

**Grasslot
School**
Curriculum progression

PE (Physical Development)

Year Group	Statutory Document	Supporting Materials	Objectives / Key Skills (INTENT)	Key supporting activities (IMPLEMENTATION)	
Sunbeams	Early Years Foundation Stage Curriculum	Development Matters	Enjoy starting to kick, throw and catch balls. Build independently with a range of appropriate resources. Clap and stamp to music. Use large and small motor skills to do things independently, for example manage buttons and zips, and pour drinks.	<ul style="list-style-type: none"> • Healthy Movers – Daily 20min activity • Continuous outdoor (progressive wheeled toys / small climbing frame / use of Teletubby land) 	
Nursery			Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Use large-muscle movements to wave flags and streamers, paint and make marks. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. Go up steps and stairs, or climb up apparatus, using alternate feet. Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm. Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Start taking part in some group activities which they make up for themselves, or in teams. Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks	<ul style="list-style-type: none"> • First Kicks and other sporting visitors/activities (Sponsored walk) • Healthy Movers – Daily 20min activity • Cosmic Yoga/ Boogie Beebies/Go Noodle/Danny Go • Continuous outdoor (progressive wheeled toys / small climbing frame / use of Teletubby land) • Funky Fingers • Opportunities to develop gross and fine motor skills in both the indoor and outdoor continuous/enhanced provision • Snack time 	
Reception			Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing Progress towards a more fluent style of moving, with developing control and grace. • Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. • Develop overall body-strength, balance, co-ordination and agility. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. • Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. Develop the foundations of a handwriting style which is fast, accurate and efficient. • Further develop the skills they need to manage the school day successfully: - lining up and queuing - mealtimes ELG Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	<ul style="list-style-type: none"> • First Kicks • Multiskills (Active Kids Program) • Healthy Movers – Daily 20min activity • Cosmic Yoga • Boogie Beebies • Go Noodle • Continuous outdoor (progressive balance bikes & scooters / large Pirate Ship climbing frame / use of adventure trail) • Dance 	
Year 1			National Curriculum 2014		<p>PE1/1.1 Sport & Games</p> <p>PE1/1.1a master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>PE1/1.1b participate in team games, developing simple tactics for attacking and defending</p> <p>PE1/1.1c perform dances using simple movement patterns.</p> <p>PE1/1.2 Swimming and water safety</p>

Year 2		<p>In particular, pupils should be taught to:</p> <p>PE1/1.2a swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>PE1/1.2b use a range of strokes effectively</p> <p>PE1/1.2c perform safe self-rescue in different water-based situations.</p>	<p>To throw and catch with both hands. To throw and kick in different ways. To make my body curled, tense, stretched and relaxed. To control my body when travelling and balancing. To copy sequences and repeat them. To roll, curl, travel and balance in different ways. To be confident in water.</p>	<p>To decide the best space to be in during a game. To use one tactic in a game. To follow rules. To plan and perform a sequence of movements. To improve my sequence based on feedback. To think of more than one way to create a sequence which follows some 'rules'. To work on my own and with a partner.</p> <p>To swim across the pool confidently.</p>	<ul style="list-style-type: none"> • Daily Mile • Daily Moky / Supermovers / Just Dance / Go Noodle • Cosmic Yoga <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; padding: 2px;">Festival / Competition Calendar</th> </tr> </thead> <tbody> <tr><td style="padding: 2px;">Cycle & Scoot</td></tr> <tr><td style="padding: 2px;">Gymnastics</td></tr> <tr><td style="padding: 2px;">Inclusive dodgeball</td></tr> <tr><td style="padding: 2px;">Dance</td></tr> <tr><td style="padding: 2px;">Tennis</td></tr> <tr><td style="padding: 2px;">Football</td></tr> <tr><td style="padding: 2px;">Crosscountry</td></tr> <tr><td style="padding: 2px;">Rugby</td></tr> <tr><td style="padding: 2px;">Mini Olympics</td></tr> <tr><td style="padding: 2px;">Kinder Cricket</td></tr> </tbody> </table> <p>Possible Enhancements: Wheelchair Basketball, Trampolining / Treetop Nets, Ice Skating, Clip, Climb & Caving, Den Building,</p>	Festival / Competition Calendar	Cycle & Scoot	Gymnastics	Inclusive dodgeball	Dance	Tennis	Football	Crosscountry	Rugby	Mini Olympics	Kinder Cricket
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