



South Farnborough Infant School

Skills & Knowledge Progression in PE

Intent

We will provide a wide variety of opportunities for children to become physically confident and competent athletes, who are able to use a variety of skills through different sports, in a way which supports their health, fitness and sportsmanship.

EYs

ELG 6: Gross Motor Skills

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Statutory Guidance

Year 1

Year 2

National Curriculum for PE at Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Children have daily access to outside provision, including:

*Snug, moving and climbing
Climbing wall
Balls (throwing, aiming, kicking)
Bikes (balance)
Dance
Skipping ropes
Go-karts
Hoops
Free play*

Being Active and Healthy

Active & healthy learner

Understand and explain which activities are good for our health

Marvellous Me Topic (Science)

All PE Lessons

Fruit Kebabs (DT)

Understand and explain the importance of good health, physical exercise and healthy food

Marvellous Me Topic

All PE Lessons

Fruit Kebabs

Active & healthy learner

Recognise and describe how their body feels during and after activities

All PE lessons

Practising for sports day

Evaluating and improving

Can talk about what they have done.

All plenary sessions

Can describe what other people did.

Gymnastic sessions (I like...)

Dance; observing others (I like...)

Can talk about what is different between what they did and what someone else did.

Gymnastics; observing others

Dance; observing others and self (filming dance days)

Can say how they could improve.

Gymnastics; evaluating self and others

Dance evaluating self and others (filming dance days)

	Health and Fitness	<p>Can describe how their body feels before, during and after an activity.</p> <p>All plenary sessions</p>	<p>Can show how to exercise safely.</p> <p>All activities</p> <p>Can describe how their body feels during different activities.</p> <p>All activities</p> <p>Can explain what their body needs to keep healthy.</p> <p>All activities Science</p>
Every other week; dance linked to story (alternating with music linked to story)	Dance	<p>Can move to music.</p> <p>Skeleton Dancing Great Fire of London Water Dancing Dance Day; In the Jungle</p> <p>Can copy dance moves.</p> <p>Dance Day; In The Jungle</p> <p>Can perform some dance moves.</p> <p>Dance Day</p> <p>Can make up a short dance.</p> <p>Great Fire of London Water Dancing</p> <p>Can move around the space safely.</p> <p>All dance lessons</p>	<p>Can dance imaginatively.</p> <p>Space Dance Rainforest Dance Ocean Dance</p> <p>Can change rhythm, speed, level and direction.</p> <p>Space Dance Rainforest Dance Ocean Dance</p> <p>Can dance with control and co-ordination.</p> <p>Space Dance Rainforest Dance Ocean Dance</p> <p>Can make a sequence by linking sections together.</p> <p>Space Dance Rainforest Dance Ocean Dance</p> <p>Can link some movements to show mood or feeling.</p> <p>Space Dance Rainforest Dance Ocean Dance</p>
Sports Focus multi sports includes jumping, running, hopping, skipping, negotiating space, balance, coordination, ball skills, dodging	Games	<p>Can throw underarm.</p> <p>Aiming, Sports Day Practise</p> <p>Striking and Fielding PS</p> <p>Can roll a piece of equipment.</p> <p>Netball, Dodgeball PS, Striking and Fielding PS Football PS</p> <p>Can hit a ball with a bat.</p> <p>Striking and Fielding PS</p> <p>Can move and stop safely.</p> <p>All lessons</p> <p>Can catch with both hands.</p> <p>Netball, Dodgeball PS</p> <p>Can throw in different ways.</p> <p>Netball, Dodgeball PS</p> <p>Can kick in different ways.</p> <p>Football PS</p>	<p>Can use hitting, kicking and rolling in a game.</p> <p>Tag Rugby PS Striking and Fielding PS</p> <p>Can stay in a 'zone' during a game.</p> <p>Tag Rugby PS Striking and Fielding PS</p> <p>Can decide where the best place to be is during a game.</p> <p>Tag Rugby PS Striking and Fielding PS</p> <p>Can use one tactic in a game.</p> <p>Tag Rugby PS Striking and Fielding PS</p> <p>Can follow rules.</p> <p>Hockey Tag Rugby PS Striking and Fielding PS</p>
Sports Focus gymnastics includes jumping, climbing, moving in a sequence, negotiating space, balance, coordination	Gymnastics	<p>Can make their body tense, relaxed, curled and stretched.</p> <p>Yoga</p> <p>Can control their body when travelling.</p> <p>Can control their body when balancing.</p>	<p>Can plan and show a sequence of movements.</p> <p>Can use contrast in their sequences.</p> <p>Can control their movements.</p> <p>Yoga</p>

		<p>Yoga Can copy sequences and repeat them.</p> <p>Can roll in different ways.</p> <p>Can travel in different ways.</p> <p>Can balance in different ways.</p> <p>Yoga Can climb safely.</p> <p>Can stretch in different ways.</p> <p>Yoga Can curl in different ways.</p>	<p>Can think of more than one way to create a sequence which follows a set of 'rules'.</p> <p>Can work on their own and with a partner to create a sequence.</p>
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	Early Years		Year 1		Year Two	
Autumn 1	Outside Rules and beanbags	Music and movement Val Sabin Dance	Dance Throwing and catching	Gymnastics: basic shapes	Hockey Space Dance	Football
Autumn 2			Throwing and catching	Gymnastics; basic shapes	Hockey	Dodgeball
Spring 1	Outside Hoops and Quoits Val Sabin	Yoga	Yoga	Gymnastics; rolling, balancing, jumping, sequences	Yoga	Multiskills Golden Mile
Spring 2	Outside Play	Gymnastics	Netball	Gymnastics; rolling, balancing, jumping, sequences	Yoga Rainforest dance	Gymnastics
Summer 1	Outside Play Sports Day Practise	Athletics (sports day practise)	Sports Day Practise Dance Day; In The Jungle	Dance	Skiping Ocean Dance	Athletics
Summer 2	Outside Play	Ball skills; rolling, aiming, passing	Tag Rugby	Striking and Fielding	Leavers' Practice	Striking and Fielding