John Ray Infant School

PE Curriculum Progression Document

		EYFS	**Year 1**	**Year 2**
Autumn 1	Inside	**Gym** • Show good control and co-ordination of large movements.	**Gym** • Lift and carry apparatus safely. • Use the space and apparatus safely. • To travel on different parts of the body. • Balance with control.	**Gym** • Work safely on the floor and apparatus. • Hold still shapes and balances on small and large body parts. • Use equipment in a variety of ways to create a sequence.
	Outside	**Games** • Develop hand eye coordination. • Travel safely when playing running and chasing games.	**Games** • To develop control and co-ordination when dribbling a ball. • To throw with accuracy towards a target. • To explore catching with two hands. • To explore control and co-ordination when dribbling a ball.	**Games** • Send and collect equipment in different ways. • Travel safely when playing running and chasing games.

Autumn 2	Inside	**Dance** • Begins to move when the music starts. • Following sequences.	**Dance** • Copy and repeat a simple dance phrase. • Copy and explore basic movements and body patterns.	**Dance** • To copy and repeat simple dance phrases with control. • To show ideas, feelings and moods in their dance. • To choose and link actions to make short dance phrases.
	Outside	**Games** • Strike a ball with some success towards a stationary target.	**Games – sending and receiving** • To develop rolling and throwing a ball towards a target. • To develop throwing and catching a ball. • To apply sending and receiving a ball to small games.	**Games** • To hit a ball with a bat or racket when it is thrown towards them.
Spring 1	Inside	**Dance** • Copy and perform actions. • Move with control and co-ordination. • Copy and create patterns.	**Dance** • Make their own movements from a starting idea given to them by the teacher. • Remember simple movements and dance steps.	**Dance** • To vary levels and speed. • To vary the size of body shapes. • To use space well.

	Outside	**Gym** • Physically stop on command.	**Games – striking and fielding** • To develop overarm and underarm throwing. • To retrieve a ball when fielding. • To develop decision making and how to score points.	**Games** • Begin to develop an understanding of attacking and defending. • Develop simple tactics and use them appropriately. • Understand the importance of rules in a game.
Spring 2	Inside	**Gym** • To hold shapes and balances for 5 seconds. • Climb over and under equipment. • Jump off an object and land appropriately.	**Gym** • Copy and repeat sequences with three movements. • Describe their actions and say what others are doing. • Perform different body shapes.	**Gym** • To link travelling actions and balances using apparatus. • To demonstrate different shapes, take off and landing when performing jumps. • Plan, remember and repeat a sequence with three movements.
	Outside	**Games**	**Games**	**Health and Fitness**

			• Develop hand eye coordination. • Play simple games on their own and with a partner.	• Copy and describe skills and team work that they see and say what they like and why. • Aim and hit a large target.	• To understand how to run for long periods of time without stopping. • To know where the heart is and understand why it beats faster during exercise. • Discuss changes in temperature, breathing and heart rate during exercise. • Describe the effect exercise has on the body.
Summer 1		Inside	**Dance** • Copy and create patterns. • Create sequences.	**Dance** • Change their movements when the music changes. • Watch other people dance and talk about their performance.	**Dance** • To add and change the direction to a sequence. • To respond imaginatively to stimuli. • To describe dance phrases and say what they like and dislike about them.
		Outside	**Health and Fitness**	**Health and Fitness**	**Games**

		• To know the importance of physical exercise. • Discuss ways to keep healthy and safe. • Recognise the changes that happen to their body when they are active.	• To recognise changes in their body during exercise. • Explain the importance of exercise and a healthy lifestyle. • Understand the need to warm up and warm down for an activity.	• Begin to develop an understanding of attacking and defending. • Develop simple tactics and use them appropriately. • Understand the importance of rules in a game. • Play by the rules of a game and keep score.
Summer 2	Inside	**Fundamentals** • To develop balancing whist stationary and on the move.	**Gym** • Perform a 2 footed jump. • Perform at different levels.	**Gym** • Perform with a partner side by side or follow the leader. • Describe the differences between their own and others' work.
	Outside	**Athletics** • To balance, run, jump change direction and travel. • To help others.	**Athletics** • Running at varying speeds. • Jumping, hopping and leaping in combination and for distance. • Working independently. • Collaborating with others.	**Athletics** • To develop the sprinting action. • To develop jumping for distance. • To develop throwing for distance and accuracy.