

Physical Education: Progression at Wren's Nest

EYFS	<p>Throughout children's time in EYFS at Wren's Nest, they are provided the opportunities to learn skills and gain knowledge that supports them in achieving the following by the end the Reception year. This consists of developing both their fine and gross motor skills.</p> <p>Gross Motor Skills</p> <ul style="list-style-type: none">• Negotiate space and obstacles safely, with consideration for themselves and others• Demonstrate strength, balance and coordination when playing• Move energetically: such as running, jumping, dancing, hopping, skipping and climbing <p>Fine Motor Skills</p> <ul style="list-style-type: none">• Hold a pencil effectively in preparation for fluent writing – using a tripod grip in almost all cases• Use a range of small tools including scissors, paintbrushes and cutlery• Begin to show accuracy and care when drawing

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Basic Skills Getting changed and unchanged independently and improve skills:</p> <ul style="list-style-type: none"> • throwing • catching • running • jumping <p>Basic Skills Playground games Listening skills Develop coordination, balance and agility and play simple games to improve skills.</p> <ul style="list-style-type: none"> • Use the terms 'opponent' and team mate. • Use rolling, hitting, running, jumping, catching and kicking skills in combination 	<p>Fitness Develop fitness, staying physically active for a sustained period of time. Identify ways to lead an active and healthy life.</p> <p>Basic Skills Playground games Listening skills Develop coordination, balance and agility and play simple games to improve skills. Build the basic skills of:</p> <ul style="list-style-type: none"> • attacking and defending. • Develop tactics. 	<p>Dance Introduce simple dance movements and link them together.</p> <ul style="list-style-type: none"> • Copy and remember moves and positions. • Move with careful control and coordination. • Link two or more actions to perform a sequences. • Chose movements to communicate a mood, feeling or idea. <p>Ball skills Bouncing, throwing, catching and incorporate into ball games. Master throwing and catching (send and receive) Progress to simple racket and aiming skills. Lead others when appropriate.</p>	<p>Basic Skills A range of challenges to improve balance, agility, throwing and catching.</p> <p>Ball skills Bouncing, throwing, catching and incorporate into ball games – using large, soft balls initially. Master throwing and catching (send and receive) Progress to simple racket and aiming skills.</p>	<p>Gymnastics Teach basic gymnastic skills; rolls, jumps, leaps travel and balances. Perform and evaluate others performances.</p> <ul style="list-style-type: none"> • Copy and remember actions. • Have some control and awareness of space. • Link two or more actions to make a sequence. • Show contrast (such as small/tall, straight/curved and wide/narrow. • Travel • Climb safely on equipment • Hold a position • Stretch and curl to develop flexibility • Jump in a variety of ways and land with increasing control. 	<p>Sports Day Preparation Master running, jumping, skipping, throwing and catching skills. Play games to develop and master these skills.</p>

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<p>Year 2</p>	<p>Basic movements</p> <ul style="list-style-type: none"> • throwing, running, jumping, catching using large and small balls. • Use rolling, hitting, running, jumping, catching, kicking skills in combination. <p>Basic skills Develop co-ordination, balance and agility. Throwing catching beanbags, different sized and textured balls and use in a game situation. Use the terms opponent and team mate.</p>	<p>Fitness activities</p> <p>Play games such as dodge ball, hockey, netball. Building the basic principles of attacking and defending through these games. Develop tactics. Lead others when appropriate.</p>	<p>Dance</p> <p>Perform dances using simple movement patterns to a variety of media. (guided dance)</p> <ul style="list-style-type: none"> • Copy and remember moves and positions. <p>Ball skills throwing/catching using a variety of balls. Introduce different passes – chest, roll, bounce, overarm. Use rolling, hitting, running, jumping, catching, kicking skills in combination.</p>	<p>Multi skills</p> <p>dribbling, balancing, throwing, catching (timed challenges) Use rolling, hitting, running, jumping, catching, kicking skills in combination.</p> <p>Simple racket and aiming skills. Tennis – balance ball, aim at a target. Use rolling, hitting, running, jumping, catching, kicking skills in combination.</p>	<p>Gymnastics</p> <p>Balance, agility and co-ordination. Simple movement patterns. Rolls, jumps, leaps, balances. Jump in a variety of ways and land with increasing control and balance.</p>	<p>Sports day preparation running, jumping, skipping, throwing and catching Use rolling, hitting, running, jumping, catching, kicking skills in combination.</p> <p>Prepare for sports day</p> <ul style="list-style-type: none"> • skills throwing/catching, dribbling and tactics. • Use rolling, hitting, running, jumping, catching, kicking skills in combination.
<p>Year 2</p>	<p>Swimming</p> <ul style="list-style-type: none"> • Swim unaided up to 25 metres • Use one basic stroke, breathing correctly • Control leg movements 					

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<p>Year 3</p>	<p>Games</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p> <ul style="list-style-type: none"> Choose appropriate tactics to cause problems for the opposition Strike a ball and field with control. Throw and catch with control and accuracy. 	<p>Games</p> <p>Be active in group activities and improve leadership skills.</p> <ul style="list-style-type: none"> Follow the rules of the game and play fairly. Lead others and act as a respectful team member. Pass to team mates at appropriate times. 	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance in gymnastics. Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</p> <ul style="list-style-type: none"> Plan, perform and repeat sequences. Refine movements, travel in variety of ways, improve body alignments. 	<p>Dance</p> <p>Cover a series of dance movements to make a sequence.</p> <ul style="list-style-type: none"> Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences. Change speed and levels within a performance Create dances and movements that convey a definite idea. Develop physical strength and suppleness by practising moves & stretching. 	<p>Athletics</p> <p>Sports day preparations:</p> <ul style="list-style-type: none"> Sprint over a short distance. Run over a longer distance. Use a range of throwing techniques. Throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate. Compete with others and aim. 	<p>Outdoor and adventurous activities</p> <ul style="list-style-type: none"> Arrive properly equipped for outdoor and adventurous activity. Show an ability to both lead and form part of a team. Support others and seek support if required when the situation dictates Show resilience when plans do not work and initiative to try new ways of working. Remain aware of changing conditions and change plans if necessary.
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<p>Year 4</p>	<p>Gymnastics: Teaching gymnastics skills - rolls, jumps, leaps, travel and balances.</p> <ul style="list-style-type: none"> • body shape • two footed jumps • balances with one, two and three points of contact <p>Ball Skills: Netball, Basketball, Ball games</p> <ul style="list-style-type: none"> -working with basketballs: -chest pass -bounce pass -movement off the ball -overhead pass -catching 	<p>Outdoor and adventurous activities</p> <p><i>Encouraging a healthy lifestyle</i></p> <p><i>Self evaluation</i></p> <ul style="list-style-type: none"> -Know the importance of healthy diet. -Measure heart rates -Track fitness • Arrive properly equipped for outdoor and adventurous activity. • Understand the need to show accomplishment in managing risks. • Show an ability to both lead and form part of a team. • Support others and seek support if required when the situation dictates. 	<p>Striking fielding</p> <p>Tri-Golf</p> <p>SKILLS:</p> <ul style="list-style-type: none"> -grip on club -scoring/rules -putting accurately -control of power of stroke <p>Hockey</p> <p>SKILLS:</p> <ul style="list-style-type: none"> -grip on stick -dribbling around a cone <p>Cricket</p> <p>SKILLS:</p> <ul style="list-style-type: none"> -throwing underarm -throwing overarm -catching tennis ball with two hands -basic rules -grip on bat • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Strike a bowled or volleyed ball with accuracy. 	<p>Dance: Introduce dance movements, linking movements together</p> <p>Dance: creating sequences, evaluation</p> <ul style="list-style-type: none"> • Compose creative and imaginative dance sequences. • Perform expressively and hold a precise and strong body posture. • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. • Perform complex moves that combine strength and stamina. 	<p>Invasion Games: Football, kwik cricket</p> <p>Invasion Games</p> <ul style="list-style-type: none"> -Attack v defence -Overloads (3v2, 4v3) -Applying passing/throwing/ catching skills to game situations. • Work alone, or with team mates in order to gain points or possession. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect. 	<p>Athletics: Sports day race, longer distance runs, throwing, jumping, sprints.</p> <ul style="list-style-type: none"> • Sprint over a short distance up to 60 metres. • Run over a longer distance, conserving energy in order to sustain performance. • Use a range of throwing techniques (such as under arm, over arm). • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a run up where appropriate. • Compete with others and aim to improve personal best performances.
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Year 5	Gymnastics	Invasion games	Fitness challenges	Dance	Games	Athletics
	<p>review rolls, jumps, leaps, travel and balance. Create sequences.</p> <p>Create complex and well-executed sequences that include a full range of movements including:</p> <ul style="list-style-type: none"> travelling, balances, swinging, springing, flight, vaults, inversion, rotations, bending, stretching and twisting, gestures, linking skills, hold shapes that are strong, fluent and expressive. <p>Include in a sequence set pieces, choosing the most appropriate linking elements.</p>	<p>Ball skills for example through : Rugby, bench ball, dodgeball, netball, basketball, beginners volleyball.</p> <ul style="list-style-type: none"> Running Throwing Catching Passing Jumping Kicking 	<p>Improve fitness levels, mini circuits, multi skills, children to track progress and fitness levels.</p> <ul style="list-style-type: none"> Running over long and short distances. Conserving energy. <p>Sports</p> <p>badminton, tennis, tri-golf, rounders, hockey.</p> <ul style="list-style-type: none"> Throwing techniques and accuracy. Jump in a number of ways. 	<p>Includes balances with equipment and mini sequences.</p> <ul style="list-style-type: none"> Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Express an idea in original and imaginative ways. Plan to perform with high energy, slow grace or other themes and maintain. 	<p>Football</p> <ul style="list-style-type: none"> Choose the most appropriate skills and tactics. Field, defend and attack. Ability to both lead and form part of a team. Support others. Uphold the spirit of fair play. 	<ul style="list-style-type: none"> Sprint over a short distance up to 60 metres, Run over a longer distance, conserving energy in order to sustain performance. Use a range of throwing techniques, throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate. Compete with others and aim to improve personal best performances.

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<p>Year 6</p>	<p>Invasion Games</p> <p>Choose and combine techniques in game situations:</p> <ul style="list-style-type: none"> • Running • Throwing • Catching • Passing • Jumping • Kicking 	<p>Gymnastics</p> <p>Create complex and well executed sequences that include a full range of movements including:</p> <ul style="list-style-type: none"> • Travelling • Balances • Flight • Rotations • Linking skills 	<p>Indoor Athletics</p> <p>Compete with others and aim to improve personal-best performances:</p> <ul style="list-style-type: none"> • Running over long and short distances. • Conserving energy. • Throwing techniques and accuracy. • Jump in a number of ways. 	<p>Improving Fitness</p> <ul style="list-style-type: none"> • Multi and circuit skills. • Track, monitor and record scores, points and levels. 	<p>Outdoor Games/Athletics Summer 1 and 2</p> <p>Take part in a range of outdoor activities and games:</p> <ul style="list-style-type: none"> • Choose the most appropriate skills and tactics. • Field, defend and attack. • Ability to both lead and form part of a team. • Support others. • Uphold the spirit of fair play. 	<p>Outdoor Games/Athletics Summer 1 and 2</p> <p>Take part in a range of outdoor activities and games:</p> <ul style="list-style-type: none"> • Show an ability to both lead and form part of a team. • Support others and seek support if required when the situation dictates. • Show resilience when plans do not work and initiative to try new ways of working. • Use maps, compasses and digital devices to orientate themselves. • Remain aware of changing conditions and change plans if necessary.
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