



## PE Progression at St Michael's Nursery and Infant School

	EYFS	Year 1	Year 2	Year 3
<b>Fundamental skills, including athletics</b>	<ul style="list-style-type: none"> <li>• Begin to develop control over movements.</li> <li>• Begin to develop underarm throwing techniques.</li> <li>• Begin to explore different ways of kicking.</li> <li>• Begin to develop turn taking skills with a partner.</li> <li>• Show an understanding and awareness of space.</li> <li>• Develop different techniques when sending a ball.</li> <li>• Demonstrate a range of fundamental movement skills (sequencing when appropriate).</li> <li>• Enjoy having fun whilst participating in different activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to develop control over acceleration</li> <li>• and deceleration when sprinting.</li> <li>• Begin to understand the importance of the hip</li> <li>• to lip running technique.</li> <li>• Begin to understand how to utilise body parts to</li> <li>• improve performance/quality of the skill.</li> <li>• Develop a range of skills for distance and</li> <li>• accuracy when throwing and jumping.</li> <li>• Continue to develop agility, coordination,</li> <li>• flexibility to perform skills associated to</li> <li>• different disciplines.</li> <li>• Enjoy running and trying to become faster.</li> <li>• Enjoy throwing different equipment and</li> <li>• learning different throwing techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate control, co-ordination, and</li> <li>• fluency when running (including navigating</li> <li>• obstacles).</li> <li>• Develop running techniques such as the hip to</li> <li>• lip technique, and what to do with their head,</li> <li>• eyes and legs.</li> <li>• Develop awareness and distance, weight, and</li> <li>• height when throwing and jumping.</li> <li>• Continue to develop fundamental movement</li> <li>• skills and consolidate sequencing movements</li> <li>• together.</li> <li>• Explore goal/target setting when running,</li> <li>• throwing, and jumping.</li> <li>• Develop the overarm throwing technique to</li> <li>• allow greater distance and height.</li> <li>• Enjoy participating in activities to score point</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to explore developed techniques</li> <li>• when performing throwing disciplines</li> <li>• (javelin, shot put and discus).</li> <li>• Begin to explore acceleration and</li> <li>• deceleration when performing in a</li> <li>• relay.</li> <li>• Begin to recognise key components of</li> <li>• individual skills such as running,</li> <li>• jumping and throwing techniques.</li> <li>• Begin to discuss strengths and areas of</li> <li>• improvement in own and others</li> <li>• technique.</li> <li>• Begin to discuss the changes in their</li> <li>• body as a result of</li> <li>• exercising/performing.</li> <li>• Continue to work against a target/goal</li> </ul>

			<ul style="list-style-type: none"> <li>• and try to win against others.</li> <li>• Enjoy trying to better their score.</li> </ul>	<ul style="list-style-type: none"> <li>• setting to improve performance.</li> <li>• Enjoy participating in different athletics</li> <li>• events to improve self-development</li> </ul>
<b>Games</b>	<ul style="list-style-type: none"> <li>• Begin to develop control over movements.</li> <li>• Begin to develop underarm throwing techniques. Begin to explore different ways of kicking.</li> <li>• Begin to develop turn taking skills with a partner.</li> <li>• Show an understanding and awareness of space.</li> <li>• Develop different techniques when sending a ball</li> <li>• Demonstrate a range of fundamental movement skills (sequencing when appropriate).</li> <li>• Enjoy having fun whilst participating in different activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore different ways of sending and receiving a ball/object.</li> <li>• Retrieve/stop a moving ball with different body parts.</li> <li>• Develop accuracy when sending a ball/object.</li> <li>• Begin to develop simple attacking and defending tactics.</li> <li>• Continue to develop spatial awareness through some competitive play.</li> <li>• Begin to work in collaboration with a partner and small teams.</li> <li>• Begin to explore different movements, speeds and pathways when participating in competitive activities.</li> <li>• Begin to develop basic techniques with dominant side/hand/foot etc.</li> <li>• Enjoy having fun when playing, learning new games and scoring points.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to develop accuracy in passing skills -</li> <li>• being able to send and receive over different distances.</li> <li>• Further increase understanding of spatial awareness when attacking and defending.</li> <li>• Continue to explore different ways of sending and receiving a ball with different body parts.</li> <li>• Continue to work effectively within a group and as part of a team.</li> <li>• Explore scoring systems and how to score and prevent opponents from scoring.</li> <li>• Maintain possession when appropriate.</li> <li>• Continue to understand how to best utilise positions in a playing area.</li> <li>• Continue to develop basic techniques with dominant side/hand/foot etc.</li> <li>• Practice basic techniques with weaker</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate accuracy and speed when</li> <li>• passing a ball to a partner/teammate.</li> <li>• Consolidate a range of dribbling skills.</li> <li>• Demonstrate greater understanding of technique when throwing/rolling/kicking a ball.</li> <li>• Consistently demonstrate catching/control.</li> <li>• Continue to work collaboratively in a small group/team.</li> <li>• Begin to describe what is successful in their own and other pupils/teams play/performance.</li> <li>• Continue to develop confidence and consolidate passing skills in activities</li> <li>• focusing on maintaining possession.</li> <li>• Enjoy working in a team to win points.</li> </ul>

			<ul style="list-style-type: none"> <li>• side/hand/foot etc.</li> <li>• Continue to enjoy PE lessons and learning new</li> <li>• games, skills and scoring points.</li> </ul>	<ul style="list-style-type: none"> <li>• Enjoy participating in new games and</li> <li>• communicating with partners and</li> <li>• teammates to improve individually and</li> <li>• as a team.</li> </ul>
<b>Gymnastics/ body management</b>	<ul style="list-style-type: none"> <li>• Create shapes showing a basic level of stillness using different parts of their bodies.</li> <li>• Begin to take weight on different body parts.</li> <li>• Show shapes and actions that stretch their bodies.</li> <li>• Copy and link simple actions together.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform balances making their body tense, stretched and curled.</li> <li>• Take body weight on hands for short periods of time.</li> <li>• Demonstrate poses and movements that challenge their flexibility.</li> <li>• Remember, repeat and link simple actions together.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform balances on different body parts with some control and balance.</li> <li>• Take body weight on different body parts, with and without apparatus.</li> <li>• Show increased awareness of extension and flexibility in actions.</li> <li>• Copy, remember, repeat and plan linking simple actions with some control and technique.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to explore a range of jumping</li> <li>• techniques and shapes-paying closer</li> <li>• attention to take off and landing.</li> <li>• Continue to explore changing shapes</li> <li>• and direction during flight.</li> <li>• Explore a range of shapes, across</li> <li>• different levels, and different ways of</li> <li>• entering and exiting shapes.</li> <li>• Continue to explore apparatus, and</li> <li>• find different ways of entering and</li> <li>• exiting shapes.</li> <li>• Continue to explore 'canon', 'unison'</li> <li>• and 'mirroring' techniques.</li> <li>• Consolidate a range of rolling</li> <li>• techniques, and travelling in creative</li> <li>• ways.</li> <li>• Enjoy working with a partner/group, to</li> </ul>

				<ul style="list-style-type: none"> <li>demonstrate various tasks.</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>Copy basic body actions and rhythms.</li> <li>Choose and use travelling actions, shapes and balances.</li> <li>Travel in different pathways using the space around them.</li> <li>Begin to use dynamics and expression with guidance.</li> <li>Begin to count to music.</li> </ul>	<ul style="list-style-type: none"> <li>Copy, remember and repeat actions.</li> <li>Use changes of direction, speed and levels with guidance.</li> <li>Show some sense of dynamic and expressive qualities.</li> <li>Begin to use counts.</li> </ul>	<ul style="list-style-type: none"> <li>Copy, remember and repeat a series of actions.</li> <li>Select from a wider range of actions in relation to a stimulus.</li> <li>Use pathways, levels, shapes, directions, speeds and timing with guidance.</li> <li>Use mirroring and unison when completing actions with a partner.</li> <li>Show a character through actions, dynamics and expression.</li> <li>Use counts with help to stay in time with the music.</li> </ul>	<ul style="list-style-type: none"> <li>Explore relationships, in particular</li> <li>unison and canon with a partner and in</li> <li>a group.</li> <li>Demonstrate a range of</li> <li>patterns/movements associated to a</li> <li>range of themes.</li> <li>Explore creating illusions and creative</li> <li>shapes within a group.</li> <li>Continue to explore tension and</li> <li>fluidity within movements to</li> <li>demonstrate a particular theme.</li> <li>Improvise and begin to create</li> <li>sequences individually, with a partner,</li> <li>and within a group.</li> <li>Enjoy working with others to perform</li> <li>in front of others.</li> </ul>
<b>Evaluation and competition</b>	<ul style="list-style-type: none"> <li>Take turns.</li> <li>Learn to share equipment with others.</li> <li>Share their ideas with others.</li> <li>Try again if they do not succeed.</li> <li>Practise skills independently</li> </ul>	<ul style="list-style-type: none"> <li>Encourage others to keep trying.</li> <li>Talk to a partner about their ideas and take turns to listen to each other.</li> <li>Work with a partner and small group to play games and solve challenges.</li> <li>Show determination to continue working over a longer period of time.</li> <li>Determined to complete the challenges and tasks set.</li> <li>Explore skills independently before asking for help</li> </ul>		<ul style="list-style-type: none"> <li>Comuniate, collobrate and compete with each other.</li> <li>Learn from others how they can improve their skills</li> <li>Comment on tactics and techniques to help improve their performance</li> <li>Know their next steps and how to improve their work</li> </ul>

	<ul style="list-style-type: none"> <li>• Confident to try new tasks and challenges</li> <li>• Begin to identify personal success.</li> <li>• Choose own movements and actions in response to simple tasks e.g. choosing to travel by skipping</li> <li>• Begin to provide simple feedback saying what they liked or thought was good about someone else's performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Confident to share ideas, contribute to class discussion and perform in front of others</li> <li>• Make decisions when presented with a simple challenge. E.g. move to an open space towards goal.</li> <li>• Begin to select and apply skills to use in a variety of differing situations. E.g. choose to use a balance on their bottom on a wider piece of apparatus.</li> <li>• Provide feedback beginning to use key words from the lesson.</li> </ul>	
--	---	---	--