

Castle Hill Infant School – PE Progression

Early Years

| Skills, strategies and tactics (Head) | Healthy participation (Heart) | Motor competence (Hands) |
|--|---|--|
| <ul style="list-style-type: none"> ● To work towards simple goals e.g. be able to wait for what they want and control immediate impulses ● Follow instructions involving more than one idea or action ● Respond appropriately even when engaged in activity ● Explain the reasons for rules ● Play cooperatively and take turns with others ● Demonstrate creativity when responding to a stimuli ● Know how to be honest and play fairly ● Recognise the value of collaboration with others and showing kindness when they do | <ul style="list-style-type: none"> ● Regulate their behaviour ● Be confident to try new activities and show resilience, independence and perseverance in the face of challenge ● Manage their own personal hygiene and needs e.g. getting changed for PE ● Show respect and kindness for others and work collaboratively. ● Recognise a link between physical activity and healthy lifestyles and moving makes us feel good ● To be resilient when things don't go to plan in order to be the best we can be ● To develop a love for physical activity and have fun ● To be respectful and grateful for our equipment that we use | <ul style="list-style-type: none"> ● Move energetically such as running, jumping, dancing, hopping, skipping and climbing ● Demonstrate strength, balance and coordination when playing ● Try to move in time with music ● Negotiate space and obstacles safely with consideration for themselves and others ● Use small equipment in physical play such as hoops, scarves, bean bags, balls, skipping ropes ● Move, manipulate and use a range of large physical resources safely (with some adult support) e.g., planks, stepping stones and blocks ● To ride bicycles and scooters ● Introduce sending and receiving skills with a range of apparatus |

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Year 1

| Skills, strategies and tactics (Head) | Healthy participation (Heart) | Motor competence (Hands) |
|---|---|--|
| <ul style="list-style-type: none">• develop the ability to link movements together• understand the basic principles of attack and defence and begin to apply• begin to respond creatively to a range of stimuli using appropriate movements and perform simple sequences with high self-esteem• collaboratively work effectively with a partner or small team showing kindness• Participate with honesty and fairness | <ul style="list-style-type: none">• be resilient to try new activities in the face of a challenge so we can be the best we can be• understand the importance of hydration• understand why appropriate clothing and footwear for PE is necessary e.g. importance of bare foot in the hall and trainers for outdoor PE• try a range of activities and notice how they affect our bodies and how they can help us to feel good• be able to make safe and responsible decisions in PE, for example on and around apparatus• Show kindness and appreciation when watching a performance | <ul style="list-style-type: none">• develop fundamental movement skills such as running, jumping, throwing, balance, agility and coordination• develop sense of space when moving• balance using different parts of the body• develop sending and receiving equipment with some control and begin to apply with hands and feet• introduce travelling with equipment• explore a range of pathways, levels and speeds• to use props e.g. scarves and hoops to create shapes, movements and actions in dance and gymnastics |

Castle Hill Infant School – PE Progression

Year 2

| Skills, strategies and tactics (Head) | Healthy participation (Heart) | Motor competence (Hands) |
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| <ul style="list-style-type: none">• participate in small team games, developing simple tactics for attacking and defending• engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations• create, complete and perform a series of sequences• respond creatively to a range of stimuli using appropriate movements• link a range of different movements on the floor and apparatus and perform with resilience, confidence and control• collaborate, work and communicate effectively as a pair or a small team• to suggest simple ways to improve• Improve work by acting upon feedback• Participate with honesty and fairness in a range of activities | <ul style="list-style-type: none">• be resilient when trying a wide range of new activities and show independence in the face of increasingly challenging situations• understand why appropriate clothing and footwear for PE is necessary and make appropriate choices e.g. hat in the summer, coat in the winter• Show appreciation and respect when watching and responding to a performance• explain how a range of activities affect our bodies and how that can help us to support our mental health and self esteem• show encouragement for others to be the best we can be and celebrate individual achievements | <ul style="list-style-type: none">• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities• Perform dances using simple movement patterns.• Use a range of pathways, levels and speeds when working• develop passing, receiving and dribbling• Begin to control a ball with hands or feet, including stopping it• Hit a target with some accuracy• Begin to explore larger hand apparatus such as rackets, bats, sticks |