



Filey C E Nursery & Infants Academy

'Inspiring Confident Learners, Reflecting Christian Values'

We endeavour to uphold Christian teaching to:

"Shine as lights in the world and love as Jesus loves us" (Philippians 2:15, John 13.34)

Our school is a Church of England School rooted in 'Compassion, Community and Friendship'.

PE Progression Document

Multi-Skills			
Nursery	Reception	Year One	Year Two
Shows preference for a dominant hand when throwing. Skip, hop, stand on one leg and hold a pose. Move around a space safely.	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Moves with control in different directions and different speeds.	Travelling in different ways and at different speeds. Begins to link running and jumping movement with some control and balance.	Travelling in different ways and at different speeds with balance and control. Link running and jumping movement with control and balance. Demonstrate balance and coordination when changing direction.

Can negotiate space around obstacles.	<p>Creates good routes around obstacles.</p> <p>develop and refine a range of ball skills including: throwing, catching, hitting, batting, and aiming.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>Aims at a target</p> <p>Can throw, catch and move objects with control.</p>	<p>Strike a ball with a hand and a bat.</p> <p>Explore under and over arm throw/ bowl.</p> <p>Track and stop a moving ball</p> <p>Prepare body position to be able to catch an object</p> <p>Identifies a space to move into</p>	<p>Develop power of underarm and overarm throws</p> <p>Some consistency with 2 handed catch</p> <p>Move into an appropriate space when tracking a moving ball.</p>
Vocabulary: balance, shape	Vocabulary: control, rules, instructions, space, create, send, travel, fair	Vocabulary: speed, agility	Vocabulary: defence, attack, power, accuracy
	Play, Move Explore Move Match Magic Explore Evade Escape	Target Control Combine Throw Prepare Catch Look Run Avoid Send Receive Return	Target Control Combine Throw Prepare Catch Look Run Avoid Send Receive Return

Dance			
Nursery	Reception	Year One	Year Two
Use large-muscle movements to wave flags and streamers, paint and make marks.	Use small-muscle movements to wave flags and streamers, paint and make marks.	Move in unison with a partner to music changing levels and space.	Remember and repeat a series of actions altering speeds, pathways and levels.

<p>Roleplay to different dances</p> <p>Stop/ start to music</p>	<p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Provide opportunities for children to spin, rock, tilt, fall, slide and bounce.</p> <p>Combine different movements with ease and fluency e.g. crawling, jumping and climbing.</p>	<p>Perform a basic sequence</p> <p>Perform dances using simple movement patterns to music.</p> <p>Show clear actions, levels and pathways.</p>	<p>Create a series of actions with a partner showing unison and canons and linking movements.</p>
Vocabulary: pattern	Vocabulary: slide, timing	Vocabulary: create, unison	Vocabulary: canon, speeds
		Inspire Create Perform	Inspire Create Perform

Gymnastics

Nursery	Reception	Year One	Year Two
<p>Explore a variety of way to move</p> <p>Go under or over apparatus</p>	<p>Can travel with control.</p> <p>Can climb with control along and across obstacles including in a game.</p> <p>Confidently and safely use a range of large and small apparatus indoors alone and in a group e.g. tumbling mats, ropes to pull up on, structures to jump on and off of, ladders and planks to balance on.</p>	<p>Create their own movements using different body parts e.g. curled, tense, stretched and relaxed.</p> <p>Explore shapes e.g. stretch and curl on the floor and in the air alongside simple rolling and jumping techniques.</p> <p>Perform a basic sequence</p>	<p>Demonstrate balance in a range of situations e.g. on equipment, on mats</p> <p>Adapt sequences of moves to suit different types of apparatus.</p>

Vocabulary: apparatus	Vocabulary: travel	Vocabulary: levels	Vocabulary: sequence
	Agility Balance Coordination	Agility Balance Coordination Jump Shape Create	Agility Balance Coordination Jump Shape Create

Invasion Games			
Nursery	Reception	Year One	Year Two
<p>Throw to self.</p> <p>Experiment with rolling a ball.</p> <p>Throw and catch with a partner</p>	<p>Moves to find specific objects.</p> <p>Catch a large ball</p> <p>Chase and dodge others safely</p> <p>Experiment catching and kicking a variety of equipment</p> <p>Move and stop safely</p>	<p>Travel with a variety of balls.</p> <p>Pass ball to partner whilst stationary.</p> <p>Receive ball from partner whilst stationary.</p> <p>Moves quickly to avoid others</p>	<p>Travel with a variety of balls and be able to stop and change directions.</p> <p>Move and track a ball through dribbling and passing towards a goal.</p> <p>Be creative with methods used to evade opponents e.g. 2v1</p> <p>Be able to move into a position to attack and defend.</p>
Vocabulary:	Vocabulary: control, avoid	Vocabulary: opponent	Vocabulary: rules, strategy
	<p>Search Steal Share</p> <p>Hands Feet Equipment</p>	<p>Hands Feet Equipment</p> <p>React Roll Retrieve</p> <p>Duel Win Lose</p>	<p>Hands Feet Equipment</p> <p>React Roll Retrieve</p> <p>Duel Win Lose</p>

Athletics

Nursery	Reception	Year One	Year Two
	Use arms and legs effectively when running	<p>Explore running at different speeds and distances including running over obstacles.</p> <p>Explore throwing objects for distance.</p> <p>Explore hopping, leaping and jumping for distance</p>	<p>Develop sprinting action.</p> <p>Develop hurdling technique.</p> <p>Develop jumping action with controlled landing technique.</p> <p>Understand the difference between running for distance and speed.</p> <p>Adapt power to ensure accuracy</p> <p>Select the best type of throw for the activity.</p>
Vocabulary:	Vocabulary:	Vocabulary: distance, time	Vocabulary: technique, take off, landing
		Run Jump Throw	Run Jump Throw

Social and Personal

Nursery	Reception	Year One	Year Two
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<p>Provide encouragement to peers.</p> <p>Take turns respectfully.</p> <p>Work positively with a partner.</p>	<p>Follows an instruction from an adult/ peer.</p> <p>Explain how to play fairly</p> <p>Identifies activities they enjoyed/ found challenging.</p> <p>Try to complete activities by myself.</p> <p>Articulate how exercise makes them feel</p> <p>Understand how to use equipment safely.</p>	<p>Collaborates with a partner</p> <p>Can reflect on their learning and progress</p> <p>Give feedback to others after a performance</p> <p>Is a respectful team-mate</p> <p>Have an understanding of personal best.</p> <p>Get changed for PE independently</p> <p>Understand and accept challenge against others</p>	<p>Give constructive feedback to others after a performance.</p> <p>Shares their thoughts and strategies with a partner</p> <p>Listens and responds to advice to achieve their personal best.</p> <p>Works independently, in a pair or in a group</p> <p>Can identify teammates strengths and plan positions accordingly.</p> <p>Is a respectful team-mate</p> <p>Understand the importance of warming up</p> <p>Persevere to beat personal best</p>
Vocabulary:	Vocabulary:	Vocabulary:	Vocabulary:
		Fair Share Dare	Fair Share Dare