



## Netherton Infant & Nursery School PE Progression

Dance Progression		
NC KS1: perform dances using simple movement patterns.		
EYFS	YEAR 1	YEAR 2
Copy basic body actions and rhythms.	Copy, remember and repeat actions.	Copy, remember and repeat a series of actions
Choose and use travelling actions, shapes and balances.	Choose actions for an idea.	Choose actions for an idea.
Travel in different pathways using the space around them.	Use changes of direction, speed and levels with guidance.	Use pathways, levels, shapes, directions, speeds and timing with guidance.
Begin to use dynamics and expression with guidance.	Show some sense of dynamic and expressive	Show a character through actions, dynamics and expression.
Begin to count to music.	Begin to use counts.	Use counts with help to stay in time with the music

Fundamental Skills Progression		
KS1 NC Master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.		
EYFS	YEAR 1	YEAR 2
Run and stop with some control.	Attempt to run at different speeds showing an awareness of technique.	Show balance and coordination when running at different speeds
Explore skipping as a travelling action.	Begin to link running and jumping movements with some control.	Link running and jumping movements with some control and balance.
Jump and hop with bent knees.	Jump, leap and hop and choosing which allows them to jump the furthest.	Show hopping and jumping movements with some balance and control.
Throwing larger balls and beanbags into space	Throw towards a target.	Change technique to throw for distance.
Balance whilst stationary and on the move	Show some control and balance when travelling at different speeds.	Show control and balance when travelling at different speeds.
Change direction at a slow pace.	Begin to show balance and co-ordination when changing direction.	Demonstrates balance and co-ordination when changing direction.
Explore moving different body parts together.	Use co-ordination with and without equipment	Perform actions with increased control when co-ordinating their body with and without equipment.

Gymnastics and Yoga Progression		
NC: KS1: master basic movements as well as developing balance, agility and co-ordination.		
EYFS	YEAR 1	YEAR 2
Create shapes showing a basic level of stillness using different parts of their bodies.	Perform balances making their body tense, stretched and curled.	Perform balances on different body parts with some control and balance.
Begin to take weight on different body parts.	Take body weight on hands for short periods of time.	Take body weight on different body parts, with and without apparatus.
Show shapes and actions that stretch their bodies.	Demonstrate poses and movements that challenge their flexibility.	Show increased awareness of extension and flexibility in actions.
Copy and link simple actions together.	Remember, repeat and link simple actions together.	Copy, remember, repeat and plan linking simple actions with some control and technique.

Games Progression		
NC: KS1: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.		
EYFS	YEAR 1	YEAR 2
Drop and catch with two hands.	Drop and catch a ball after one bounce on the move.	Dribble a ball with two hands on the move.
Move a ball with feet.	Move a ball using different parts of the foot.	Dibble a ball with some success, stopping it when required.
Throw and roll a variety of beanbags and larger balls to space.	Throw and roll towards a target with some varying techniques.	Throw and roll towards a target using varying techniques with some success.
Kick larger balls to space.	Kick towards a stationary target.	Show balance when kicking towards a target.
Stop a beanbag or large ball sent to them using hands.	Catch a beanbag and a medium-sized ball.	Catch an object passed to them, with and without a bounce.
Attempt to stop a large ball sent to them using feet.	Attempt to track balls and other equipment sent to them.	Move to track a ball and stop it using feet with limited success.
Hit a ball with hands.	Strike a stationary ball using a racket.	Strike a ball using a racket.
Run and stop when instructed	Run, stop and change direction with some balance and control.	Run, stop and change direction with balance and control.
Move around showing limited awareness of others.	Recognise space in relation to others.	Move to space to help score goals or limit others scoring.
Make simple decisions in response to a situation.	Begin to use simple tactics with guidance.	Use simple tactics.