

Croftlands Infants School PE Knowledge of Progression

	0-3 Years	2-3 Years		Nursery	Reception	Year 1	Year 2
Fine Motor Skills	<p>Plays with their own hands and feet especially when lying in their back.</p> <p>Begins to reach for objects that they see.</p> <p>Begins to hold object and uses mouth to explore senses.</p> <p>Reaches out to grab objects That are out of reach.</p> <p>Will pick up finger foods and guide to their mouth.</p> <p>Points with finger to share their interest with an adult.</p> <p>Manipulates objects using their hands, Such as squashing play dough.</p> <p>Begins to hold pencils and crayons with a Palmer grasp.</p> <p>Holds crayons and pencils and paintbrushes and recognising the marks they make.</p> <p>Turns pages in books sometimes several at once.</p> <p>Holds cup with both hands and guide to mouth with minimal spilling.</p>	<p>Draw lines and circles using gross motor movements.</p> <p>Develop pencil/paint brush beyond whole hand grasp pencil grip.</p> <p>Develop muscle tone to put pencil pressure on paper.</p> <p>Use tools to effect changes to materials.</p> <p>Show preference for dominant hand.</p> <p>Engage children in structured activities: guide them in what to draw, write or copy.</p> <p>Handle tools, objects, construction and malleable materials with increasing control.</p> <p>Encourage children to draw freely.</p> <p>Holding Small Items / fasten clothing.</p> <p>Hold pencil effectively with comfortable grip.</p>	Introduction to PE	<p>I can explore movement skills.</p> <p>I can make guided choices.</p> <p>I follow instructions with support.</p> <p>I am beginning to negotiate space safely.</p> <p>I am beginning to demonstrate balance.</p> <p>I am beginning to take turns with others.</p>	<p>I use movement skills with developing balance and co-ordination.</p> <p>I can make independent choices.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I can demonstrate balance.</p> <p>I play co-operatively and take turns with others.</p>		
	Games			<p>I am beginning to negotiate space safely.</p> <p>I follow instructions with support.</p> <p>I am beginning to take turns with others.</p> <p>I am beginning to explore a range of ball skills.</p> <p>I can explore movement skills.</p> <p>I play games honestly guided by the rules with support.</p> <p>I am beginning to understand how I feel in different situations.</p>	<p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I play co-operatively, take turns and encourage others.</p> <p>I use ball skills with developing competence and accuracy.</p> <p>I use movement skills with developing balance and co-ordination.</p> <p>I play games honestly with consideration of the rules.</p> <p>I show an understanding of my feelings and can regulate my behaviour.</p>		

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		<p>Forms recognisable shapes/images (e.g. simple figure with arms/legs to represent Mummy most correctly formed.</p> <p>Develop pencil grip continually.</p> <p>Use one hand consistently for fine motor tasks.</p> <p>Cut with scissors.</p> <p>Trace or draw freehand lines/wiggles/curves.</p>	Ball Skills	<p>I am beginning to negotiate space safely.</p> <p>I am beginning to explore a range of ball skills.</p> <p>I am beginning to take turns with others.</p> <p>I can make guided choices.</p> <p>I persevere with support when trying new challenges.</p> <p>I play ball games guided by the rules with support.</p>	<p>I can negotiate space safely with consideration for myself and others.</p> <p>I use ball skills with developing competence and accuracy.</p> <p>I play co-operatively and take turns with others.</p> <p>I can make independent choices.</p> <p>I persevere when trying new challenges.</p> <p>I play ball games with consideration of the rules.</p>	<p>I am beginning to catch with two hands.</p> <p>I am beginning to dribble a ball with my hands and feet.</p> <p>I am beginning to understand simple tactics.</p> <p>I can roll and throw with some accuracy towards a target.</p> <p>I can say when someone was successful.</p> <p>I can track a ball that is coming towards me.</p> <p>I can work co-operatively with a partner.</p>	<p>I am beginning to provide feedback using key words.</p> <p>I am beginning to understand and use simple tactics.</p> <p>I can dribble a ball with my hands and feet with some control.</p> <p>I can roll and throw a ball to hit a target.</p> <p>I can send and receive a ball using both kicking and throwing and catching skills.</p> <p>I can track a ball and collect it.</p> <p>I can work co-operatively with a partner and a small group.</p>
		<p>Begin to form letters. Start to colour inside the lines of a picture.</p> <p>Start to draw pictures that are recognisable / Build things with smaller linking blocks, such as Duplo or Lego.</p>	Gymnastics	<p>I am beginning to negotiate space safely.</p> <p>I can use a range of large and small apparatus with an awareness of safety.</p> <p>I can match skills to tasks and apparatus.</p> <p>I can explore movement skills.</p> <p>I follow instructions with support.</p> <p>I am beginning to take turns.</p> <p>I am building my confidence to try new challenges.</p>	<p>I can negotiate space safely with consideration for myself and others.</p> <p>I can confidently and safely use a range of large and small apparatus.</p> <p>I can combine movements, selecting actions in response to the task and apparatus.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I work co-operatively with others and take turns.</p> <p>I am confident to try new challenges.</p>	<p>I am confident to perform in front of others.</p> <p>I can link simple actions together to create a sequence.</p> <p>I can make my body tense, relaxed, stretched and curled.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can remember and repeat actions and shapes.</p> <p>I can say what I liked about someone else's performance.</p> <p>I can use apparatus safely and wait for my turn.</p>	<p>I am beginning to provide feedback using key words.</p> <p>I am proud of my work and confident to perform in front of others.</p> <p>I can perform the basic gymnastic actions with some control and balance.</p> <p>I can plan and repeat simple sequences of actions.</p> <p>I can use directions and levels to make my work look interesting.</p> <p>I can use shapes when performing other skills.</p> <p>I can work safely with others and apparatus.</p>

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Gross Motor Skills	<p>Rolls over from back to front and front to back.</p> <p>Begins to sit unaided.</p> <p>Being able to start moving positions from sitting unaided to getting in the crawling position.</p> <p>Belly crawling moves to crawling on hands and knees.</p> <p>Walks around furniture, lifting one foot and stepping sideways.</p> <p>Pulls themselves up from sitting to standing holding on to a fixed object.</p> <p>Begins to walk unaided becoming more confident to explore on their feet.</p> <p>Starts to throw and release objects over arm.</p> <p>Begin to run walk and climb on different equipment being more independent.</p> <p>Can run short distances.</p>	<p>Climb and descend stairs with adult support.</p> <p>Throw a ball with the intent to aim.</p> <p>Build and construct on a large scale.</p> <p>Begin to move bodies to music.</p> <p>Be able to move forward on a trike.</p> <p>Climb and descend stairs independently.</p> <p>Move with confidence.</p> <p>Throw a ball at a target with some accuracy.</p> <p>Have a go at catching games.</p> <p>Be able to pedal a trike successfully.</p> <p>Begin to balance.</p> <p>Throw a ball with good level of accuracy.</p> <p>Move with the rhythm to music.</p>	Dance	<p>I am beginning to negotiate space safely.</p> <p>I am building my confidence to try new challenges and perform in front of others.</p> <p>I can explore movement skills.</p> <p>I follow instructions with support.</p> <p>I am beginning to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>I show respect towards others.</p>	<p>I can negotiate space safely with consideration for myself and others.</p> <p>I am confident to try new challenges and perform in front of others.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I can combine movements, selecting actions in response to the task.</p> <p>I show respect towards others when providing feedback.</p>	<p>I am beginning to use counts.</p> <p>I can copy, remember and repeat actions.</p> <p>I can move confidently and safely.</p> <p>I can use different parts of the body in isolation and together.</p> <p>I can work with others to share ideas and select actions.</p> <p>I choose appropriate movements for different dance ideas.</p> <p>I say what I liked about someone else's performance.</p> <p>I show some sense of dynamic and expressive qualities in my dance.</p>	<p>I am beginning to provide feedback using key words.</p> <p>I can copy, remember, repeat and create dance phrases.</p> <p>I can describe how my body feels during exercise.</p> <p>I can show a character and idea through the actions and dynamics I choose.</p> <p>I can use counts to stay in time with the music.</p> <p>I can work with a partner using mirroring and unison in our actions.</p> <p>I show confidence to perform.</p>
			Sending and Receiving			<p>I am beginning to catch with two hands.</p> <p>I am beginning to dribble a ball with my hands and feet.</p> <p>I am beginning to understand simple tactics.</p> <p>I can roll and throw with some accuracy towards a target.</p> <p>I can say when someone was successful.</p> <p>I can track a ball that is coming towards me.</p> <p>I can work co-operatively with a partner.</p>	<p>I am beginning to send and receive a ball with my feet.</p> <p>I can catch a ball with some success.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can roll a ball towards a target.</p> <p>I can throw a ball to a partner.</p> <p>I can track a ball that is coming towards me.</p> <p>I can work co-operatively with a partner.</p>

			Athletics			<p>I am able to throw towards a target.</p> <p>I am beginning to show balance and co-ordination when changing direction.</p> <p>I am developing overarm throwing.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can run at different speeds.</p> <p>I can work with others and make safe choices.</p> <p>I try my best.</p> <p>I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.</p>	<p>I show balance and co-ordination when running at different speeds.</p> <p>I can jump and land with control.</p> <p>I can use an overarm throw to help me to throw for distance.</p> <p>I can work with others, taking turns and sharing ideas.</p> <p>I can identify good technique.</p> <p>I can describe how my body feels during exercise.</p> <p>I try my best.</p>
			Invasion Games			<p>I am beginning to dribble a ball with my hands and feet.</p> <p>I can change direction to move away from a defender.</p> <p>I can recognise space when playing games.</p> <p>I can send and receive a ball with hands and feet.</p> <p>I can use simple rules to play fairly.</p> <p>I move to stay with another player when defending.</p> <p>I recognise changes in my body when I do exercise.</p> <p>I understand when I am a defender and when I am an attacker.</p>	<p>I can describe how my body feels during exercise.</p> <p>I can dodge and find space away from the other team.</p> <p>I can move with a ball towards goal.</p> <p>I can sometimes dribble a ball with my hands and feet.</p> <p>I can stay with another player to try and win the ball.</p> <p>I know how to score points and can remember the score.</p> <p>I know who is on my team and I can attempt to send the ball to them.</p>

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			Fitness		<p>I can recognise changes in my body when I do exercise.</p> <p>I can share my ideas with other people in the class.</p> <p>I can talk about what exercise does to my body.</p> <p>I recognise how exercise makes me feel.</p> <p>I try my best in the challenges I am set.</p> <p>I understand why it is important to warm up.</p>	<p>I can describe how my body feels during exercise.</p> <p>I can show hopping and jumping movements with some balance and control.</p> <p>I persevere with new challenges.</p> <p>I show determination to continue working over a longer period of time.</p> <p>I understand that running at a slower speed will allow me to run for a longer period of time.</p> <p>I work with others to turn a rope and encourage others to jump at the right time.</p>
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