



PHYSICAL EDUCATION PROGRESSION GRID

Intent: At Dorothy Barley Infant School, we believe that a high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for pupils to become physically confident in a way that supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect, which link to our school values.

SHINE:

- S – Sparking curiosity
- H – Hands on and active learning
- I – Independence
- N – New knowledge and skills
- E – Empowering experiences

SMSC:

- S – Spiritual
- M – Moral
- S – Social
- C – Cultural

EYFS

YEAR 1

YEAR 2

KEY VOCABULARY

games
bounce
collect
count
hand
high
explore
safety
height
run
direction
breathing
quick
speed
heart rate
coordination
high
low
space
movement
throw
catch
aim
kick
roll
push
target
team

aim
throw
landing
teamwork
measure
balance
jump
pass
dribble
roll
skills
bounce
control
bat
ball
beanbag
catch
direction
batting
feeder
forwards
space
grip
score
space
actions
dance
copy
create
performance
stretch
speed

arch
dish
straight
travel
tuck
star
sequence
route
orienteeing
racket
swing

challenge
landing
aim
coordination
relay
target
speed
pass
accuracy
score
space
batting
fielding
striking
grip
long barrier
wickets
feeder
underarm
beat
performance
expression
improve
unison
create
agility
technique
posture
stamina
height
energy
attack
shooting

passing
dribble
defend
forfeit
putt
chip
sequence
linking
level
compass
map
route
directions
opposition
bounce feed

EYFS	YEAR 1	YEAR 2
<u>Dance</u>		
<p>Explore and copy basic body actions and rhythms.</p> <p>Negotiate space confidently, using appropriate strategies.</p> <p>Use their bodies to respond to stories, topics, and music</p> <p>Moves freely and with pleasure and confidence in a range of skilful ways.</p>	<p>Respond imaginatively to a range of stimuli</p> <p>Move confidently and safely in space, using changes of speed, level and direction</p> <p>Perform movement phrases using a range of different body actions and body parts – with control and accuracy</p> <p>Create linked movements, combining different ways of travelling, with beginnings, middles and ends</p> <p>Describe what they have done or seen others doing</p>	<p>Perform a range of actions and simple movement patterns with control and coordination</p> <p>Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas</p> <p>Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness</p> <p>Watch and describe a performance accurately and recognise what is successful</p>
<u>Gymnastics</u>		
<p>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment</p> <p>Negotiate space confidently, using appropriate strategies.</p> <p>Moves freely and with pleasure and confidence in a range of skilful ways.</p>	<p>Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent, moving safely using changes of speed, level and direction</p> <p>Combine different ways of travelling exploring a range of movements and shapes</p> <p>Create linked movement phrases with beginning, middle and ends</p> <p>Perform movement phrases using a range of different body actions and body parts</p> <p>Develop agility, balance and coordination</p> <p>Describe what you have done or seen others do</p>	<p>Perform a range of actions with control and confidence</p> <p>Explore, remember and repeat a range of gymnastic actions with control, precision and coordination</p> <p>Form simple sequences of different actions, using the floor and a variety of apparatus</p> <p>Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another</p> <p>Continue to develop agility, balance and coordination</p>
<u>Invasion Games – Football and Basketball</u>		
<p>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment</p> <p>Can play in a group, extending and elaborating play ideas within the group.</p> <p>Shows increasing control when throwing and catching a large ball</p>	<p>Explore different ways to use, move and send the ball</p> <p>Develop skills such as sending an object to a target, catching, receiving, pushing, throwing and basic ball control</p> <p>Show control of a ball with basic actions</p> <p>Send/pass a ball and successfully catch/stop a ball</p>	<p>Throw and catch the ball with increasing control, and throw the ball in different ways e.g. fast, slow, low and high</p> <p>Participate in team games</p> <p>Perform a range of actions with control of the ball, including throwing, catching, gathering and keeping possession</p>

<p>Shows increasing control over an object, pushing, pasting, throwing, catching, or kicking it</p>	<p>Develop fundamental movement skills, becoming increasingly confident and competent</p> <p>Recognise space in games and use it to advantage</p> <p>Move fluently, changing direction and speed easily and avoiding collisions</p> <p>Shoot successfully at a goal or target</p> <p>Throw and catch a ball</p> <p>Play simple games, understanding the rules of the game</p> <p>Understand the concept to moving to get in line with the ball to receive it</p> <p>Identify which skills they need to practice</p> <p>Describe what they have done or seen others do</p> <p>Understand who the attackers and defenders are</p> <p>Decide when to pass and when to run</p>	<p>Show control when moving, changing speed and direction, both with and without a ball</p> <p>Perform a variety of skills, keeping the ball under control</p> <p>Know and show how to defend between ball and target</p> <p>Decide when and where to run, showing good awareness of surroundings</p> <p>Pass a ball with control and increasing accuracy and consistency</p> <p>Move fluently, changing direction and speed – with and without a ball</p> <p>Choose and use simple tactics to suit different situations in small sided games</p> <p>React to situations in ways that make it difficult for opponents</p> <p>Successfully beat a defender</p> <p>Use actions and ideas they have seen to improve their own skills</p> <p>Understand and follow the rules of the game</p>
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Net/Wall Games – Volleyball and Tennis

<p>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment</p> <p>Can play in a group, extending and elaborating play ideas within the group.</p> <p>Shows increasing control when throwing and catching a large ball</p> <p>Shows increasing control over an object, pushing, pasting, throwing, catching, or kicking it</p>	<p>Use different skills and movements, including aiming into space to try to win games</p> <p>Move fluently, changing direction and speed</p> <p>Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking and object</p> <p>Catch/stop and send/pass a ball – developing technique of throwing and receiving</p> <p>Understand the concept of moving to get in line with a ball to receive it</p> <p>Show control of a ball with basic actions and explore different ways to use and move with a ball</p> <p>Describe what they have done or seen others doing</p>	<p>Move fluently, changing direction and speed with increasing confidence</p> <p>Use and move a racket with control</p> <p>Perform a range of actions including catching/gathering skills and sending/passing with control and throw/hit a ball in different ways e.g. high, low, fast, slow</p> <p>Choose and use skills and simple tactics to suit different situations – showing good awareness of others</p> <p>Perform a range of catching and gathering skills with control</p> <p>Master basic throwing technique</p> <p>Identify good technique and justify why it is good</p> <p>Describe how to hold and grip the racket on forehand shots</p>
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	Understand, follow and apply skills and tactics in simple games	Understand and follow the rules of the game Develop an understanding that hitting the ball into space helps them score points Use actions and ideas they have seen to improve their own skills
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Target Games - Golf

Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment Shows increasing control over an object, pushing, pasting, throwing, catching, or kicking it	Show control of a ball with basic actions Develop fundamental movement skills, becoming increasingly confident Send objects towards a target with increasing accuracy Begin to apply the basic putting technique into games Compete against others in modified golf games Talk about and develop movement skills needed in games Understand the importance of rules and follow instructions to complete a task	Develop problem solving and decision making strategies Explore different ways of moving Explore different ways of moving a golf ball Push/putt a ball towards a target with control Use skills learnt to participate and compete in rolling and putting games Develop technique when using the golf putter, becoming increasingly accurate Describe basic skills needed for golf games
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Striking and Fielding - Cricket

Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment Can play in a group, extending and elaborating play ideas within the group. Shows increasing control over an object, pushing, pasting, throwing, catching, or kicking it	Move fluently, changing direction and speed Show basic control of the ball, including when striking a ball Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it Understand and follow simple rules for games and compete in physical activities against others Apply skills and tactics in simple games, including recognising space and using it to your advantage	Show good awareness of others when playing games Develop fundamental movement skills, becoming increasingly confident and competent Perform a range of actions with control including catching, gathering and hitting a ball with increasing accuracy Throw/hit a ball in different ways e.g. high, low, fast, slow React to situations in ways that make it difficult for opponents Understand simple tactics like hitting the ball into space to help score more points
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Outdoor and Adventurous - Orienteering

Can play in a group, extending and elaborating play ideas within the group.	Move in different directions and in a variety of ways Begin to plan how to solve problems	Be able to use some basic features on a map to select and plan a route Begin to understand the competitive side of orienteering and take part in a picture orienteering event
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<p>Participate in competition with others, completing a simple orienteering event</p> <p>Identify N, S, E and W on a compass</p> <p>Understand how communication can help to solve problems with others</p>	<p>Meet challenges effectively by working as part of a team</p> <p>Understand what a compass is used for and use the direction points</p> <p>Have knowledge of safety rules and procedures for taking part in orienteering events</p>
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Athletics

<p>Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles</p> <p>Shows increasing control over an object, pushing, pasting, throwing, catching, or kicking it</p>	<p>Show understanding of the correct running technique; show a basic level of control, coordination and consistency when running</p> <p>Recognise success and unsuccessful techniques</p> <p>Develop the overarm throw technique, throwing accurately towards a target</p> <p>Practice the underarm throw technique, aiming towards a target showing increased control</p> <p>Explore and practice a variety of movements including running, jumping, and throwing techniques</p> <p>Experiment with different jumping techniques, showing control, coordination, and consistency throughout</p>	<p>Understand the variety of correct running techniques</p> <p>Develop the distance running technique, understanding the difference between sprinting, and running over longer distances</p> <p>Begin to evaluate and improve own performance</p> <p>Develop coordination and balance whilst exploring different running, jumping, and throwing techniques</p> <p>Begin to show control, coordination and consistency when running at speed</p> <p>Develop a range of jumping techniques</p> <p>Develop the underarm and pull throw technique</p>
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PE Life Skills

<p>Can play in a group, extending and elaborating play ideas within the group.</p> <p>Begins to accept the needs of others and can take turns and share, sometimes with the support of others.</p> <p>Ability to dress themselves with support if necessary</p> <p>Shows some understanding that good practices regarding exercise, eating, sleeping and hygiene can contribute to good health.</p> <p>Shows some understanding towards the effects of activity on their body.</p> <p>Aware of the boundaries set, and of behavioural expectations in the setting, to ensure everyone's safety.</p> <p>Know that equipment and apparatus can be harmful.</p>	<p>Health, Fitness and Wellbeing Understand why being active and playing games is good for you</p> <p>Body Awareness Describe what it feels like to breathe quickly during exercise Understand some changes to the body when playing a game</p> <p>Warm Up and Cool Down Understand that warming up is an important part of a PE lesson to prepare safely for exercise</p> <p>Safety Understand how to play in a safe way Demonstrate an appreciation of safety when using apparatus and equipment</p>	<p>Health, Fitness and Wellbeing Describe why running is good for you</p> <p>Body Awareness Understand and describe changes to your heartrate when playing a game</p> <p>Warm Up and Cool Down Begin to understand the importance of warming up and cooling down</p> <p>Safety Understand the need for preparing safely for activity Has knowledge of safety rules and procedures for taking part in orienteering events</p> <p>Evaluation and Feedback Begin to evaluate and improve own performance Watch and describe a performance accurately</p>
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Express their enjoyment of an activity using simple feedback techniques (e.g. thumbs up/down).

Responds to what others are saying or doing

Evaluation and Feedback

Recognise successful and unsuccessful techniques
Describe what they have done or seen others doing
Watch, copy and describe others play

Leadership and Teamwork

Communicate to help solve problems with others
Work independently and with others
Work well in big groups, sharing, taking turns and cooperating with others

Measuring and Improving

Identify what skills you need to practice
Use actions and ideas you have seen to improve your own skills
Identify good technique and justify why it is good

Recognise what is successful

Leadership and Teamwork

Show good teamwork and sportsmanship when taking part in competition
Understand how communication can help solve problems with others

Measuring and Improving

Use actions and ideas you have seen to improve your own skills
Copy actions and ideas and use the information to improve your skills