



Physical Education Overview and Progression Grid

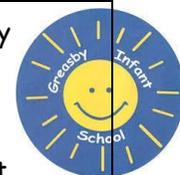
F1	Topics to be covered over the year: (As a school, we always follow a child's line of enquiry within their learning, which can direct the topics too.)
Vocabulary	Run, climb, forwards, backwards, stop, jump, balance
Through Direct Teaching and Continuous Provision	Activities will be planned in through Physical Development activities and PE sessions: <ul style="list-style-type: none"> • PE - movement skills (skipping, hopping, balancing on one leg, crawling), holding, kicking, throwing large ball, group games • Dance actions and songs • To move safely in a space and stop • Mounts steps and climbing equipment independently. • Can help to create a course using outdoor equipment and then navigate the course by balancing, climbing and jumping • Practise bike and scooter skills

Tell me five things!				
I can move around safely in a space.	I can climb up and down a small piece of equipment safely.	I can dance and move to music.	I can stop when I am told to.	I can throw an object.



Foundation 2	Topics to be covered over the year:							
Vocabulary								
Athletics	Gymnastics		Dance		Striking & Fielding Games	Net & Wall Games	Invasion Games	
space run finish throw safety react start baton accuracy jump lane exercise	travel stop roll bounce floor start routines safety level balance rock	jump confidence direction shapes spin land apparatus finish control	body emotions actions speed communicate ideas safely express pictures shapes travel	listen thoughts experiment themes music movements level vocalise feedback	batting bowling teamwork rules fielding running feelings safety wickets	volley rules control throw catch strike	send receive bounce dribble dodge attack defence communication teamwork	rules feelings behaviour safety control space confidence
Coverage								
Athletics	Gymnastics		Dance		Striking & Fielding Games	Net & Wall Games	Invasion Games	

<ul style="list-style-type: none"> • Share space and run with head up. • Jump - 1 foot to 2 feet, 2 feet to 2 feet. • Run and jump. • Jump from height and over obstacles. • Throw accurately. • Cooperate and share with others. • Run efficiently in a lane and dip for the finish. • Throw equipment for distance. • Improve throwing, 	<ul style="list-style-type: none"> • Jump in a variety of ways. • Construct a simple jumping sequence with a partner. • Jump showing good technique throughout take-off and landing. • Jump through turns with control. • Jump as part of a sequence of other movements. • Jump and show a tucked body shape in the air. • Jump as part of a sequence of other movements. • Change leg positions whilst in the air. 	<ul style="list-style-type: none"> • Use body to create simple theme related shapes, movements and actions. • Express simple theme related shapes, movements and feelings. • Show good listening skills. • Travel safely and creatively in space. • Show different levels when travelling. • Work with a partner. • Look at pictures and create shapes, movements and actions. • Remember and perform a basic sequence of movement, when led by teacher. 	<ul style="list-style-type: none"> • Use both hands whilst fielding. • Get into line with ball and field it. • Stop a ball with two hands, create barrier behind it with feet/body. • Hit ball to leg side. • Bowl a ball overarm at target. • Strike a ball off a tee. • Pick up a ball with one hand and throw underarm. • Chase and retrieve a ball. • If batting, know when to run and 	<ul style="list-style-type: none"> • Send a ball underarm with some accuracy. • Get into line with a ball whilst fielding. • Move to receive a ball. Use both hands when fielding. • Bowl a ball at a target. • Strike a ball with one hand and off a tee. • Chase and receive a ball. • Work with others and take turns. • Show some readiness and apply a range of skills. 	<ul style="list-style-type: none"> • Get into 'good' ready position to receive bounce passes. • Pass ball from chest using a bounce pass. • Change direction. • Move safely in a limited space. • Bounce a ball and track it with eyes. • Keep head up and travel when bouncing a ball. • Bounce/dribble/trap a ball with feet. • Push pass and receive a ball. • Dribble a ball with feet with good control. • Stop a ball on run by trapping it.
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<p>running and jumping techniques.</p>	<ul style="list-style-type: none"> • Execute a variety of jumps and leaps with control. • Include jumps and leaps in sequences, on the floor and apparatus. 	<ul style="list-style-type: none"> • Identify what 'good' looks like. 	<p>not to.</p> <ul style="list-style-type: none"> • Bowl with some accuracy. • Wicket keep. • Apply a range 		
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Tell me five things!				
I can jump with two feet and land safely	I can hop over a short distance on either leg	I can follow a narrow line when walking	I can throw a large ball e.g, netball for someone to catch	I can keep a safe distance from others when I am moving

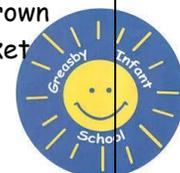


Year 1	Topics to be covered over the year: fundamental movement, animals and creatures, Great Fire of London, object control, games and athletics					
Vocabulary						
Athletics	Gymnastics		Dance	Striking & Fielding Games	Net & Wall Games	Invasion Games
warm up throwing feedback safely speed running	balance turn link spin point floor	routines twist apparatus arch jumps finish stretch	feelings praise patterns balance actions speed	batting pitch strike bowling fielding rules	v grip accuracy power net court movement	attack speed send pass move space

jumping height	timings sequence front & back twist start	shapes ling clearly safely curl wide rolls	control	feelings		shield progress defence quickly turn body see attacker
Coverage						
Athletics	Gymnastics	Dance	Striking & Fielding Games	Net & Wall Games	Invasion Games	
<ul style="list-style-type: none"> ● Begin to react quickly. ● Demonstrate agility, balance and coordination. ● Jump with height over a variety of obstacles. ● Begin to improve different styles of jumping – leap, jump and hop. ● Run and jump for distance. 	<ul style="list-style-type: none"> ● Travel and balance in a wide shape. ● Spin in wide body position. ● Take body weight and move in tight curled shapes. ● Create a sequence on floor and transfer to apparatus. ● Form a sequence of long shapes whilst in balance, motion and flight. 	<ul style="list-style-type: none"> ● Move freely and creatively in space. Use/follow PE words. ● Move with control. ● Remember and repeat short dances. ● Turn actions from motive to travelling. ● Work well in pairs – cooperate, begin to give feedback. 	<ul style="list-style-type: none"> ● Catch a ball after one bounce. ● Strike a ball off a tee. ● Kick a ball using bootlaces. ● Bowl overarm with a straight arm. ● Stop the ball as a wicket keeper. ● Pick up a ball one handed and return underarm. ● Strike a ball to leg from short delivery. 	<ul style="list-style-type: none"> ● Send a ball with some degree of accuracy. ● Receive by moving into the right position. ● Strike a ball with one hand whilst it's air born. ● Strike over a net with hand. ● Strike and volley a ball with some accuracy. 	<ul style="list-style-type: none"> ● Throw overarm, bounce and catch. ● Throw and catch a ball consistently and in control. ● Move an opponent around the court, when playing against them. ● Track an opponent and intercept a pass. ● Dodge to beat an opponent and close the space down that attackers work in. 	

<ul style="list-style-type: none"> ● Throw with improving distance and technique. ● Begin to demonstrate a variety of athletic techniques competently. 	<ul style="list-style-type: none"> ● Move from narrow shapes to tight curled shapes; form a sequence. ● Change direction and level of work. ● Variety of above sequences; link moves, partner work 	<ul style="list-style-type: none"> ● Show use of level, direction and unison to create and perform. ● Begin to understand what makes a good performance 	<ul style="list-style-type: none"> ● I can play as a team. Chase a ball and throw it back. ● Strike a ball of a tee when moving. ● Play a game and apply skills and rules 	<ul style="list-style-type: none"> ● Begin to dig a ball. ● Strike small ball with open palm and attempt a rally. ● Keep an eye on the ball. ● Begin to throw with accuracy and power. 	<ul style="list-style-type: none"> ● Retain possession of a ball. ● Compete with special awareness in team games. ● Pass and move decisively.
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Tell me 5 things!					
To throw and catch a bean bag	Be able to jump from a small height	I can skip (without a rope)	I can kick a ball accurately to a partner over a small distance	I can strike a ball thrown accurately at my racket	
Year 2	Topics to be covered over the year: fundamental movement, animals and creatures, Great Fire of London, object control, games and athletics				
Vocabulary					
Athletics	Gymnastics	Dance	Striking & Fielding Games	Net & Wall Games	Invasion Games



coordination increase distance link (movements) techniques refine constructive	Asymmetrical Levels Combinations Adjacent Counter balance Sequences Symmetrical Transition Mirroring flowing	narrow pathways curving zigzag creatively communication dynamics landings feedback	co-ordination collaborate feedback movements constructive meaningful	chasse on the move walking in teamwork acceptance behaviour back up	forehand backhand volley power timing rallies active	strategies width decisively deceptively positively receive shield think ahead intercept
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Coverage

Athletics	Gymnastics	Dance	Striking & Fielding Games	Net & Wall Games	Invasion Games
<ul style="list-style-type: none"> • Anticipate and react quickly. • Demonstrate agility, balance and co-ordination. • Jump in a variety of ways - a run with a jump. • Develop different styles of jumping. 	<ul style="list-style-type: none"> • Demonstrate agility, balance and coordination. • Perform a twist, then a roll. • Change pathways. • Change point of contact in balances and lead into next balance. • Twist body in motion, then in balance. • Twist whilst in inversion. 	<ul style="list-style-type: none"> • Move freely and creatively in space. • Use/follow PE words. • Move with control and coordination. • Remember and repeat short dances and link actions. 	<ul style="list-style-type: none"> • Throw a ball under arm at a target. • Take turns and follow rules. • Kick a ball with both feet. • Strike at moving targets. • Roll with good technique and accuracy with 	<ul style="list-style-type: none"> • Send a ball with some degree of accuracy. • Receive by moving quickly into the right position. • Show readiness. • Track flight of ball with eyes. • Get in line and 	<ul style="list-style-type: none"> • Throw overarm and catch after one bounce. • Throw and catch a ball consistently and in control. • Move an opponent around the court, when playing against them.

<ul style="list-style-type: none"> • Competently jump and add a short run up. • Throw with good technique. • Throw with a run up. • Demonstrate a variety of athletic techniques competently. • Help a peer improve performances. 	<ul style="list-style-type: none"> • Perform counter balances against apparatus. • Work in synchronisation with a partner - balances, twists, counter-balance, counter-tension. • Mirror moves of a partner. • Create a sequence with clear start, controlled twists, spins and turns. 	<ul style="list-style-type: none"> • Creatively turn actions from motive to travelling. • Work well in pairs - cooperate, give feedback. • Show use of level, direction and unison to create and perform. • Understand what makes a good performance. 	<p>either hand.</p> <ul style="list-style-type: none"> • Punt a ball with both feet. • Strike over the height of a punt. • Strike with a racket/bat at a target, with some force and accuracy. • Aim at a target so it hits on second bounce. • Throw flatter and with more force. 	<p>under the ball to return.</p> <ul style="list-style-type: none"> • Keep a rally going. • Develop a good grip and stance. • Begin to strike More consistently - forehand. • Attempt to return ball after on bounce. • Strike backhanded. 	<ul style="list-style-type: none"> • Track an opponent and intercept a pass. • Dodge to beat an opponent and close the space down that attackers work in. • Retain possession of a ball. • Compete with Special awareness in team games. • Pass and move decisively.
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Tell me 5 things you know!				
I can throw overarm and underarm to my partner	I can accurately catch a tennis ball thrown accurately at me	I can maintain balance across a narrow piece of apparatus	I can dribble a ball over a short distance	I can perform a forward roll