

## Progression in PE at The Hermitage Infant School

Skills	N	YR	Y1	Y2
<b>Autumn 1</b>				
<b>Provision Inside</b>	<ul style="list-style-type: none"> <li>• Clap and stamp to music.</li> <li>• Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them.</li> <li>• Enjoy starting to kick, throw and catch balls.</li> <li>• Build independently with a range of appropriate resources.</li> </ul>	<ul style="list-style-type: none"> <li>• Revise and refine the fundamental movement skills they have already acquired:               <ul style="list-style-type: none"> <li>• rolling</li> <li>• crawling</li> <li>• walking</li> <li>• jumping</li> <li>• running</li> <li>• hopping</li> <li>• skipping</li> <li>• climbing</li> </ul> </li> <li>• Progress towards a more fluent style of moving, with developing control and grace.</li> </ul>	<ul style="list-style-type: none"> <li>• To explore gymnastic actions and shapes.</li> <li>• To explore travelling on benches.</li> </ul>	<ul style="list-style-type: none"> <li>• To explore movement actions with control and link them together with flow.</li> <li>• To explore gymnastic actions and shapes.</li> <li>• To explore travelling on benches.</li> </ul>
<b>Provision Outside</b>	<ul style="list-style-type: none"> <li>• Walk, run, jump and climb – and start to use the stairs independently</li> </ul>		<ul style="list-style-type: none"> <li>• To explore static balancing and understand the concept of bases.</li> <li>• To combine a number of co-ordination drills, using upper and lower body movements.</li> <li>• To aim a variety of balls and equipment accurately.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop agility and coordination.</li> <li>• Participate in team games</li> <li>• Develop simple tactics for attacking and defending</li> <li>• To control the hockey ball with the stick.</li> </ul>
<b>Autumn 2</b>				
<b>Provision Inside</b>	<ul style="list-style-type: none"> <li>• Spin, roll and independently use ropes and swings</li> <li>• Sit on a push-along wheeled toy, use a scooter or ride a tricycle.</li> <li>• Use large and small motor skills to do things independently, for example manage buttons and zips, and pour drinks.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics and sport</li> </ul>	<ul style="list-style-type: none"> <li>• To change direction during travelling moves.</li> <li>• To link travelling moves that change direction and level.</li> <li>• To link moves together.</li> <li>• To use a variety of moves.</li> </ul>	<ul style="list-style-type: none"> <li>• To choose and use simple compositional ideas by creating and performing sequences.</li> <li>• To repeat and link combinations of gymnastic actions.</li> <li>• To link combinations of movements and shapes with control.</li> </ul>
<b>Provision Outside</b>	<ul style="list-style-type: none"> <li>• Show an increasing desire to be independent, such as wanting to feed themselves and dress or undress.</li> </ul>		<ul style="list-style-type: none"> <li>• To time running to stop or intercept the path of a ball.</li> <li>• To travel in different ways, showing clear transitions between movements.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop agility and coordination.</li> <li>• Participate in team games</li> <li>• Develop simple tactics for attacking and defending</li> <li>• To the football under control with their feet</li> </ul>

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	<ul style="list-style-type: none"> <li>Start eating independently and learning how to use a knife and fork.</li> </ul>		<ul style="list-style-type: none"> <li>To travel in different directions (side to side, up and down) with control and fluency.</li> <li>To practise ABC (agility, balance and coordination) at circuit stations.</li> </ul>	
<b>Spring 1</b>				
<b>Provision Inside</b>	<ul style="list-style-type: none"> <li>Develop manipulation and control. Explore different materials and tools.</li> <li>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>Go up steps and stairs, or climb up apparatus, using alternate feet.</li> </ul>	<ul style="list-style-type: none"> <li>Develop their small motor skills so that they can use a range of tools competently, safely and confidently.</li> <li>Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.</li> <li>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor</li> </ul>	<ul style="list-style-type: none"> <li>To use a variety of moves that change speed and direction.</li> <li>To link together dance moves with gestures and changing direction in time to music.</li> <li>To practise taking off from different positions.</li> <li>To complete an obstacle course with control and agility.</li> </ul>	<ul style="list-style-type: none"> <li>To change direction during travelling moves.</li> <li>To link travelling moves that change direction and level.</li> <li>To link moves together.</li> <li>To use a variety of moves.</li> <li>To explore basic body patterns and movements to music.</li> </ul>
<b>Provision Outside</b>	<ul style="list-style-type: none"> <li>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>Use large-muscle movements to wave flags and streamers, paint and make marks</li> </ul>		<ul style="list-style-type: none"> <li>Develop agility and coordination.</li> <li>Participate in team games</li> <li>Develop simple tactics for attacking and defending</li> <li>Develop catching skills.</li> </ul>	<ul style="list-style-type: none"> <li>Develop agility and coordination.</li> <li>Participate in team games</li> <li>Develop simple tactics for attacking and defending</li> <li>Develop catching skills.</li> </ul>
<b>Spring 2</b>				
<b>Provision Inside</b>	<ul style="list-style-type: none"> <li>Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</li> </ul>	<ul style="list-style-type: none"> <li>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</li> <li>Develop overall body-strength, balance, co-ordination and agility.</li> </ul>	<ul style="list-style-type: none"> <li>To explore basic body patterns and movements to music.</li> <li>To use a variety of moves that change speed and direction.</li> <li>To link together dance moves with gestures and changing direction in time to music.</li> <li>To practise taking off from different positions.</li> </ul>	<ul style="list-style-type: none"> <li>To use a variety of moves that change speed and direction.</li> <li>To link together dance moves with gestures and changing direction in time to music.</li> <li>To practise taking off from different positions.</li> <li>To complete an obstacle course with control and agility.</li> </ul>

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			<ul style="list-style-type: none"> <li>To complete an obstacle course with control and agility.</li> </ul>	
<b>Provision Outside</b>			<ul style="list-style-type: none"> <li>To learn how to hold a bat appropriately.</li> <li>Participate in team games.</li> <li>To develop catching skills.</li> <li>To learn skills for playing striking and fielding games.</li> <li>To use fielding skills to play a game.</li> </ul>	<ul style="list-style-type: none"> <li>To position the body to strike a ball.</li> <li>To develop catching skills.</li> <li>To learn skills for playing striking and fielding games.</li> <li>To use fielding skills to play a game, making it harder for an opponent to score</li> </ul>
<b>Summer 1</b>				
<b>Provision Outside Athletics</b>	<ul style="list-style-type: none"> <li>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</li> </ul>		<ul style="list-style-type: none"> <li>To use varying speeds when running.</li> <li>To explore footwork patterns.</li> <li>To explore arm mobility.</li> </ul>	<ul style="list-style-type: none"> <li>To run with agility and confidence.</li> <li>To learn the best jumping techniques for distance.</li> <li>To throw different objects in a variety of ways.</li> </ul>
<b>Provision Outside</b>	<ul style="list-style-type: none"> <li>Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</li> <li>Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</li> <li>Explain why safety is an important factor in handling tools and moving equipment and materials</li> </ul>	<ul style="list-style-type: none"> <li>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li> <li>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> <li>Develop the foundations of a handwriting style which is fast, accurate and efficient.</li> </ul>	<ul style="list-style-type: none"> <li>To master basic sending and receiving techniques.</li> <li>To develop balance, agility and co-ordination.</li> <li>To master basic sending and receiving skills.</li> <li>To develop balance, agility and co-ordination.</li> <li>To master basic sending and receiving techniques</li> <li>To develop balance, agility and co-ordination.</li> <li>To master basic sending and receiving as well as developing balance agility and co-ordination.</li> </ul>	<ul style="list-style-type: none"> <li>To use hand-eye coordination to control a ball.</li> <li>To catch a variety of objects.</li> <li>To vary types of throw.</li> <li>To kick and move with a ball.</li> <li>To develop catching and dribbling skills.</li> <li>To use ball skills in a mini festival.</li> </ul>



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			<ul style="list-style-type: none"> <li>To make use of coordination, accuracy and weight transfer.</li> <li>To develop receiving skills.</li> </ul>	
<b>Summer 2</b>				
<b>Provision Outside Athletics</b>	<ul style="list-style-type: none"> <li>Have clear and sensible rules for everybody to follow.</li> <li>Use one-handed tools and equipment, for example, making snips in paper with scissors.</li> </ul>	<ul style="list-style-type: none"> <li>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li> <li>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> <li>Develop the foundations of a handwriting style which is fast, accurate and efficient.</li> </ul>	<ul style="list-style-type: none"> <li>To explore different methods of throwing.</li> <li>To practise short distance running</li> </ul>	<ul style="list-style-type: none"> <li>To hurdle an obstacle and maintain effective running style.</li> <li>To run for distance.</li> <li>To complete an obstacle course with control and agility.</li> </ul>
<b>Provision Outside</b>	<ul style="list-style-type: none"> <li>Use a comfortable grip with good control when holding pens and pencils. Show a preference for a dominant hand.</li> <li>Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</li> </ul>		<ul style="list-style-type: none"> <li>To use throwing and catching skills in a game.</li> <li>To practise accuracy of throwing and consistent catching</li> <li>To play a game fairly and in a sporting manner.</li> </ul>	<ul style="list-style-type: none"> <li>To throw a ball for distance.</li> <li>To practise throwing skills in a circuit.</li> <li>To play a game fairly and in a sporting manner</li> </ul>