

Jesse Gray PE Progression Map

| PE | | | | | |
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| Year FS2 | <p>Experiments with different ways of moving. • Jumps off an object and lands appropriately. •Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. •Travels with confidence and skill around, under, over and through balancing and climbing equipment. •Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> <p>Early Learning Goal: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p> | | | | |
| | Gymnastics and Dance | Ball skills/ Throwing and catching | Tactics (attacking and defending) Rules Knowledge of PE | Running and jumping | Outdoor Activities |
| 1 | <p>I can copy & repeat basic body patterns & movements.</p> <p>I can remember simple dance steps and perform these in a controlled manner.</p> <p>I can roll, curl, travel and balance in different, controlled ways</p> | <p>I can throw underarm</p> <p>I can kick a ball</p> <p>I can throw and catch with both hands</p> <p>I can hit a ball with a bat</p> <p>I can send a ball in the direction of another person</p> | <p>I can talk about the short term effects of exercise</p> | <p>I can copy & repeat basic body patterns & movements</p> | N/A |
| 2 | <p>I can copy, remember, explore and repeat simple actions with varying speed and levels</p> | <p>I can pass a ball to someone else</p> | <p>I can follow the rules of a game</p> | <p>I can copy, remember, explore and repeat simple actions with</p> | N/A |

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| | <p>I can work on my own or with a partner, when performing a sequence of actions</p> <p>I am beginning to select simple actions to construct basic sequences that follow 'rules'</p> | <p>I can use hitting, kicking and/or rolling in a game</p> | <p>I am beginning to decide about the best position to be in, in a game</p> | <p>varying speed and levels</p> | |
| 3 | <p>I can adapt sequences to suit a variety of apparatus</p> <p>I can create and share phrases/actions with a partner or small group</p> <p>I can repeat, remember and perform phrases/actions</p> | <p>I can throw and catch a ball, whilst moving</p> <p>I can demonstrate a range of throwing actions using a variety of objects</p> | <p>I am aware of space, when playing a game</p> <p>I am aware of teammates and the opposition and use tactics in light of this</p> <p>I listen to rules and use them fairly</p> | <p>I can run at fast, medium and slow speeds; changing speed and direction, when asked</p> | N/A |
| 4 | <p>When creating a sequence, I can work in a controlled way by changing speed/direction/shape</p> <p>I can take the lead when working with a partner/small group</p> | <p>I can catch with one hand</p> <p>I can throw and catch, accurately</p> <p>I can hit a ball with control</p> <p>I can throw a variety of equipment and hit a target</p> | <p>I can talk about reasons for warming up / why exercise is good for health</p> <p>I am beginning to vary tactics and adapt skills depending on what is happening around me</p> | <p>I can run at a speed appropriate to the distance I am running</p> | <p>I can follow a map in an unknown location</p> <p>I can change my route, using new information, to overcome a problem</p> |
| 5 | <p>I can combine action, balance and shape in a sequence of actions</p> | <p>I can use a number of techniques to</p> | <p>Independently I can find an appropriate place to field</p> | <p>I show controlled take-off and landing when jumping</p> | N/A |

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| | <p>When dancing, I show fluency, accuracy and consistency</p> <p>I show controlled take-off and landing when jumping</p> <p>I can perform to music</p> | <p>pass, dribble and shoot</p> | <p>I can gain possession during a game</p> | <p>I can combine running and jumping</p> | |
| 6 | <p>When creating sequences, I can combine my own moves and that of others</p> <p>I can describe how to refine, improve and modify performances</p> <p>I can link sequences to specific timings</p> | <p>I can control and catch a ball and accurately pass whilst moving</p> | <p>I can explain to a partner the rules of a game</p> <p>I can lead others in a game situation</p> | <p>I can demonstrate accuracy and technique in a range of throwing and jumping activities</p> | <p>I can follow a map in an unknown location</p> <p>I can change my route, using new information, to overcome a problem</p> |