

PE Skills Coverage and Progression



Nursery

Children will begin to move freely with pleasure and confidence in a range of ways such as: shuffling, rolling, crawling, walking, running and jumping. They will also look to complete a range of movements skilfully and negotiate space successfully in order to adjust to speed or direction to avoid obstacles. Children should also start to develop balance by standing on one foot momentarily and start to engage in developing co-ordination by learning to catch a large ball. Children should also express and explore movements through music encouraging them to be imaginative. They should enjoy joining in dances, begin to move rhythmically and response showing both feelings and movements. Children should be developing their gross motor movements throughout, focusing on drawing lines and circles through these movements.

Key Vocabulary:

Shuffle, Roll, Crawl, Walk, Run, Jog, Jump, Space, Catch, Throw, Ball, Lines, Circles, Look Up, Partners, Pairs, Balance, Hit, Forwards, Backwards, Push, Pull, Speed, Direction, Move.

Reception

Children should be experimenting with movements further, they should be able to successfully negotiate space while playing racing and chasing games in order to avoid obstacles by changing direction or speed. Children should also begin to use these movements with confidence and skill in order to move around, under, over and through equipment. Children should be showing increasing control and confidence over an object in pushing, patting, throwing, catching or kicking. Children shall continue to be expressive and imaginative and develop confidence to initiate new combinations of movements in order to express and respond to feelings, ideas and experiences. Children will show understanding for need of safety when tackling new challenges and consider risks, as well as understanding the importance of safety without the direct supervision. They will also start to understand the effects physical activity can have on the body, as well as the importance of good health and a healthy diet and talk about ways to keep healthy.

Key Vocabulary:

Shuffle, Roll, Crawl, Walk, Run, Jog, Jump, Space, Catch, Throw, Ball, Lines, Circles, Look Up, Partners, Pairs, Balance, Hit, Forwards, Backwards, Push, Pull, Speed, Direction, Move, Sports, Games, Individual, Team, Rules, Cone, Net, Racket, Equipment, Static, Kick, Beat

Y1/2

Children should develop fundamental movement skills (Agility, Balance and Co-ordination) and become increasingly competent and confident to use these in a range of activities either individually or with others. Children will also engage in competition against themselves or others to develop these skills in a range of increasingly challenging scenarios. Children should master the basic movements such as running, jumping, throwing and catching, which then can be applied to a range of situations. Children will continue to develop and show increased control when using equipment, and begin to understand how they can use them to be effective when performing and competing with others. Children shall participate in team games to develop collaboration, communication, co-operation as well as, develop an understanding for attacking and defending, where they can develop simple tactics to support this. Children will continue to be expressive, and be able to perform dances and routines using simple movement patterns as well as using their imagination to express ideas, feelings and showcase skills. All children will be physically active for sustained periods of time and develop a further understanding in the importance of physical activity and diet, and how it can impact them to lead a healthy active life.

Key Vocabulary:

Throw, Roll, Underarm, Hit, Move, Safely, Space, Kick, Decide, Rules, Curl, Stretch, Tense, Relax, Control, Sequence, Improve, Perform, Hold, Independent, Move, Copy, Create, Rhythm, Co-ordination, Balance, Agility, Repeat, Individual, Team, Catch, Equipment, Compete, Co-

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operation, Attack, Defend, Active, Diet, Healthy, Lifestyle, Dodge, Static, Dynamic, Landing, Rotation, Teamwork

Y3/4

Children should continue to apply and develop a broader range of skills, learning how to use them in different ways, linking them to make actions and sequences of movements. Children should now have master fundamental movement skills in isolation and begin using them in combination and applying them in a range of modified competitive games. Through these games' children will further develop their knowledge into attacking and defending tactics, as well as starting to understand strategies and roles within team-based games. Children will develop flexibility, strength, technique, control and balance, as well as understanding what this mean and how they can be applied in a range of different physical aspects. Performing and being expressive through dance and routines will continued to be developed, as children will continue to develop competence and confidence to create new imaginative ideas, as well as completing and matching patterns to music or counts. Children will begin to take part in outdoor and adventurous activities both individually or with others to compete in a range of physical and mental challenges. Children should enjoy communicating, collaborating and competing with one another and they should, be able to work successfully as a team to make decisions, discuss ideas and express their views. Children will also begin to understand how to improve their own performance and learn how to evaluate and recognise their own success, as well as understanding what areas they need to develop. All children will be physically active for sustained periods of time and develop a further understanding in the importance of physical activity and diet, and how it can impact them to lead a healthy active life. They will also start to be able to recognise how to change their lifestyle habits and explain reasons why and how they can change to lead a healthy and active life.

Key Vocabulary:

Isolation, Combination, Games, Attacking, Defending, Tactics, Strategies, Roles, Team, Individual, Flexibility, Strength, Technique, Control, Balance, Performance, Imagination, Patterns, Counts, Decisions, Discussions, Development, Diet, Healthy, Active, Awareness, Support, Opposition, Rules, Possession, Apparatus, Compare, Contrast, Sequence, Stamina, Phases, Plan, Communicate, Personal Best, Follow, Route, Safely, Accuracy, Obstacle, Route, Physical, Running, Dodging, Jumping, Throwing, Catching, Bowling, Striking, Length, Distance, Height.

Y5/6

Children should continue to apply and develop a broader range of skills, learning how to use them in different ways, linking them to make actions and sequences of movements. Children should now have master fundamental movement skills in isolation and be confidently and competently using them combination, applying them in a range of modified competitive games. Through these games' children will further develop their knowledge into attacking and defending tactics where they should be able to design and implement their own. As well as, understanding strategies and roles within team-based games and begin to identify skills and knowledge each specific role undertakes. Children will continue to develop flexibility, strength, technique, control and balance, as well as understanding what this mean, the importance they have within physical activity and how they can be applied in a range of different physical aspects. Performing and being expressive through dance and routines will continued to be developed, as children will continue to develop competence and confidence to create new imaginative ideas, as well as completing and matching patterns to music or counts. Children will develop further confidence and competence in outdoor and adventurous activities both individually or with others to compete in a range of physical and mental challenges. Children should enjoy communicating, collaborating and competing with one another and they should, be able to work successfully as a team to make decisions, discuss ideas and express their views. Children will continue to develop confidence in understanding how to improve their own performance and learn how to

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**Southwold Primary
& Nursery School**

"Be all you can be and together we will shine"

evaluate and recognise their own success, as well as understanding what areas they need to develop. Children will also now start to develop confidence and competence to provide feedback for peers to support development. Children will start to develop leadership/officiating skills in order to run competitions, games, and teaching sessions. All children will be physically active for sustained periods of time and have a sound understanding in the importance of physical activity and diet, and how it can impact them to lead a healthy active life. They be able to recognise and evaluate lifestyle habits, in order for them to lead a health and active lifestyle.

Vocabulary:

Isolation, Combination, Games, Attacking, Defending, Tactics, Strategies, Roles, Team, Individual, Flexibility, Strength, Technique, Control, Balance, Performance, Imagination, Patterns, Counts, Decisions, Discussions, Development, Diet, Healthy, Active, Awareness, Support, Opposition, Rules, Possession, Apparatus, Compare, Contrast, Sequence, Stamina, Phases, Plan, Communicate, Personal Best, Follow, Route, Safely, Accuracy, Evaluate, Analyse, Implement, Combine, Umpire, Plan, Official, Referee, Fitness, Location, Navigate, Trust, Compass, Direction, Feedback, Running, Dodging, Jumping, Throwing, Underarm, Overarm, Bowling, Attacking, Defending, Reaction.

Swimming and Water Safety

By the end of Key Stage 2, all children should be able to swim competently, confidently and proficiently over a distance of at least 25 metres. They should be able to use a range of strokes effectively, such as front crawl, backstroke and breaststroke. As well as being able to perform safe self-rescue in different water based situations.