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Clover Hill V.A. Infant & Nursery School
& St. Michael's V.A. Junior School,
Bowthorpe, Norwich

PE Curriculum Progression Document

Dance			
Nursery	**Reception**	**Y1**	**Y2**
Move body in response to a variety of music. Enjoying moving to music from other cultures.	Perform some simple dance moves. Move around the space safely. Copy dance moves.	Copy and explore basic movements and body patterns. Remember simple movements and dance steps. Link movements to sounds and music. Respond to a range of stimuli. Change rhythm, speed, level and direction when travelling.	Copy and explore basic movements with clear control. Vary levels and speed in sequence. Vary the size of their body shapes. Add a change of direction to a sequence. Uses space well and negotiates space clearly. Describe a short dance using appropriate vocabulary. Respond imaginatively to stimuli. Begin to express mood and feeling through dance.

Gymnastics			
Nursery	**Reception**	**Y1**	**Y2**
Explore and travel in different ways. Explore and balance in different ways.	Stretch in different ways. Curl in different ways. Make body tense, relaxed, curled and stretched. Copy sequences and repeat them.	Copy and explore basic movements with some control and coordination. Perform different body shapes. Perform at different levels. Perform 2 footed jump safely. Use equipment safely. Balance with some control. Link 2-3 simple movements	Explore and create different pathways and patterns. Uses equipment in a variety of ways to create a sequence. Link movements together to create a sequence. Movements are controlled. Work independently and with a partner to create a sequence.

Games			
Nursery	**Reception**	**Y1**	**Y2**
Explore and send a ball by kicking in different ways. Move and stop safely.	Catch a larger ball with both hands. Throw underarm. Roll a piece of equipment.	Travel in a variety of ways including running and jumping. Begin to perform a range of throws. Receive a ball with basic control. Begin to develop hand-eye coordination. Participate in simple games. Hit a ball with a bat. Follow rules.	Confident to send the ball to others in a range of ways. Begin to apply and combine a variety of skills (to a game situation) Develop strong spatial awareness. Begin to develop own games with peers. Understand the importance of rules in games. Develop simple tactics and use them appropriately. Begin to develop an understanding of attacking/ defending.

Athletics			
Nursery	**Reception**	**Y1**	**Y2**
Throw a variety of equipment including balls and beanbags.	Throw a variety of equipment including balls and beanbags exploring a variety of throws.. Jump in different ways.	Run at different speeds with increased control. Jump from a standing position. Perform a variety of throws with basic control. Begin to understand competitive sports.	Change speed and direction whilst running. Jump from a standing position with accuracy. Perform a variety of throws with control and coordination. Prepare for shot put and javelin. Use equipment safely. Encourage and support teammates.

Health and Fitness			
Nursery	**Reception**	**Y1**	**Y2**
Start to recognise the changes to the body when exercising.	Describe how the body feels before, during and after an activity.	Describe the effect exercise has on the body. Explain the importance of exercise and a healthy lifestyle.	Describe the effect exercise has on the body. Explain the importance of exercise and a healthy lifestyle and what the body needs to keep healthy. Understand the need to warm up and cool down. Understand how to exercise safely.

Evaluating and Improving			
Nursery	**Reception**	**Y1**	**Y2**
Self evaluate progress by using simple gestures and signs, e.g. thumbs up / thumbs down	Describe what others did. Explain what they have done.	Comment on own and others performance. Give comments on how to improve performance. Use appropriate vocabulary when giving feedback.	Watch and describe performances accurately. Begin to think about how they can improve their own work. Work with a partner or small group to improve their skills. Make suggestions on how to improve their work, commenting on similarities and differences.

PE End of Key Stage Expectations	
EYFS	**Key Stage 1**
Negotiate space and obstacles safely, with consideration for themselves and others.	Pupils should be taught to master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.
Demonstrate strength, balance and coordination when playing.	Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.
Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Pupils should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, 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 explore a range of dance from a variety of cultures, become confident in expressing themselves through movements and be able to perform dances using simple movement patterns.