

PHYSICAL EDUCATION TREES OF KNOWLEDGE AND SKILLS PROGRESSION

Reception							
	Nursery	Autumn 1 FUNdamentals	Autumn 2 Dance	Spring 1 Start to play	Spring 2 Active play	Summer 1 Striking + fielding/net + wall	Summer 2 Athletics
Knowledge	<ul style="list-style-type: none"> Know a variety of movements e.g. hop, run, stamp. Begin to know some simple rules in a game. 	<ul style="list-style-type: none"> Begin to understand that games have rules. Begin to follow rules and enjoy competition. Begin to understand language such as bounce pass, two-handed pass. Begin to understand how to use arms to support balance. 	<ul style="list-style-type: none"> Understand that repeating movements and activities will increase your ability to perform it well. Understand that movements can be set in time to music. 	<ul style="list-style-type: none"> Know how to safely travel around the space. Understand how to move into available space. 	<ul style="list-style-type: none"> Begin to name some rolls e.g. egg roll, log roll and teddy bear roll. Know how to use some basic equipment safely e.g. one person per mat/bench. Understand a basic sequence. Know how to perform a variety of static stretches and begin to understand the muscles being used. 	<ul style="list-style-type: none"> Know the importance of looking at a target when directing a ball Begin to understand the correct technique of receiving a ball with two hands e.g. cushion the ball. 	<ul style="list-style-type: none"> Understand how to move carefully and safely. Begin to understand how the use of arms can affect jumping for height. Begin to understand the effect of effort on object flight. Begin to understand the term 'overarm' throw and underarm throw.
Skills	<ul style="list-style-type: none"> Match their developmental skills to tasks and activities e.g. deciding to crawl across a high beam. Go up and down stairs using alternate feet. 	<ul style="list-style-type: none"> Begin to balance on different parts of the body. Begin to travel safely around a space avoiding obstacles and other children. Begin to respond to 	<ul style="list-style-type: none"> Copy and repeat simple movement patterns. Begin to create their own movement patterns to movement. Perform a simple 	<ul style="list-style-type: none"> Use different body parts to balance. Follow movements and adjust movements when playing follow the leader. 	<ul style="list-style-type: none"> Use a wide stance for strong balance Use arms for counter balance Travel to music Hold a balance for a period of time(set by the teacher) 	<ul style="list-style-type: none"> Confidently use large and small steps. Begin to use their fingers to control the ball. Begin to develop the skill of watching the ball whenever possible. 	<ul style="list-style-type: none"> Travel with control using a variety of stride lengths. Control movement in response to instructions. Walk and run with good

	<ul style="list-style-type: none"> • Skip and hop. • Stand on one leg. • Hold a still pose for a game like musical statues. • Use large muscle movements to wave flags, ribbons and make marks. • Begin to remember sequence of patterns that are linked to a rhyme. 	<p>simple instructions.</p> <ul style="list-style-type: none"> • Jump forward and back and side to side. • Begin to co-ordinate arms and legs to run and retrieve an object. • Begin to move in a variety of directions. • Begin to develop balance and core strength. • Begin to explore passing a ball in a variety of ways e.g. bounce pass, two-handed pass. • Begin to explore balancing on a variety of beams of varying challenge. • Begin to throw at a target. • Balance on one leg for 15 seconds. 	<p>movement pattern in front of a group of peers solo or in groups.</p> <ul style="list-style-type: none"> • Listen intently to music and express their feelings about a piece of music. • Progress towards a more fluid style of movement with increasing control and grace. • Combine different movements with ease and fluency. • Demonstrate overall body strength and co-ordination. 	<ul style="list-style-type: none"> • Confidently move around the space in a variety of ways. • Follow instructions by listening carefully. • Be aware of space and what is around them. • Safely navigate the available space. • Travel in a variety of directions e.g. forwards, backwards, sideways and diagonally. 	<ul style="list-style-type: none"> • Copy a simple sequence • Create a simple sequence with a variety of movements e.g. skip, hop, jump • Travel in a variety of ways • Perform a variety of rolls. E.g. egg roll, log roll and teddy bear roll. • Travel across a bench in a variety of ways. • Safely mount and dismount apparatus. • Balance a beanbag on different parts of the body. • Begin to receive a ball with two hands. 	<ul style="list-style-type: none"> • Move a ball around their body. • Begin to develop the skill of sending a ball to a partner. • Begin to look at a target when directing a ball. • Use the correct technique when sending a ball along the ground e.g. get low to ground, opposite leg to arm. • Begin to follow through towards a target when sending a ball. • Receive a ball with two hands. • Move into line when receiving a ball. • Begin to send and receive a ball when playing against an opponent. • Be alert and ready when playing a 	<p>posture and balance.</p> <ul style="list-style-type: none"> • Show awareness of the space and people around them when performing a task. • Accelerate quickly and run fast to retrieve an object. • Move quickly to a bass in response to voice instruction. • Work co-operatively with other children in the team. • Begin to increase distance of a jump. • Demonstrate control when landing a jump. • Begin to take off from different starting positions. • Begin to show accuracy when throwing.
--	---	--	---	--	---	--	--

						<p>competitive game.</p> <ul style="list-style-type: none">• Hit a target consistently.	<ul style="list-style-type: none">• Demonstrate mobility and coordination.• Apply appropriate effort to control an object flight.• Roll a ball accurately.• Begin to use an underarm throw when aiming at a target.• Begin to use an overarm throw to throw over increasing distances.
--	--	--	--	--	--	---	--



