



Whitley Lodge First School - Progression Skills in P.E.

Moving And Handling		Exploring and Using Media/Materials (Dance)		Self Confidence and Self Awareness			
EYFS	<p>30-50m - Moves freely with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Mounts stairs, steps or climbing equipment using alternate feet. Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Can stand momentarily on one foot when shown. Can catch a large ball.</p> <p>40-60m - Experiments with different ways of moving. Jumps off an object and lands appropriately. Negotiates space successfully when playing racing/chasing games, adjusting speed or changing direction to avoid obstacles. Travels with confidence and skill around, under, over and through balancing and climbing equipment. Shows increasing control over an object in pushing, pasting, throwing, catching or kicking it.</p> <p>ELG - Can show good control and co-ordination in large and small movements, move confidently in a range of ways, safely negotiate space.</p> <p>Exceeding - Children can hop confidently and skip in time to music.</p>	<p>30-50m - Enjoys joining in with dancing and ring games. Begins to move rhythmically. Imitates movement in response to music</p> <p>40-60m - Begins to build a repertoire of songs and dances.</p> <p>ELG - Children [...] makes dance[s] and experiments with ways of changing them.</p>	<p>30-50m - Welcomes and values praise for what they have done. 40-60m - Can describe self in positive terms and talk about abilities.</p> <p>ELG - Children are confident to try new activities, and say why they like some activities more than others. They say when they do or don't need help.</p> <p>Exceeding - Children can talk about the things that they enjoy, and are good at, and about the things they don't find easy. They can talk about the plans they have made to carry out activities and what they might change if they were to repeat them.</p>				
Agility, Balance and Coordination		Athletics	Dance	Games (Striking, Sending and Receiving!)	Gymnastics	Outdoor and Adventurous Activity	
Year 1	<p>I can begin to move in different directions. I can begin to explore ways to balance when stationary. I can begin to explore various coordination activities eg. Collection games.</p>	<p>I can run and recognise when I'm running at different speeds. I can jump from a standing position from one spot to another, beginning to think about the position of my feet. I can throw an object towards a target using one hand.</p>	<p>I can copy some dance moves with some control. I am beginning to understand moving at different levels; low, medium, high, elevated. I am beginning to move with different speeds. I can move depending on how the music makes me feel I can choose actions and link them together to create a simple dance with support.</p>	<p>I can begin to handle a ball with some confidence. I can stop a ball with some control. I can send a ball in the direction of another person. I can prepare my body to receive a ball.</p>	<p>I can copy and explore basic movements. I can balance with some control. I can perform different body shapes with support. I can perform a two-footed jump. I can link 2-3 simple movements.</p>	<p>I can use my orienteering skills to find areas around school from a photograph. I can work with a partner and in a small group to complete a simple activity. I can explore ways to solve a problem.</p>	
Year 2	<p>I can move with confidence in different directions. I can explore different ways to balance when stationary I can explore various coordination activities.</p>	<p>I can run at different speeds depending on distance sometimes with support. I can jump from a standing position from one spot to another with my feet together. I can jump over small obstacles and understand the importance of the position of my feet. I can throw a variety of objects towards a target using one hand.</p>	<p>I can copy simple dance moves with increasing control. I can move at different levels, directions and speed when reminded. I can move depending on how the music makes me feel and say why I felt that way. I can choose actions and link them together to create a dance with increasing independence.</p>	<p>I can handle a ball with increasing confidence. I can stop a ball with control. I can pass a ball to another person or target. I can receive a ball with some control.</p>	<p>I can copy and explore basic movements with increasing control. I can perform basic rolls and body shapes with increasing control. I can use equipment in a range of ways when I move. I can link movements together to create a sequence.</p>	<p>I can use my orienteering skills to find objects around school from a photograph. I can work with a partner and in a small group to complete a simple activity. I can explore ways to solve a problem.</p>	
Year 3	<p>I can begin to adjust my speed and body position to suit moving in different directions. I can demonstrate ways to balance when stationary and begin to apply this when using equipment, e.g. a bench. I can begin to coordinate myself in a variety of situations, e.g. running, catching, etc.</p>	<p>I understand why I run at different speeds depending on distance. I can jump from a standing position and begin to understand the differences between one and two footed takeoff and landings. I can jump over a range of obstacles and understand the importance of the position of my feet. I can use one hand to use a variety of objects towards a target with different throwing actions.</p>	<p>I can copy a range of dance moves with some accuracy. I can explore my own dance moves independently or with a partner and create a simple dance routine. I can move at different levels, direction and speed independently.</p>	<p>I can pass and receive a range of items with varying sizes. I can move with a ball with increasing control. I am beginning to use ball skills in a range of simple games.</p>	<p>I can perform a range of rolls with increasing control. I can vary how I travel in my performance. I can use turns when travelling. I can copy, explore and remember movements in my own sequences.</p>	<p>I can use my orienteering skills to find areas around school from a photograph. I can work with a partner and in a small group to complete a simple activity. I can explore ways to solve a problem.</p>	
Year 4	<p>I can adjust my speed and body position accordingly when moving in different directions. I can explore ways to balance when moving across and using equipment. I can coordinate myself in a variety of situations e.g. running and catching.</p>	<p>I understand why I run at different speeds depending on distance and I can apply this with some consistency. I can run and jump and understand the differences between one and two footed take off and landings I can jump over obstacles and begin to think about increasing my height. I can think about my technique when throwing objects towards targets, e.g. javelin, discus, etc</p>	<p>I can copy a range of dance moves with accuracy. I can create a dance motif of my own and perform to my peers. I can move at different levels, direction and speed independently and with control.</p>	<p>I can pass and receive when moving with a ball. I can move with a ball with control. I can use and apply ball skills in a range of games. I am beginning to understand why I need to learn the skills prior to playing a game.</p>	<p>I can perform a range of rolls with control. I can perform a balance with control. I can land with increasing control. I can perform a routine which includes a range of body shapes and equipment.</p>	<p>I can use a simple map to find points of interest in school. I can make a positive impact when working as part of a group to complete a range of activities. I can listen to and act upon what others say to solve a problem.</p>	<p>SWIMMING</p> <p>Band 3 With a water aid I can stay afloat. I can move across a pool with a water aid. I can swim 5 metres without stopping.</p> <p>Band 4 I am beginning to be aware of different swimming strokes. I can explore different ways of moving under water.</p> <p>I can explore various water skills with increasing confidence (floating, handstands, etc).</p> <p>Band 5 I am beginning to swim further distances (up to 20 metres). I can use a range of strokes with increasing confidence. I can move underwater with increasing confidence.</p> <p>Band 6 I can swim with confidence over 25 metres. I can use a range of strokes effectively. I can perform safe self-rescue in water-based situations</p>