocabulary to describe moods and how dances make them feel.• Remember and repeat simple dance phrases.

GAMES

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| <ul style="list-style-type: none">• Balance themselves and objects.• Control speed and direction in running games.• Navigate obstacle courses.• Move and control objects like beanbags, balloons, and balls.• Cooperate and problem-solve with partners and groups.• Understand basic changes in exercise.• Move freely using suitable spaces and speed.• Draw lines and circles.• Understand their own needs hunger/toilet/personal hygiene.• Dress with support.• Know equipment needs to be used safely. | <ul style="list-style-type: none">• Catch and throw balls.• Intercept objects and how to outwit opponents.• Hit objects with a hand or bat.• Track and retrieve a rolling ball.• Link running, jumping and long-distance throwing.• The basics of games rules, such as end zones and bases.• Describe the benefits of exercise and ways people enjoy it.• participate in simple, fun competitions.• Explore different ways of using a ball.• Explore ways to send a ball or other equipment.• Retrieve and stop a ball using different parts of the body. A&D• Play a variety of running and avoiding games.• Practise skills to make them warmer.• Explain why they enjoy playing games and physical activities.• Talk about what our bodies do during exercise e.g. breathing.• Develop simple attacking and defending techniques.• Pass and receive a ball in different ways with increased control. | <ul style="list-style-type: none">• Dribble and pass balls.• Use the goalkeeping principles.• Bowl, bat and team field.• Understand the basic net game rules and skills, such as boundary lines.• Use static and dynamic balances.• Jump for distance and height.• Recognise the best ways to score points and stop points being scored.• Recognise how they work best with their partner.• Use different rules and tactics for invasion games.• Make it difficult for opponents.• Describe what they see and ask to copy others' ideas, skills and tactics.• Recognise what is successful and how to use this knowledge. (Do they play well when hot or out of breath.)• Participate in team games.• Understand and develop tactics for attacking and defending. |
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GYMNASICS

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| <ul style="list-style-type: none">• Perform and link simple gymnastics movements• Move freely in a variety of different ways.• Use scissors and other tools safely.• Show a dominant hand.• Make anticlockwise movement | <ul style="list-style-type: none">• take-off and land within gymnastics.• Respond to instructions and commands.• Move between mats and small apparatus and change the speed of movement.• Learn a variety of basic gym actions.• Be still in different body shapes and balances and combine different ways of travelling.• Handle apparatus safely.• Recognise how it feels when the body is tense.• Discuss how the body changes during exercise.• Develop balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction. | <ul style="list-style-type: none">• use simple gymnastics scoring and judging• Develop short sequences on their own.• Use imagination to find different ways of using apparatus.• Form simple sequences of different actions using floor and apparatus.• Have a clear start, middle and end.• Have a clear focus when watching others perform.• Say when a movement or skill is performed well (aesthetic appreciation).• Describe what they have done and what they have seen.• Develop balance, agility and co-ordination. of travelling, stillness, jumping, timing, changing shape, size, direction |
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SPORTSMANSHIP & COORDINATION (KS1/KS2)

- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Play competitive games, modified where appropriate
- participate in team games,

SWIMMING

- Become familiar with floating, submerging, and moving through water
- Use swimming aids to develop technique and stamina
- Swim lengths and link with turns, including tumble turns
- Swim distances from 10 to 400 metres unaided
- Use breathing patterns for different strokes
- Use different pull and kick styles
- Tread water, basic survival and rescue techniques