



## Physical Education Progression Document

Stanton Community Primary School.



### Introduction to PE

	Key skills		Assessment
Nursery Unit 1	Physical	Moving safely, running, jumping, throwing, catching, following a path	<ul style="list-style-type: none"> <li>I can move around safely and sensibly in a space.</li> <li>I am developing moving safely and stopping with control.</li> <li>I can use equipment safely and responsibility.</li> <li>I can use travelling actions whilst following a path.</li> <li>I can work with others and play cooperatively as part of a group.</li> <li>I can follow a partner.</li> <li>I can copy a partner.</li> <li>I can lead a partner.</li> </ul>
	Social	Sharing, leadership	
	Emotional	Perseverance, confidence	
	Thinking	Decision making, selecting and applying actions.	
Reception Unit 2	Physical	Moving safely, running, jumping, throwing, catching, rolling	<ul style="list-style-type: none"> <li>I can move around safely in space.</li> <li>I can follow instructions and stop safely.</li> <li>I am developing control when using equipment.</li> <li>I can play safely as part of a group.</li> <li>I can follow a path.</li> <li>I can work cooperatively with a partner.</li> </ul>
	Social	Sharing and turn taking, encouraging and supporting others, responsibility	
	Emotional	Honesty and fair play, confidence, perseverance	
	Thinking	Understanding and using rules	

## Fundamentals

	Key skills		Assessment
Nursery Unit 1	Physical	Balancing, running, jumping, changing direction, hopping, travelling.	<ul style="list-style-type: none"> <li>• I am developing my balance while stationary.</li> <li>• I am developing my balance while on the move</li> <li>• I am developing my running and stopping.</li> <li>• I am developing how to change direction.</li> <li>• I am developing jumping and landing.</li> <li>• I am developing hopping and landing with control.</li> <li>• I can explore different ways to travel.</li> </ul>
	Social	Working safely, responsibility, helping others.	
	Emotional	Honesty, challenging myself, determination.	
	Thinking	Decision making, selecting and applying actions, using tactics.	
Reception Unit 2	Physical	Hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running.	<ul style="list-style-type: none"> <li>• I am developing my balance.</li> <li>• I am developing running and stopping.</li> <li>• I am developing how I change direction.</li> <li>• I am developing my jumping.</li> <li>• I am developing my hopping.</li> <li>• I can explore different ways to travel using equipment.</li> </ul>
	Social	Working sensibility, working with others.	
	Emotional	Managing emotions, challenging myself.	
	Thinking	Selecting and applying actions.	

## Gymnastics

	Key skills		Assessment
Nursery Unit 1	Physical	Shapes, balances, jumps, rocking, rolling, travelling.	<ul style="list-style-type: none"> <li>I can copy and create shapes with your body.</li> <li>I can create shapes whilst on apparatus.</li> <li>I am developing balancing and taking weight on different body parts.</li> <li>I am developing jumping and landing safely.</li> <li>I am developing rocking and rolling.</li> <li>I can copy and create a short sequence using linking actions.</li> </ul>
	Social	Taking turns, cooperation, communication.	
	Emotional	Confidence, determination.	
	Thinking	Selecting and applying skills, creating sequences.	
Reception Unit 2	Physical	Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling.	<ul style="list-style-type: none"> <li>I can create a short sequences using shapes, balance and travelling actions.</li> <li>I am developing my balance on apparatus.</li> <li>I can use apparatus safely.</li> <li>I am developing jumping and landing safely from a height.</li> <li>I am developing how I rock and roll.</li> <li>I can explore travelling around, over and through apparatus.</li> <li>I can create short sequences linking actions together and including apparatus.</li> </ul>
	Social	Leadership, taking turns, helping others.	
	Emotional	Determination.	
	Thinking	Creating sequences.	

## Dance

	Key skills		Assessment
Nursery Unit 1	Physical	Travelling, copying performing actions.	<ul style="list-style-type: none"> <li>• I can move safely around others.</li> <li>• I can use counts of 8 to know when to change action.</li> <li>• I can explore different body parts and how they move.</li> <li>• I can remember and repeat actions.</li> <li>• I can move with control and coordination.</li> <li>• I can link, copy and repeat actions.</li> <li>• I can express and communicate ideas through movement.</li> <li>• I can explore travelling movements, directions and levels.</li> <li>• I can move safely with confidence and imagination.</li> </ul>
	Social	Respect, cooperating with others	
	Emotional	Working independently, confidence	
	Thinking	Counting, observing and providing feedback, selecting and applying actions.	
Reception Unit 2	Physical	Travelling, copying and performing actions.	<ul style="list-style-type: none"> <li>• I can use counting to help to stay in time with the music.</li> <li>• I can copy and create different actions.</li> <li>• I can move safely with confidence and imagination.</li> <li>• I can express and communicate ideas through movement.</li> <li>• I can explore movement using a prop.</li> <li>• I can move with control and coordination.</li> <li>• I can explore and communicate movement ideas.</li> <li>• I can copy and repeat actions, linking them together.</li> </ul>
	Social	Respect, cooperating with others.	
	Emotional	Working independently, confidence.	
	Thinking	Observing and providing feedback, Selecting and applying actions.	

			<ul style="list-style-type: none"> <li>• I can remember and repeat actions.</li> <li>• I can explore body actions, pathways and shapes.</li> </ul>
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<u>Ball skills</u>			
	Key skills		Assessment
Nursery Unit 1	Physical	Rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball.	<ul style="list-style-type: none"> <li>• I am developing rolling a ball to a target.</li> <li>• I am developing stopping a rolling ball.</li> <li>• I am developing my accuracy when throwing to a target.</li> <li>• I am developing bouncing and catching a ball.</li> <li>• I am developing dribbling a ball with your feet.</li> <li>• I am developing kicking a ball.</li> </ul>
	Social	Cooperation, supporting others.	
	Emotional	Honesty, perseverance.	
	Thinking	Using tactics, Decision making.	
Reception Unit 2	Physical	Rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball.	<ul style="list-style-type: none"> <li>• I am developing rolling and tracking a ball.</li> <li>• I am developing my accuracy when throwing to a target.</li> <li>• I am developing dribbling with hands.</li> <li>• I am developing throwing and catching with a partner.</li> <li>• I am developing dribbling a ball with your feet.</li> <li>• I am developing kicking a ball to a target.</li> </ul>
	Social	Cooperation, sharing and turn taking.	
	Emotional	Determination	
	Thinking	Using tactics, decision making.	

## Games

	Key skills		Assessment
Nursery Unit 1	Physical	Running, balancing, changing direction, striking a ball, throwing.	<ul style="list-style-type: none"> <li>I can work safely and develop running and stopping.</li> <li>I am developing throwing and learn how to keep score.</li> <li>I can play games showing an understanding of the different roles within it.</li> <li>I can follow instructions and move safely when playing tagging games.</li> <li>I can work cooperatively and learn to take turns.</li> <li>I can work with others to play team games.</li> </ul>
	Social	Communication, cooperation, taking turns, supporting and encouraging others.	
	Emotional	Honesty and fair play, managing emotions.	
	Thinking	Using tactics, Decision making.	
Reception Unit 2	Physical	Running, balancing, changing direction, striking a ball.	<ul style="list-style-type: none"> <li>I am developing accuracy when throwing and practise keeping score.</li> <li>I can follow instructions and move safely when play tagging games.</li> <li>I can learn to play against an opponent.</li> <li>I can play by the rules and develop coordination.</li> <li>I am developing striking a ball and keeping score.</li> <li>I can work cooperatively as a team.</li> </ul>
	Social	Cooperation, communication, taking turns, respect, supporting and encouraging others.	
	Emotional	Honesty, managing emotions, perseverance.	
	Thinking	Using tactics.	