

Progression in P.E.

| Gymnastics | Year R | Year 1 | Year 2 |
|--|---|--|--|
| Acquiring and developing skills | Explore gymnastic balances and still shapes Explore ways of travelling and moving Identify their own space and stay within it | Explore gymnastic actions and still shapes Move confidently and safely in their own and general space, using change of speed and direction Begin to link combinations of body shapes and movement. | Remember, repeat and link combinations of gymnastics actions, body shapes and balances with control and precision. |
| Selecting and applying skills, tactics and compositional ideas | Begin to link gymnastic balances with simple travelling methods | Copy or create and link movement phases with beginnings, middles and ends. Perform movement phases using a range of body actions and body parts | Choose, use and vary simple compositional ideas in the sequences they create and perform |
| Knowledge and understanding of fitness and health | Understand how to stay safe whilst exercising | Recognise how their body feels when still and when exercising | Recognise and describe what they body feels like during different types of activity |
| Evaluating and improving performance | Watch and copy what others have done | Watch, copy and describe what they and others have done As a large group, begin to improve their work with support | Improve their work using information they have gained by watching, listening and investigating |

| Dance | Year R | Year 1 | Year 2 |
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| Acquiring and developing skills | Explore movement ideas and begin to incorporate ideas from a stimulus into their own movements Identify their own space and stay within it | Explore movement ideas and respond imaginatively to a range of stimuli Move confidently in their own and general space, using change of speed, level and direction | Explore, remember, repeat and link a range of actions with coordination, control and as awareness of the expressive qualities of dance |

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| Selecting and applying skills, tactics and compositional ideas | Explore changes of direction within dance phrases Combine taught movements into simple dances | Compose and link movement to make simple, repetitive dances with beginnings, middles and ends Perform movement phrases using a range of body actions and body parts | Compose and perform dance phrases and short dances that express and communicate ideas and feelings, choosing and varying simple compositional ideas |
| Knowledge and understanding of fitness and health | Understand how to stay safe whilst exercising | Recognise how their body feels when still and exercising | Recognise and describe how different dance activities make them feel Understand the importance of warming up and cooling down |
| Evaluating and improving performance | Watch and copy what others have done | Talk about dance ideas inspired by different stimuli Copy, watch and describe dance movement As a large group, begin to improve their work with support | Watch and describe dance phrases and short dances, and use what they learn to improve their own work |

| Games and Athletics | Year R | Year 1 | Year 2 |
|--|--------|--------|--------|
| Acquiring and developing skills | | | |
| Selecting and applying skills, tactics and compositional ideas | | | |
| Knowledge and understanding of fitness and health | | | |
| Evaluating and improving performance | | | |