



Puttenham C of E Infant Schools

Progression in Physical Education (P.E)

	Forest School	Developing balance (Gymnastics/Yoga)	Agility and coordination (Ball skills)	Games Including athletics	Movement patterns (Dance)
Reception	<p>To talk about the rules and how to stay safe when at forest school.</p> <p>To use a range of small tools e.g. trowels, fork etc. with increasing accuracy.</p> <p>To be confident to try new activities and show independence, resilience and perseverance in the face of challenge</p> <p>To negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically – climbing.</p>	<p>To carry out a single balance.</p> <p>To balance on one foot</p> <p>To be able to balance on a piece of apparatus</p> <p>To move in a variety of ways in and out cones and obstacles.</p> <p>To negotiate space safely.</p> <p>To jump with both feet leaving the ground, hop, stop, sprint, run.</p> <p>Yoga programme for Reception.</p>	<p>To explore a variety of sporting equipment and how they can be used.</p> <p>To be able to throw and catch a beanbags, quoits– over arm and under arm.</p> <p>To roll a ball to an end target.</p> <p>Fine motor: To hold a pencil</p> <p>Form recognisable letters</p>	<p>To be able to work with a partner, taking turns and sharing fairly.</p> <p>To be able to participate in a game with an opposing side.</p> <p>To be able to control a ball within a game setting.</p> <p>To understand about fair play, winning and losing.</p> <p>To explore jogging, running, sprinting.</p> <p>To carry out the Puttenham daily run building up to twice around the school.</p>	<p>To begin to respond to the music with different body movements.</p> <p>To explore and copy different body movements and rhythms.</p> <p>To begin to move in time with music.</p>
Year 1	<p>To talk about the rules and how to stay safe when at forest school.</p> <p>To use a variety of tools such as lighting fires with flints, whittling tools etc with support.</p> <p>Begin to tie knots and join materials together.</p>	<p>To carry out a single balance,</p> <p>To balance on one foot.</p> <p>To be able to balance on a piece of apparatus.</p> <p>To carry out with increasing precision:</p> <p>Side/rocking rolls;</p> <p>balances- points and patches;</p> <p>wide, narrow and curled shapes;</p>	<p>Be able to throw and catch a large ball – over arm and under arm</p> <p>Roll a ball to an end target</p> <p>Kick a ball with increasing accuracy to an end target</p> <p>Dribble a ball</p> <p>Balance a ball on a racket (Tennis)</p>	<p>Be able to participate in a competitive sports working with and against peers.</p> <p>To begin to show hand/eye co-ordination to control a ball within a game setting.</p> <p>To use hands to control a ball with increasing accuracy.</p>	<p>To link in with learning theme.</p> <p>To copy a dance pattern</p> <p>Move to a beat</p> <p>To link 2 dance movements together</p> <p>To use space well and aware of others</p> <p>To create different shapes.</p>

	<p>To make dens shelters using their ideas.</p> <p>Free exploration to move, walk, jump, climb etc. within the agreed area.</p>	<p>simple sequence of movements; moves in a variety of ways in and out cones and obstacles; changes in direction and speed on command; jumps with both feet leaving the ground; hopping; Stopping on command; Sprinting/Running, Skipping without a rope Jumping for height Yoga programme for year 1.</p>	<p>Beginning to hit a ball to a partner To use smaller balls to roll, catch, throw, hit, kick and within games with increasing accuracy.</p>	<p>To join into games with 'attackers' and 'defenders'. To begin to use a range of sports equipment. To be able to play a game following a set of rules. To run with increasing speed. To understand sportsmanship To carry out the Puttenham daily run and sports day.</p>	<p>To skip using a skipping rope. Appropriate movements to express dance ideas</p>
Year 2	<p>To talk about the rules and how to stay safe when at forest school. To use a variety of tools such as lighting fires with flints, whittling tools etc with increasing independence.</p> <p>To suggest materials and methods to bind objects together.</p> <p>To move independently and with increasing accuracy when climbing trees, on uneven surfaces etc.</p>	<p>To carry out a simple sequence of balance. To move in a variety of ways in and out cones and obstacles. High/ Low movements Pathways- straight/zig zag and curved. Spinning/turning/ linking moves together. Balancing on one foot. To be able to balance on a piece of apparatus Copying and mirroring movements. Different types of rolls. Jump with both feet leaving the ground Gallop/side gallop Jump for distance Skipping with a rope Yoga programme for year 2.</p>	<p>Be able to throw and catch a medium sized ball accurately Kick a ball Balance a ball on a bat Dribble a ball in and out of a set of obstacles. Hit a ball with some accuracy using a racket or bat Throw a beanbag into a given target</p>	<p>Engage in competitive sports and PE working with and against peers. To participate in sports against teams from other schools e.g. Farncombe/Aldro football festivals. To be able to control a ball within a game setting with increasing accuracy. Play a game with a set of rules. Play as part of a team, taking turns and playing fairly. Inventing own games- invasion games using a range of equipment. To run, sprint building up speed and stamina. To carry out the Puttenham daily run and sports day. To understand sportsmanship and fair play (showing the school values).</p>	<p>Dance (linked in with topics) To copy a dance pattern; To move to a beat; To link a short series of dance sequences together; To use space well and aware of others To recognise different dance forms and compositional skills and be able to describe them and comment on quality. To learn maypole dancing to perform to the school and at village shows. (Summer one term) Performance and evaluating.</p>