

Physical Development Progression of Skills

	Reception	Year 1	Year 2
Personal, Social and Emotional	<p>I enjoy working on simple tasks with help.</p> <p>I can play with others and take turns and share with help.</p> <p>I can follow simple instructions.</p> <p>I can observe and copy others.</p> <p>I am aware of the changes to the way I feel when I exercise.</p>	<p>I can follow instructions, practise safely and work on simple tasks by myself.</p> <p>I can work sensibly with others, taking turns and sharing.</p> <p>I can understand and follow simple rules. I can name some things I am good at.</p> <p>I can explore and describe different movements.</p> <p>I am aware of why exercise is important for good health.</p>	<p>I try several times if at first I don't succeed and I ask for help when appropriate.</p> <p>I can help, praise and encourage others in their learning.</p> <p>I can begin to order instructions, movements and skills. With help, I can recognise similarities and differences in performance and explain why someone is working or performing well.</p> <p>I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme.</p> <p>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely.</p>
Ball Skills	<p>I can kick a large ball.</p> <p>I can catch a large ball.</p> <p>I can show increasing control of an object when pushing, patting, throwing, catching or kicking.</p> <p>I can roll ball and collect the rebound.</p> <p>I can throw large ball and catch the rebound with 2 hands.</p> <p>I can sit and roll a ball along the floor around body using 1 or 2 hands (right and left).</p> <p>I can sit and roll a ball down legs and around upper body using 2 hands.</p> <p>I can react and catch large ball dropped from shoulder height after 2 bounces.</p> <p>Stand and roll a ball up and down legs and round upper body using 2 hands.</p>	<p>I can hit a ball with a bat.</p> <p>I can throw in different ways.</p> <p>I can use hitting, kicking and/or rolling in a game.</p> <p>I can follow rules.</p> <p>I can stand and roll a ball up and down legs and round upper body using 1 hand.</p> <p>I can start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.</p> <p>Throw and catch a large ball with 2 hands (with a partner or against a wall) x 5</p>	<p>I can perform some dribbling skills with hands and feet using space.</p> <p>I can pass a ball accurately (hands & feet) over longer distances to a team mate.</p> <p>I can sit and roll a ball up and down legs and round upper body using 1 hand.</p> <p>Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction.</p> <p>I can react and catch tennis ball dropped from shoulder height after 1 bounce.</p> <p>Throw and catch tennis ball with opposite hand (both directions) without bounce x 5</p>

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Gymnastics	<p>Floor Work I can squat with steadiness to rest or play with an object on the ground. I can rise to feet without using hands. I can stand on one foot.</p> <p>Apparatus I can climb confidently and begin to pull themselves up on equipment. I can mount stairs, steps or climbing equipment using alternate feet. I can jump off an object and land appropriately. I can travel with confidence and skill around, under and over balancing and climbing equipment.</p> <p>1 leg balance - I can stand still for 10 seconds. Seated balance- I can balance with both hands/feet down. Floor work balance- Hold mini-front support position. Stance balance- I can stand on line with good stance for 10 seconds.</p>	<p>I can make my body tense, relaxed, curled and stretched.</p> <p>I can control my body when travelling.</p> <p>I can control my body when balancing.</p> <p>I can climb safely.</p> <p>I can plan and show sequence of movements.</p> <p>Static balance 1 leg- I can complete 5 mini-squats. Seated balance- I can return the cone to the opposite side. Floor work balance- I can hold mini-back support position. I can place cone on tummy and take it off with other hand in mini-back support.</p> <p>I can explore travelling movements with different parts of the body using low apparatus. Learn tuck, star and straight (dish and arch) shapes.</p>	<p>I can use contrast in my sequences.</p> <p>My movements are controlled.</p> <p>I can think of more than one way to create a sequence which follows a set of 'rules'.</p> <p>I can work on my own and with a partner to create a sequence.</p> <p>Static balance 1 leg- Stand still for 30 seconds. Stance balance- Stand on low beam with good stance for 10 seconds.</p> <p>Explore point and patch balances using low and large apparatus. I can learn more complex travelling movements using feet, adding variety by combining with hand apparatus.</p>
Games	<p>I can safely run on whole foot. I can vary pace depending on distance. I can do a basic jump and hop</p> <p>Footwork- I can move confidently in different ways. I can side-step in both directions. I can gallop, leading with either foot. I can hop on either foot. I can skip.</p>	<p>I can use varying speeds when running. I can explore footwork patterns. I can explore arm mobility. I can explore different methods of throwing. I can run straight and on a curve and sidestep with correct technique I can begin to follow some simple rules</p> <p>I can skip with knee and opposite elbow at 90° angle. I can hopscotch forwards and backwards, hopping on the same leg (right and left).</p>	<p>I can decide where the best place to be is during a game.</p> <p>I can combine side-steps with 180° front pivots off either foot. I can combine side-steps with 180° reverse pivots off either foot.</p>

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Dance	<p>I can move freely with pleasure and confidence in a range of ways. E.g. slithering, shuffling, rolling, crawling, walking, running, jumping, sliding, hopping.</p> <p>I can experiment with different ways of moving.</p>	<p>I can copy dance moves.</p> <p>I can make up a short dance.</p> <p>I can dance imaginatively.</p> <p>I can change rhythm, speed, level and direction.</p>	<p>I can change rhythm, speed, level and direction.</p> <p>I can dance with control and co-ordination.</p> <p>I can make a sequence by linking sections together.</p> <p>I can link some movement to show a mood or feeling.</p>
Key Vocabulary	<p><i>Kick, catch, throw, push, pat, slither, shuffle, roll, crawl, walk, run, hop, slide, squat, climb, land, stand, jump, balance, space, race, chase, speed, direction, obstacles</i></p>		