

ST CECILIA'S CATHOLIC INFANT & NURSERY SCHOOL



INTENT:

Our high-quality physical education curriculum inspires all pupils to succeed and excel in sport and other physically-demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport/competitions and other activities, build character and help to embed values such as fairness and respect.

Progression - PE

EYFS 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. •Uses simple tools to effect changes to materials. •Handles tools, objects, construction and malleable materials safely and with increasing control. •Shows a preference for a dominant hand. •Begins to use anticlockwise movement and retrace vertical lines. •Begins to form recognisable letters.		
	Year 1	Year 2
BASIC MOVEMENTS	<ul style="list-style-type: none"> • Move in a variety of ways in and out cones and obstacles. • Jump with both feet leaving the group • Hop • Stop on command • Sprint • Run • Skip without a rope • Jump for height 	<ul style="list-style-type: none"> • Move in a variety of ways in and out cones and obstacles. • Jump with both feet leaving the group • Hop • Stop on command • Sprint • Run • Skip without a rope • Jump for height • Skip with a rope • Gallop • Side gallop

<p>DEVELOPING BALANCE</p>	<ul style="list-style-type: none"> • Single balance • Balancing on one foot • Be able to balance on a piece of apparatus • Side roll • Climb • Line walk 	<ul style="list-style-type: none"> • Single balance • Balancing on one foot • Be able to balance on a piece of apparatus • Side roll • Climb • Line walk • Bench walk
<p>AGILITY AND CO-ORDINATION</p>	<ul style="list-style-type: none"> • Be able to throw and catch a large ball - over arm and under arm • Roll a ball to an end target • Kick a ball with increasing accuracy to an end target • Dribble a ball • Balance a ball on a racket • Two handed strike 	<ul style="list-style-type: none"> • Be able to throw and catch a medium sized ball accurately • Kick a ball • Balance a ball on a bat • Dribble a ball in and out of a set of obstacles. • Hit a ball with some accuracy using a racket or bat • Throw a beanbag into a given target
<p>TEAM GAMES</p>	<ul style="list-style-type: none"> • Be able to participate in a game with an opposing side • Be able to control a ball within a game setting • Use hands to control a ball with increasing accuracy • Be able to play a game following a set of rules 	<ul style="list-style-type: none"> • Be able to participate in a game with an opposing side • Be able to control a ball within a game setting • Play a game with a set of rules • Play as part of a team • Cooperate with team mates • Work as a team in order to score goals • Control a ball accurately • Use both hands and feet in order to control a ball
<p>MOVEMENT</p>	<ul style="list-style-type: none"> • Dance to link in with learning theme • Copy a dance pattern • Move to a beat • Link 2 dance movements together • Jump for distance 	<ul style="list-style-type: none"> • Dance to link in with learning theme • Copy a dance pattern • Move to a beat • Link a short series of dance sequences together

