

St George's Central CE Primary School and Nursery

Progression in PE: Curriculum Statements

EYFS	KS1	KS2
<u>2 – 3 year olds</u> • I can walk, run, crawl, jump and climb. • I can move in different ways and begin to move safely around others. • I can begin to balance, step over obstacles and use climbing equipment. • I can kick a ball and begin to throw and catch. • I can use wheeled toys and push-and-pull equipment with increasing control. <u>3 – 4 year olds</u> • I can run, climb and balance with increasing confidence. • I can move in different ways, including hopping and skipping. • I can travel over, under and around equipment. • I can kick, throw and catch a ball with increasing control. • I can remember and perform a simple movement sequence. • I can match my developing physical skills to different tasks. • I can take part in simple games, follow rules and take turns. <u>Reception</u> • Revise and refine the fundamental movement skills already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and climbing. • Progress towards a more fluent style of moving, with developing control and grace.	• I can master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. • I can participate in team games, developing simple tactics for attacking and defending. • I can perform dances using simple movements.	• I can use running, jumping, throwing and catching in isolation and combination. • I can play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. • Develop flexibility, strength, technique, control and balance. • I can perform dances using a range of movement patterns. • I can take part in outdoor and adventurous activity challenges both individually and within a team. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. • I can swim competently, confidently and proficiently over a distance of at least 25 metres. • I can use a range of strokes effectively. • I can perform safe self-rescue in different water-based situations.

'Never settle for less than your best'

• Develop overall body strength, coordination, balance and agility. • Combine different movements with ease and fluency. • Confidently and safely use a range of large and small apparatus, indoors and outdoors, alone and in a group. • Further develop and refine ball skills, including throwing, catching, kicking, passing, batting and aiming. • Develop confidence, competence, precision and accuracy when engaging in activities involving a ball. • Negotiate space and obstacles safely, with consideration for themselves and others. • Move energetically in different ways, including running, jumping, dancing, hopping, skipping and climbing. • Work with others, follow simple rules and take turns when playing games.		
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Above are taken from the national curriculum and EYFS statements for PE, including those for swimming.

To ensure a cohesive and progressive curriculum, these statements have been broken down into curriculum objectives for both outdoor and indoor PE.

These statements can be found below.

'Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12

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Progression in PE: Curriculum Objectives

Outdoor PE

Athletics				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<u>2 – 3 year olds</u> - I can run and jump. - I can begin to move safely in a space. <u>3 – 4 year olds</u> - I can run, change direction and move around simple obstacles. - I can hop, skip and balance.	- I can run at different speeds and change direction with control. - I can jump and land safely. - I can travel, balance and negotiate obstacles with increasing control.	- I can move and stop safely. - I can show control when balancing. - I can show control when moving. - I can discuss differences in technique.	- I can change speed and direction. - I can run at different speeds.	- I can combine running and jumping. - I can show control when taking off/landing.
Throwing and Catching				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<u>2 – 3 year olds</u> - I can begin to throw a ball. - I can attempt to catch a large ball. <u>3 – 4 year olds</u> - I can throw a ball in a chosen direction. - I can begin to throw towards a target. - I can catch a large ball with increasing control.	- I can throw towards a target with increasing accuracy. - I can catch a ball with increasing control. - I can adjust my hands and body when receiving a ball.	- I can throw and kick in different ways. - I can throw and catch with both hands. - I can throw underarm.	- I can throw and catch with control. - I can catch with one hand. - I can throw accurately with both hands.	- I can pass in different ways. - I can pass dribble and shoot in different ways.

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Striking and Fielding				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<u>2 – 3 year olds</u> - I can kick a stationary ball. <u>3 – 4 year olds</u> - I can kick a ball with increasing control and direction. - I can begin to strike a large ball using simple equipment.	- I can kick, pass and aim a ball with increasing accuracy. - I can strike a ball using a bat or racket. - I can control and move a ball in different ways.	- I can throw and kick in different ways. - I can hit a ball with a bat. - Use catching skills in a game.	- I can hit a ball with control. - I can throw accurately in different ways.	- I can use forehand and backhand shots. - I can throw, catch and field accurately. - I can umpire/ Referee a game.
Invasion Games				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<u>2 – 3 year olds</u> - I can begin to move safely around other children. <u>3 – 4 year olds</u> - I can take part in a simple group game. - I can begin to follow simple rules. - I can begin to take turns when playing a game.	- I can find and move into space during a game. - I can follow simple rules and play safely and fairly. - I can work with a partner or team. - I can take turns and share equipment during games.	- I can follow rules. - I can use a tactic to help me in a game. - I can find and use space during a game.	- I know and use rules fairly. - I can use space within a game. - I show awareness of space. - I can vary tactics and skills to suit a game. - I can keep possession.	- I can use tactics to attack and defend. - I can lead others in a game situation. - I can play fairly and to agreed rules. - I can gain possession working in a team. - I can make a team and communicate plans.

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Indoor PE

Multi-Skills				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<u>2 – 3 year olds</u> - I can join in with familiar movement activities. <u>3 – 4 year olds</u> - I can choose equipment for a physical activity. - I can try different ways of moving.	- I can try new physical activities. - I can continue trying when a physical activity is difficult.	- I enjoy working on simple tasks with help. - I can follow instructions, practise safely and work in tasks independently. - I try several times if at first I don't succeed.	- I try several times if at first I don't succeed. - I know where I am with my learning and can begin to challenge myself. - I cope well and react positively when challenged.	- I cope well and react positively when things become difficult. - I can persevere with a task and improve my performance. - I never settle for less than my best.
Gymnastics				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<u>2 – 3 year olds</u> - I can move alongside other children. - I can begin to share equipment. <u>3 – 4 year olds</u> - I can share equipment during physical play. - I can begin to take turns with others.	- I can work respectfully with other children. - I can share and take turns with others	- I can play with others, take turns and share. - I can work sensibly with others. - I can help, praise and encourage others in their learning.	- I can help, praise and encourage others in their learning. - I show patience and support others. - I listen carefully to my team mates. - I am happy to show my ideas.	- I cooperate well with others and give helpful feedback. - I help organise roles and responsibilities. - I can guide a small group through a task.

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Multi Skills				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<u>2 – 3 year olds</u> - I can respond to simple instructions such as “stop” and “go.” <u>3 – 4 year olds</u> - I can follow simple movement instructions. - I can remember a simple movement or action.	- I can respond to instructions during physical activities. - I can begin to remember simple rules. - I can remember and repeat a short sequence of movements. - I can choose how to move around, over or through an obstacle.	- I can follow simple instructions. - I can understand and follow simple rules. - I can name things I am good at. - I can order instructions, movements and skills.	- I can understand simple tactics of attack and defence. - I can explain what I am doing and the reason for decisions. - I have begun to identify areas for improvement.	- I can understand ways to judge performance. - I can identify specific improvements. - I use awareness of space. - I can make good decisions and explain these to team mates.
Dance				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<u>2 – 3 year olds</u> - I can move and stamp in response to music. <u>3 – 4 year olds</u> - I can move in response to music. - I can make up simple movements and actions.	- I can copy a movement or action. - I can choose movements in response to music. - I can link two or three simple movements together. - I can use movement to represent a character, idea or feeling.	- I can observe and copy others. - I can explore and describe simple movements. - I can compare my movements and skills with others.	- I can compare my movements and skills . - I can make up my own rules and versions of a game. - I respond differently to a variety of tasks and music.	- I can link actions and develop sequences that express my own ideas. - I can change tactics, rules or tasks to make activities more fun or more challenging. - I can identify ways to improve performance.
Gymnastics				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<u>2 – 3 year olds</u> - I can use my whole body to make different movements. <u>3 – 4 year olds</u> - I can travel and balance in different ways. - I can perform a simple pattern of movements.	- I can move with increasing fluency and control. - I can combine different movements. - I can use equipment with increasing control and coordination.	- I can move confidently in several ways. - I can perform a single skill with control. - I can perform a range of skills and link two together. - I can perform a sequence with control.	- I can perform a sequence with control. - I can perform longer sequences with clear shapes. - I can select and apply a range of skills with control and consistency.	- I can perform a variety of movements and skills with good body tension. - I can link actions together so that they flow. - I can identify ways to improve performance.

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Strength, Agility and Fitness				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<u>2 – 3 year olds</u> - I can enjoy being active. <u>3 – 4 year olds</u> - I can recognise that being active is good for me.	- I can talk about the physical activities I enjoy. - I can describe how my body feels during physical activity. - I can recognise that physical activity helps to keep me healthy.	- I am aware of changes to how I feel during exercise. - I am aware that exercise is important for my health. - I can say how my body feels before, during and after exercise.	- I can say how my body feels before, during and after exercise. - I can describe why my body changes during exercise. - I can explain the need to warm up and cool down.	- I can describe the basic fitness components. - I can explain how long I need to exercise for to stay healthy. - I can record and monitor how hard I am working.
Swimming		OAA		
Year 3/4		Year 5/6		
- I can swim 25 metres safely. - I can swim 25m in a range of strokes. - I have a knowledge of water safety.		- I can change my route when needed. - I can navigate using clues/ a compass. - I can follow a map in an unknown location		

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