



Carlisle Infant School



Physical Education: EYFS Development Matters and KS1 National Curriculum Progression Grid

Physical Development – Our budding sports’ people will be learning to:

- Revise and refine the fundamental movement skills they have already acquired including: *rolling, crawling, walking, jumping, running, hopping, skipping, climbing*
- Progress towards a more fluent style of moving, with developing control and grace.
- 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, sport and swimming.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Combine different movements with ease and fluency.

- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- Develop overall body-strength, balance, co-ordination and agility.
- Further develop and refine a range of ball skills including: *throwing, catching, kicking, passing, batting, and aiming.*
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
- Know and talk about the different factors that support their overall health and wellbeing: *regular physical activity*

Reception Autumn Term

Reception Spring Term

Reception Summer Term

Reception Progression – Knowledge Objectives/Skills:

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Reception Progression – Knowledge Objectives/Skills:

Autumn 1 - Introduction to PE : Unit 1

- Move safely and sensibly in a space.
- Develop moving safely and stopping with control.
- Use equipment safely and responsibly.
- Use different travelling actions whilst following a path.
- Work with others co-operatively and play as a group.
- Follow, copy and lead a partner.

Autumn 1 - Dance: Unit 1

- Be able to move safely around others and use counts of 8 to know when to change action.
- Explore different body parts and how they move and show an awareness of space, themselves and others.
- Explore different body parts and how they move and remember and repeat actions.
- Express and communicate ideas through movement and explore travelling movements, directions and levels.
- Copy and repeat actions and move safely with confidence and imagination.
- Move with control and coordination and link, copy and repeat actions.

Spring 1 - Gymnastics: Unit 1

- Copy and create shapes with your body.
- Be able to create shapes whilst on apparatus.
- Develop balancing and taking weight on different body parts.
- Develop jumping and landing safely.
- Develop rocking and rolling.
- Copy and create short sequences linking actions together.

Spring 1 - Dance: Unit 2

- Use counting to help to stay in time with the music and copy and create different actions.
- Be able to move safely with confidence and imagination and express and communicate ideas through movement.
- Explore movement using a prop and move with control and coordination.
- Move with control and coordination and express and communicate ideas through movement.
- Move with control and coordination and copy and repeat actions, linking them together.
- Remember and repeat actions and explore body actions, pathways and shapes.

Summer 1 - Ball Skills: Unit 1

- Develop rolling a ball to a target.
- Develop stopping a rolling ball.
- Develop accuracy when throwing to a target.
- Develop bouncing and catching a ball.
- Develop dribbling a ball with your feet.
- Develop kicking a ball.

Summer 1 - Games: Unit 1

- Work safely and develop running and stopping.
- Develop throwing and learn how to keep score.
- Be able to play games showing an understanding of the different roles within it.
- Follow instructions and move safely when playing tagging games.
- Work co-operatively and learn to take turns.
- Work with others to play team games.

<p>Autumn 2 - Introduction to PE : Unit 2</p> <ul style="list-style-type: none"> •To move around safely in space. •To follow instructions and stop safely. •To stop safely and develop control when using equipment. •To follow instructions and play safely as a group. •To follow a path and take turns. <i>(Contd. on next page)</i> •To work co-operatively with a partner. <p>Autumn 2 - Fundamentals: Unit 1</p> <ul style="list-style-type: none"> •To develop balancing whilst stationary and on the move. •To develop running and stopping. •To develop changing direction. •To develop jumping and landing. •To develop hopping and landing with control. •To explore different ways to travel. 	<p>Spring 2 - Gymnastics : Unit 2</p> <ul style="list-style-type: none"> • Create short sequences using shapes, balances and travelling actions. • Develop balancing and safely using apparatus. • Develop jumping and landing safely from a height. • Develop rocking and rolling. • Explore travelling around, over and through apparatus. • Create short sequences linking actions together and including apparatus. <p>Spring 2- Fundamentals : Unit 2</p> <ul style="list-style-type: none"> • Develop balancing. • Develop running and stopping. • Develop changing direction. • Develop jumping. • Develop hopping. • Explore different ways to travel using equipment. 	<p>Summer 2 - Ball Skills: Unit 2</p> <ul style="list-style-type: none"> • Develop rolling and tracking a ball. • Develop accuracy when throwing to a target. • Develop dribbling with hands. • Develop throwing and catching with a partner. • Develop dribbling a ball with your feet. • Develop kicking a ball to a target. <p>Summer 2 - Games: Unit 2</p> <ul style="list-style-type: none"> • Develop accuracy when throwing and practise keeping score. • Follow instructions and move safely when play tagging games. • Learn to play against an opponent. • Play by the rules and develop coordination. • Explore striking a ball and keeping score. • Work co-operatively as a team.
<p>Vital Vocabulary:</p>	<p>Vital Vocabulary:</p>	<p>Vital Vocabulary:</p>
<p>safe, space, moving, stopping, travel, path, group move, copy, shape, space, safely, travel, sideways, forwards, backwards, around run, stop, space, jump, balance, skip</p>	<p>move, copy, over, shape, space, rock, around, safely, sideways, travel, forwards, backwards sideways, forwards, backwards, around</p>	<p>run, stop, throw, roll, team, kick, space, catch share, team, path, listen, space, travel, follow, safely</p>
<p>Enrichment Activities:</p>	<p>Enrichment Activities:</p>	<p>Enrichment Activities:</p>
<p>Bikeability – All children enabled opportunity to learn to ride a bike and develop cycling skills</p> <p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p>	<p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p>	<p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p> <p>Sports’ Day – competition, success in sports’ achievements, demonstration of various skills developed throughout the year</p>



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Across KS1, our budding sports' people should be taught to:

Develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Year 1 Autumn Term	Year 1 Spring Term	Year 1 Summer Term
Year 1 Progression – Knowledge Objectives/Skills:	Year 1 Progression – Knowledge Objectives/Skills:	Year 1 Progression – Knowledge Objectives/Skills:
<p>Autumn 1 - Ball Skills (Outdoors)</p> <ul style="list-style-type: none"> • Develop control and co-ordination when dribbling a ball with your hands. • Explore accuracy when rolling a ball. • Explore throwing with accuracy towards a target. • Explore dribbling and rolling skills developing control and accuracy. • Explore catching with two hands. • Recognise changes in the body during exercise. • Explore control and co-ordination when dribbling a ball with your feet. • Explore tracking a ball that is coming towards me. • Explore ball skills (rolling, dribbling, throwing, tracking and catching) in small group games. <p>Autumn 1 – Gymnastics (Indoors)</p> <ul style="list-style-type: none"> • Explore travelling movements using the space around you. • Develop quality when performing gymnastic shapes. • Develop stability and control when performing balances. • Develop technique and control when performing shape jumps. • Develop technique in the barrel, straight and forward roll. • Build strength and begin to take body weight on hands. • Explore key skills on apparatus showing quality, control and balance. • Link gymnastic actions to create a sequence. 	<p>Spring 1 Invasion (Outdoors)</p> <ul style="list-style-type: none"> • Develop dribbling towards a goal. • Understand what being 'in possession' means. • Develop passing to a teammate with your feet. • Understand who to pass to and why when playing against a defender. • Develop dribbling a ball with hands. • Move towards a goal with the ball. • Develop throwing to a teammate. • Support a teammate when in possession. • Move into space showing an awareness of defenders. • Develop dodging and use it to lose a defender. • Be able to stay with a player when defending. • Develop taking a ball towards goal. <p>Spring 1 - Yoga (Indoors)</p> <ul style="list-style-type: none"> • Explore yoga and mindfulness. • Copy and repeat yoga poses. • Develop an awareness of strength when completing yoga poses. • Develop an awareness of flexibility when completing yoga poses. 	<p>Summer 1 - Team Building</p> <ul style="list-style-type: none"> • listen to and follow instructions. • co-operate and communicate with a partner to solve challenges. • work co-operatively as a team, listening to others and taking turns. • explore and develop teamwork skills. • develop communication skills. • use communication skills to lead a partner. • plan with a partner and small group to solve problems. • listen to others and share ideas. • communicate with a group to solve challenges. <p>Summer 1 - Net and Wall</p> <ul style="list-style-type: none"> • Defend space, using the ready position. • Defend space, using the ready position. • Play against an opponent and keep the score. • Develop control when handling a racket. • Develop racket and ball skills. • Develop sending a ball using a racket. • Develop playing over a net. • Develop placing the ball. • Develop hitting over a net.

<p>Autumn 2 – Dance (Indoors)</p> <ul style="list-style-type: none"> • Explore travelling actions and be able to use counts of 8 to move in time with music. • Remember and repeat actions and respond imaginatively to a stimulus. • Copy, remember and repeat actions that represent the theme. • Copy, remember and repeat actions and choose and perform actions that represent the theme. • Use expression to show feelings and create actions that relate to the story. • Use a pathway when travelling and remember and repeat actions. • Choose actions that represent the theme and copy, remember and repeat actions that represent the theme. <p>Show changes in expression, level and shape.</p> <p>Autumn 2 - Sending and Receiving (Outdoors)</p> <ul style="list-style-type: none"> • Roll a ball towards a target. • Be able to track and receive a rolling ball. <i>(Contd. on next page)</i> • Be able to stop, send and receive a ball with your feet. • Develop sending and receiving a ball with your feet. • Develop throwing and catching skills. • Develop throwing and catching skills. • Send and receive a ball using a stick. • Send and receive a ball using a racket. 	<p>Spring 1 - Fitness (Outdoors)</p> <ul style="list-style-type: none"> • Understand how to run for longer periods of time without stopping. • Develop co-ordination through hula hoop skills. • Develop co-ordination and timing when jumping along a rope. • Develop individual skipping. • Take part in a circuit to develop stamina and co-ordination. • Take part in a circuit to develop stamina and agility. • Explore exercises that use your own body weight. • Develop ‘A.B.C.’ agility, balance and co-ordination. <p>Spring 2 – Target Games</p> <ul style="list-style-type: none"> • Develop underarm throwing towards a target. • Develop throwing for accuracy. • Develop underarm and overarm throwing for accuracy. • Develop throwing for accuracy and distance using underarm and overarm. • Select the correct technique for the situation. • Develop throwing for accuracy and distance. 	<p>Summer 2 - Striking and Fielding</p> <ul style="list-style-type: none"> • Roll a ball towards a target. • Track a rolling ball quickly to limit a batter's score. • Develop accuracy in underarm throwing and consistency in catching when fielding a ball. • Develop overarm throwing. • Develop striking a ball with my hand and equipment. • Retrieve a ball when fielding. • Understand how to get a batter out. • Develop decision making and understand how to score points. <p>Summer 2 - Athletics</p> <ul style="list-style-type: none"> • Learn to move at different speeds for varying distances. • Develop a foundation for balance and stability. • Develop agility and co-ordination. • Explore hopping, jumping and leaping for distance. • Develop balance whilst jumping and landing. • Develop balance and rhythm when travelling over obstacles. • Develop throwing for distance. • Develop throwing for accuracy.
<p>Vital Vocabulary:</p> <p>far, aim, safely, direction, balance, send action, jump, roll, level, direction, speed, point, balance counts, pose, level, slow, fast, balance</p>	<p>Vital Vocabulary:</p> <p>invasion, defender, points, dribbling, attacker, score, partner feel, breath, copy, listen, slowly exercise, heart, lungs, body, mood points, throw, far, distance, score, partner</p>	<p>Vital Vocabulary:</p> <p>lead, co-operate, teamwork, solve, instructions ready position, partner, net, underarm, score, points hit, points, target, throw, catch, score far, hop, aim, fast, slow, bend, direction, improve, travel</p>
<p>Enrichment Activities:</p> <p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p>	<p>Enrichment Activities:</p> <p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p>	<p>Enrichment Activities:</p> <p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p> <p>Sports’ Day – competition, success in sports’ achievements, demonstration of various skills developed throughout the year</p>



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Pupils should be taught to:

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Year 2 Autumn Term	Year 2 Spring Term	Year 2 Summer Term
<p>Year 2 Progression – Knowledge Objectives/Skills:</p> <p>Autumn 1 - Swimming</p> <ul style="list-style-type: none"> • Develop confidence when entering and moving in the water. • Safely enter and exit the pool. • To develop confidence in the water. • Develop confidence when travelling in the water and begin to develop floating. • Develop confidence to submerge in the water. • Develop confidence when submerging. • Develop floating on front and back. • Develop the kicking action on front. • Develop the kicking action and introduce breathing. • Develop the arm action of pulling. • Develop the pulling arm action and begin to develop gliding on fronts. • Develop the kicking on action on backs and gliding on backs. • Consolidate skills learnt and develop confidence and consistency in a range of skills. <p>Autumn 1 - Ball Skills</p> <ul style="list-style-type: none"> • Explore different ball handling skills. • Be able to roll a ball to hit a target. • Develop co-ordination and be able to stop a rolling ball. • Be able to develop technique and control when dribbling a ball with your feet. • Develop control and technique when kicking a ball. • Develop co-ordination and technique when throwing and catching. • Develop control and co-ordination when dribbling a ball with your hands. • Show co-ordination and control in a variety of ball skills. 	<p>Year 2 Progression – Knowledge Objectives/Skills:</p> <p>Spring 1 - Gymnastics</p> <ul style="list-style-type: none"> • Perform gymnastic shapes and link them together. • Be able to use shapes to create balances. • Explore travelling actions, directions and levels. • Be able to link travelling actions and balances using apparatus. • Demonstrate different shapes, take off and landings when performing jumps. • Develop rolling and sequence building. • Develop exploring apparatus. • Develop sequence work on apparatus. <p>Spring 1 - Target Games</p> <ul style="list-style-type: none"> • Develop underarm throwing towards a target. • Develop throwing for accuracy. • Develop throwing for accuracy. • Develop underarm throwing for accuracy and explore overarm throwing towards a target. • Develop throwing for accuracy with an underarm and overarm throw. • Develop throwing for distance. • Develop throwing for accuracy and distance and select the correct technique for the situation. • Develop throwing for accuracy and develop throwing for distance. • Develop throwing for accuracy and distance under pressure. 	<p>Year 2 Progression – Knowledge Objectives/Skills:</p> <p>Summer 1 - Dance</p> <ul style="list-style-type: none"> • Remember, repeat and link actions and explore space and simple movement patterns. • Create actions and accurately copy other's actions. • Copy, remember and repeat actions and use facial expressions to show different characters. • Perform in unison and create interesting shapes with a partner. • Be able to mirror a partner and work with a partner to create ideas. • Create actions in response to a stimulus and copy and repeat actions. • Copy, create and perform actions in response to the stimulus and use dynamics in the performance. • Create a short dance phrase with a partner showing clear changes of speed. <p>Summer 1 - Team Building / Country Dance practise</p> <ul style="list-style-type: none"> • Follow instructions and work with others. • Develop communication skills when working with a partner. • Co-operate and communicate in a small group to solve challenges. • Create a plan with a group to solve the challenges. • Communicate effectively and develop trust. • Work as a group to solve problems. • Discuss and plan with a partner and small group to solve problems. • Work with a group to copy and create a basic map. <p>Summer 2 – Dance</p> <ul style="list-style-type: none"> • Use skills developed in Dance unit to apply in Leavers' Show and Country Dance Festival

<p>Autumn 2 - Yoga</p> <ul style="list-style-type: none"> • Create yoga poses using a hoop. • Copy and remember actions linking them into a flow. • Create a flow and teach it to a partner. • Explore poses and create a yoga flow. <p>Autumn 2 - Fundamentals</p> <ul style="list-style-type: none"> • Develop balancing and moving with control. • Develop balance, stability and landing safely. • Explore how the body moves differently when running at different speeds. • Develop changing direction and dodging. • Develop and explore jumping, hopping and skipping actions. • Develop co-ordination and combining jumps. • Develop combination jumping and skipping in an individual rope. • Apply fundamental skills to a variety of challenges. 	<p>Spring 2 – Fitness (Indoors/Outdoors)</p> <ul style="list-style-type: none"> • Understand how to run for longer periods of time. • Develop co-ordination and timing when jumping in a long rope. • Develop individual skipping. • Develop stamina and agility. • Explore exercises that use your own body weight. • Develop ‘ABC,’ agility, balance and co-ordination. <p>Spring 2 - Invasion (Outdoors)</p> <ul style="list-style-type: none"> • Understand what being in possession means and support a teammate to do this. • Understand that scoring goals is an attacking skill and to explore ways to do this. • Understand that stopping goals is a defending skill and explore ways to do this. • Explore how to gain possession. • Mark an opponent and understand that this is a defending skill. • Learn to apply simple tactics for attacking and defending. 	<p>Summer 2 - Athletics</p> <ul style="list-style-type: none"> • Develop the sprinting action. • Develop rhythm and balance in running over obstacles. • Develop agility and co-ordination. • Develop jumping for distance. • Develop technique when jumping for height. • Develop throwing for distance. • Develop throwing for accuracy. • Develop technique when taking part in an athletics carousel.
<p>Vital Vocabulary:</p>	<p>Vital Vocabulary:</p>	<p>Vital Vocabulary:</p>
<p>mirror, action, pathway, direction, speed, timing overarm, collect, target, underarm, dribble, distance focus, position, flow, pose, create, choose dodge, jog, hurdle, speed, steady, sprint</p>	<p>link, pathway, sequence, tuck, straddle, speed, star, pike accurate, send, teammate, against, overarm, release, target, underarm strong, pace, race, speed, jog, steady, sprint received, send, teammate, chest pass, possession, goal, dodge, bounce pass</p>	<p>exit, enter, front, travel, rules, safely, kicking, back, pulling, splash, unaided, gliding, floating, breathing accurate, send, teammate, against, overarm, release, target, underarm sprint, jog, distance, height, take off, landing, overarm, underarm</p>
<p>Enrichment Activities:</p>	<p>Enrichment Activities:</p>	<p>Enrichment Activities:</p>
<p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p>	<p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p> <p>Scooter Training – All children enabled opportunity to learn to ride a scooter and develop scooter skills</p>	<p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p> <p>Opportunity to partake in Country Dance festival –rehearsing and collaborating in and a wide variety of dances with other contributing schools</p> <p>Sports’ Day – competition, success in sports’ achievements, demonstration of various skills developed throughout the year</p>