



Progress in PE: Early Years Foundation Stage & Key Stage 1

At Ashton St Peter's Primary School we aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities, through our teaching of physical skills, linked to a range of sports. Through our explicit demonstration and pupils' practise of physical skills and techniques, children will develop greater control over their own bodies and apply these new competencies to a range of activities and sports. It is important to us that we inspire children to lead an active lifestyle and have the motivation to take part in physical activity, both in and out of school. Children's health and fitness is supported through opportunities to become physically active and confident during P.E lesson time, playtimes and extra-curricular activities. We ensure that all of our P.E lessons are fully inclusive and children of every ability feel a sense of pride and achievement. With concerns about children's mental health currently being so prevalent, we aim to use P.E as a tool to support the children's physical and mental wellbeing. Sportsmanship and the school values are embedded in all areas of the P.E curriculum to develop children into well-rounded individuals.

Skill	Year R	Year 1	Year 2
Ball skills and games	<ul style="list-style-type: none"> ● Throw to self, catching a soft ball/balloon ● Experiment with rolling, throwing and catching equipment to self and to a partner (hand eye coordination) ● Travel in different directions ● Position hands to catch a ball or piece of equipment ● Move safely into a space 	<ul style="list-style-type: none"> ● Catch a soft ball safely ● Throw underarm ● Roll a piece of equipment ● Hit a ball with a bat or racquet ● Move and stop safely ● Travel with a ball in different ways ● Catch with both hands ● Throw in different ways ● Pass the ball to another player in a game 	<ul style="list-style-type: none"> ● Use hitting, striking, kicking and/or rolling in a game ● Stay in a 'zone' during a game ● Decide where the best place to be is during a game ● Use one tactic in a game ● Follow rules ● Position the body to strike a ball ● Bounce and kick a ball whilst moving
Gymnastics	<ul style="list-style-type: none"> ● Curl up and stretch out their bodies ● Demonstrate some control when travelling ● Attempt simple balances ● Copy a movement ● Perform a simple roll ● Travel in different directions 	<ul style="list-style-type: none"> ● Make their body tense, relaxed, curled and stretched ● Control their body when travelling ● Control their body when balancing ● Copy sequences and repeat them ● Roll in different ways ● Travel in different ways 	<ul style="list-style-type: none"> ● Plan and show a sequence of movements ● Use contrast in their sequences ● Movements are controlled ● Show more than one way to create a sequence which follows a set of 'rules' ● Work on their own and with a partner to create a sequence

		<ul style="list-style-type: none"> ● Balance in different ways – floor and apparatus ● Climb safely ● Stretch in different ways ● Curl in different ways 	<ul style="list-style-type: none"> ● Large body-part balances
Dance	<ul style="list-style-type: none"> ● Experiment with moving to music ● Copy a couple of movements ● Make suggestions of moves ● Move into a space 	<ul style="list-style-type: none"> ● Move to music ● Copy dance moves ● Perform some dance moves ● Make up a short dance ● Move around a space safely 	<ul style="list-style-type: none"> ● Dance imaginatively ● Change rhythm, speed, level and direction ● Dance with control and co-ordination ● Make a sequence by linking sections together ● Link some movements to show a mood or feeling
Multi-skills	<ul style="list-style-type: none"> ● Experiment with different ways of balancing ● Experiment with different ways of moving (agility) ● Experiment with different ways of throwing a moving a ball with different body parts (co-ordination) ● Work with friends in a team – taking turns 	<ul style="list-style-type: none"> ● Copy actions ● Repeat actions and skills ● Move with control and care ● Carry and place equipment safely ● Balance on lines with control and use equipment to balance on various parts of body ● Change direction quickly with some control (agility) ● Co-ordinate body whilst beginning to move with equipment ● Co-operate, compete and challenge themselves as a team in various games 	<ul style="list-style-type: none"> ● Copy and remember actions ● Repeat and explore actions with control and coordination ● Balance on low apparatus with good control ● Change direction quickly with good balance and control (agility) ● Co-ordinate body whilst beginning to move at different speeds with various equipment ● Compete challenges in a team in various running/obstacle games and working together to improve team performance
Athletics	<ul style="list-style-type: none"> ● March/run for co-ordination ● Experiment with different ways of throwing under/overarm ● Experiment with different ways of jumping-measuring with various objects ● Work with friends in a team – taking turns 	<ul style="list-style-type: none"> ● Pump arms at various speeds for running ● Throw a variety of objects with some accuracy ● Jump bending knees and pushing off – being competitive to improve distance as a pair ● Co-operate and compete in a team in various running games 	<ul style="list-style-type: none"> ● Use arms and keep head still when exploring running patterns ● Throw in correct stance ● Use arms to improve jumping technique – beating their own score ● Compete in a team in various running/obstacle games and work together to improve team performance