



Roe Green Infant School  
**PE – Knowledge and Skills Progression**



AUTUMN/SPRING/SUMMER		
Reception	Year 1	Year 2
<b>DANCE</b>		
<ul style="list-style-type: none"> <li>• Explore and engage in music making and dance performing solo or in groups.</li> <li>• Develop overall body strength, balance, coordination and agility.</li> <li>• Combine different movements with ease and fluency</li> <li>• Progress towards a more fluent style of moving with developing control and grace.</li> <li>• Negotiate space and obstacles safely, with consideration for themselves and others. (ELG)</li> </ul>	<ul style="list-style-type: none"> <li>• Express feelings of characters through dance.</li> <li>• Learn basic movements relating to feelings.</li> <li>• Show that they have a clear starting and finishing position.</li> <li>• Respond to different music showing a range of emotions.</li> <li>• Perform dance movements and simple routines using simple movement patterns.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and describe good-quality form and movement.</li> <li>• Perform dance in duets and formations.</li> <li>• Describe healthy lifestyles and how exercise supports healthy living.</li> <li>• Evaluate and improve a dance performance by recording and viewing their rehearsals.</li> <li>• Use a range of vocabulary to describe moods and how dances make them feel.</li> <li>• Remember and repeat simple dance phrases.</li> </ul>

## GAMES

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| <ul style="list-style-type: none"> <li>• Revise and refine the fundamental movement skills they have already acquired.</li> <li>• Develop overall body strength, balance, coordination and agility.</li> <li>•</li> <li>• Confidently and safely use a range of large and small apparatus indoor and outside, alone and in a group.</li> <li>• Further develop and refine a range of ball skills including, throwing, catching kicking, passing, batting and aiming.</li> <li>• Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> </ul> | <ul style="list-style-type: none"> <li>• Catch and throw balls.</li> <li>• Intercept objects and how to outwit opponents.</li> <li>• Hit objects with a hand or bat.</li> <li>• Track and retrieve a rolling ball.</li> <li>• Link running, jumping and long-distance throwing.</li> <li>• The basics of games rules, such as end zones and bases.</li> <li>• Describe the benefits of exercise and ways people enjoy it.</li> <li>• participate in simple, fun competitions.</li> <li>• Explore different ways of using a ball.</li> <li>• Explore ways to send a ball or other equipment.</li> <li>• Retrieve and stop a ball using different parts of the body. A&amp;D</li> <li>• Play a variety of running and avoiding games.</li> <li>• Practise skills to make them warmer.</li> <li>• Explain why they enjoy playing games and physical activities.</li> <li>• Talk about what our bodies do during exercise e.g. breathing.</li> <li>• Develop simple attacking and defending techniques.</li> <li>• Pass and receive a ball in different ways with increased control.</li> </ul> | <ul style="list-style-type: none"> <li>• Dribble and pass balls.</li> <li>• Use the goalkeeping principles.</li> <li>• Bowl, bat and team field.</li> <li>• Understand the basic net game rules and skills, such as boundary lines.</li> <li>• Use static and dynamic balances.</li> <li>• Jump for distance and height.</li> <li>• Recognise the best ways to score points and stop points being scored.</li> <li>• Recognise how they work best with their partner.</li> <li>• Use different rules and tactics for invasion games.</li> <li>• Make it difficult for opponents.</li> <li>• Describe what they see and ask to copy others' ideas, skills and tactics.</li> <li>• Recognise what is successful and how to use this knowledge. (Do they play well when hot or out of breath.)</li> <li>• Participate in team games.</li> <li>• Understand and develop tactics for attacking and defending.</li> </ul> |
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## GYMNASTICS

<ul style="list-style-type: none"> <li>• Explore and engage in music making and dance performing solo or in groups.</li> <li>• Develop overall body strength, balance, coordination and agility.</li> <li>• Combine different movements with ease and fluency</li> <li>• Progress towards a more fluent style of moving with developing control and grace.</li> <li>• Negotiate space and obstacles safely, with consideration for themselves and others. (ELG)</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• take-off and land within gymnastics.</li> <li>• Respond to instructions and commands.</li> <li>• Move between mats and small apparatus and change the speed of movement.</li> <li>• Learn a variety of basic gym actions.</li> <li>• Be still in different body shapes and balances and combine different ways of travelling.</li> <li>• Handle apparatus safely.</li> <li>• Recognise how it feels when the body is tense.</li> <li>• Discuss how the body changes during exercise.</li> <li>• Develop balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction.</li> </ul>	<ul style="list-style-type: none"> <li>• use simple gymnastics scoring and judging</li> <li>•</li> <li>• Develop short sequences on their own.</li> <li>• Use imagination to find different ways of using apparatus.</li> <li>• Form simple sequences of different actions using floor and apparatus.</li> <li>• Have a clear start, middle and end.</li> <li>• Have a clear focus when watching others perform.</li> <li>• Say when a movement or skill is performed well (aesthetic appreciation).</li> <li>• Describe what they have done and what they have seen.</li> <li>• Develop balance, agility and co-ordination. of travelling, stillness, jumping, timing, changing shape, size, direction</li> </ul>
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## SPORTSMANSHIP & COORDINATION (KS1)

- 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,