



Whitestone Infant School

Progression of skills in P.E.



Area of study	Reception	Year 1	Year 2
Body awareness	Begin to be aware that when I am active changes will occur to my body. PD Health and Self-care	Begin to be aware that when I am active, changes will occur to my body.	Be aware of being active and explain some of the changes that occur in my body when I'm active.
Vocabulary	Active, healthy, special, feel, heart	Heartbeat, active, fit, sweat	Heart, pulse, sweat, active,
Invasion games	Enjoy moving freely in a range of ways (running, walking, crawling, sliding, rolling etc.) Run around changing my speed and direction to negotiate space and avoid obstacles. Move and stop confidently, negotiating the space around me effectively. PD Gross Motor skill	Hit, kick and throw different balls. Throw a small or medium size ball up to distance of 3m and catch it with both hands. Work with a small group to complete a task or play a game. When working as part of a team, decide where to stand to make a game difficult for the other team.	Travel with a ball in different ways, with or without equipment. Send and receive a ball in different ways. Send a ball accurately to a partner or a point over a distance of 5m. Work as part of a team to complete a task or play a game. Describe simple tactics in small game situations.

Vocabulary	Run, walk, crawl, slide, roll, faster, slower, stop, start	Hit, kick, throw, group, partner, team, game	Travel, front, back, court, serve, tactics, compete, score, umpire
Striking and fielding	Confidently and safely use a range of large and small apparatus alone and in a group.	Explore and use skills, actions and ideas individually and in combination to suit the game that is being played.	Travel with a ball in different ways (with or without equipment).
Bat racquet and ball skills	PD Gross Motor skills Develop a range of ball skills e.g. throwing, catching, kicking, passing, batting and aiming.	Work with a partner in throwing and catching games.	Send and receive a ball (with or without equipment) in different ways.
Net/wall skills	PD Moving and handling Negotiate space and obstacles when playing chasing and running games with others. PD Gross motor skills	Throw a ball accurately underarm to a target using increasing control. Hit a ball with control using an appropriate object.	Send a ball accurately to a partner or a point, over a distance of 5m. Work as part of a team to complete a task or play a game. Describe simple tactics in small game situations.
Vocabulary	Hit, send, catch, throw, roll, kick, pass, aim, run, chase, partner	Hit, send, collect, stop, net, throw, roll, strike, catch, batter, hitter, forehand, backhand	Hit ,collect, stop, net, throw, roll, strike, catch, hitter, forehand, backhand, court, serve, bounce, drop, tennis, badminton, racquet
Athletics	Run around changing my speed and direction to negotiate space and avoid obstacles. Negotiate space and obstacles when I play chasing and running games with others.	Change direction while I'm running. Run for long periods of time.	Run quickly over short distances. Continue running over longer distances. Keep a record of my own personal bests.

	Choose and use a range of ways to move around an area confidently, safely negotiating the space Begin to learn to skip with a rope PD Gross Motor skills	Run for long periods of time. Be more confident when skipping with a rope	Keep a record of my own personal bests. Skip confidently and begin to skip forwards and backwards.
Vocabulary	Walk, Jog, Throw, Target, Jump, Run, Hop, Skip, Fast, Pass, In pairs, track, lanes	hop, skip, step, forwards, backwards, s tag, partner, sprint sideways, throw, high, far, straight, furthest, distance, fast, slow, skipping, track, relay, lanes	Run, throw, hop, skip, forwards, backwards, throw ,high, far, straight, furthest, distance, fast, slow, skipping, obstacle, stamina, lanes, track
Outdoor and adventurous	Run or jog around the field on the welly walk stopping when my teacher tells me. PD Gross Motor Skills	Run or jog around the field on the welly walk building up to 5 laps.	Run or jog around the field on the welly walk building up to 7 laps.
Vocabulary	Run, walk, jog, fast, slow stop, start	Faster, slower, race, jog, walk	Run, walk, jog, fast, slow stop, start, stamina, distance, pace.
Gymnastics	Stand on one foot for a count of three. Jump off objects and land safely on two feet. Be able to experiment with different ways to move around. Confidently move around, under, over, and through different types of equipment and apparatus.	Perform a range of gymnastics moves e.g., balances, jumps, and rolls. Remember a short sequence of actions or movements. Walk along a straight line.	Perform different types of rolls Perform a sequence of moves to create a gymnastics routine. Say when I have performed a gymnastics action well, showing control. To perform a sequence of moves to create a gymnastics routine.

	Hop confidently on both feet. PD Gross Motor Skills	Begin to develop a gymnastics sequence with movements with a beginning, middle and end.	Say when I have performed a gymnastics action well, showing control.
Vocabulary	Jump, hop ,bounce travel, under ,over, through, over, hop, on, off, balance, bend, forwards, backwards, sideways	Stretch ,push ,pull, hop, skip ,step, spring balance, jump roll, sequence, beginning, middle, end	Jump, roll, balance, travel, sequence, pattern, music, timing, extension, strength, turn, spin
Dance	Be able to skip in time to music. Develop overall body strength, balance, co-ordination and agility. PD Gross Motor skills	Choose movements in dance which show I'm listening to the music.	Express myself through a sequence of dance movements. Link actions with increasing control.
Vocabulary	Dance, ,twist, turn, rhythm, step, music, feet, curl, low, fast, slow	Beat, dance, fast, feet, slow, step, stretch, turn, twist, choose, select	Phrase, links, dance, independent, pair, freestyle, formation, mirror, match, copy, repeat, mood ,emotion