



Progression of Knowledge and Skills in **P.E**

Nursery	Reception	Year One	Year Two
PHYSICAL DEVELOPMENT Develop movement, balance, riding (scooter, trikes, etc.) and ball skills. Climb stairs and apparatus using alternate feet. Skip, hop and stand on one leg. Use large muscle movements to mark make, wave flags and streamers. Chose the right resources to carry out their own plan.	Games I can throw underarm. I can throw an object at a target. I can roll equipment in different ways. I can run safely on a whole foot. I can kick a large ball.	Games I can throw underarm. I can hit a ball with a bat. I can move and stop safely. I can throw and catch with both hands. I can throw and kick in different ways. I can run at varying speeds. I can run on the straight and in a curve.	Games I use hitting, kicking and/or rolling in a game. I decide the best space to be in a game. I use a tactic in a game. I follow rules. I can side step and change direction safely when running

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Increasingly use and remember sequences and patterns related to music and rhythm. Match developing skill to setting- decide when to crawl, walk or run. Collaborate with others to manage large items, such as moving a plank safely. Show dominant hand preference. Be increasingly independent as they dress and undress.	Gymnastics I can perform a basic jump and hop and land safely. I can stand on one foot. I can rise to my feet without using hands.	Gymnastics I can perform different jumps: 2 feet to 2, 2 to 1, hop onto same and opposite foot. I make my body curled, tense, stretched and relaxed. I control my body when travelling and balancing. I copy sequences and repeat them. I can improve them after feed-back. I roll, travel and balance in different ways. I climb safely.	Gymnastics I can perform and compare different jumps: 2 feet to 2, 2 to 1, hop onto same and opposite foot. My movements are controlled. I can adapt sequences to different apparatus and rule. I can work alone or with a partner to create a sequence. I can compare and contrast gymnastic sequences.

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Collaborate with others to manage large items, such as moving a plank safely. Show dominant hand preference. Be increasingly independent as they dress and undress.	Dance I can move freely with confidence and enjoyment in a range of different ways. Eg slither, roll, crawl, walk, run, hop, jump, slide. I can experiment with different ways of moving. Health & Fitness I can describe how my body feels when exercising. Thinking Skills Follow rules and understand they are important. Select and use resources with help in different activities. Respond to what they have heard, expressing thoughts and feelings.	Dance I move imaginatively to music. I copy dance moves. I perform my own dance moves. I make up a short dance. I move safely in a space. Health & Fitness I can describe how my body feels before, during and after exercise. I can carry and place equipment safely. Thinking Skills I can follow simple instructions. I share and take turns in play. I can watch and copy others.	Dance I can change level, rhythm, speed and direction. I can dance with control and co-ordination. I can make a sequence by linking sections together. I pick different movements to show a mood or feeling. Health & Fitness I can recognise and describe how my body feels during and after different exercise. I know why I need to be healthy. Thinking Skills I can order movements, instructions and skill. I can compare my performance to others and explain why something is working well. I will try several times and ask for help when appropriate.