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**Progression of Knowledge and Skills in Physical Education**

We use the ‘Get set 4 P.E.’ scheme to teach Physical Education.

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|  | Physical skills | Friendship/  Co-operation | Perseverance/  Resilience | Creativity | Happy and Healthy |
| Curriculum elements | Children will develop the confidence and independence to move in a range of ways so that they can take part in physical tasks, activities and age-appropriate competitive sports. | Children will work together in a range of roles and responsibilities across the PE curriculum.  They will have the confidence to participate and make contributions while respecting others ideas and opinions.  Children will encourage and support their peers to develop and be successful. | Children will have the PE skills and expertise to ensure that they persevere when faced with tricky challenges.  The children will be open to trying new things making their own choices and decisions. They will ‘bounce back’ after difficulties and find a new approach.  They will challenge themselves showing determination, using their own thoughts and views.  They will aspire to be the best they can be and achieve goals feeling rewarded by success. | Children will be imaginative and inspired to have fun with their movements and control of their bodies across a variety of activities.  They will have their own ideas and find ways to solve problems to achieve their goal.  Children will use their physical skills to be innovative in situations across the PE curriculum. | Children will develop a love of being active.  They will understand the importance of health,  well-being and fitness.    They will actively enjoy and celebrate the achievements of themselves and others. |

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| Age Phase | Physical skills | Friendship/  Co-operation | Perseverance/  Resilience | Creativity | Happy and Healthy |
| Year R | Children will be able to:  Have the opportunity to be active.  Move energetically such as running, skipping, hopping, dancing and climbing.  Negotiate space and obstacles safely, with consideration for themselves and others.  Demonstrate strength, balance and co-ordination when playing .  Explore varying dynamics of movement including changes to speed, direction, body shape and levels.  Apply and adapt movement skills in a variety of contexts. | Children will be able to:  Work in small groups, being able to communicate their ideas, thoughts and feelings about what they like, can and are able to do.  Listen attentively and respond to what they hear with relevant questions comments and actions.  Offer their own ideas using recently introduced vocabulary.  Work and play co-operatively and take turns with others.  Form positive attachments to adults and friendships with peers. And show respect for each other.  Show sensitively to their own and others’ needs. | Children will be able  to:  Develop a positive sense of themselves and others.  To show an understanding of their own feelings, and those of others and be able to regulate their behavior accordingly.  Be willing to try new things and with support accept when things go wrong.  Recognise when things go well and what they are good at.  Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. | Children will be able to:  Develop confidence and skills in expressing themselves,  re- enacting experiences with others.  Share their thoughts, ideas and feelings.  Initiate their own open ended creative physical activities.  Be confident to adapt their activity, through exploration or feedback from peers.  Respond to different stimuli and challenges being prepared to take risks to develop movement.  Perform dances (when appropriate try to move in time to the music) | Children will be able to:  Begin to understand the importance of physical activity,  Understand the importance of wearing the appropriate clothing to stay safe in both the indoor and outdoor environments.  Begin to understand why it is important to warm up and cool down.  Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. |

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| Age Phase | Physical skills | Friendship/  Co-operation | Independence/  Resilience | Creativity | Happy and Healthy |
| Year One | Children will be able to:  Perform basic movements in isolation and with control in multiple activities.  Be able to change direction and speed to navigate around an object or person.  Navigate through space with differing speeds, using objects and performing skills safely.  Perform movement skills with control, accuracy and coordination.  Apply and adapt movement skills in multiple activities.  Explore dynamics of movement changes including speed, direction, body shapes and levels. | Children will be able to:  Work successfully in a small group to adapt or change skills.  Communicate in turn with others.  Share their own ideas and listen to their peers opinions and ideas, take these on board.  Encourage and support peers during physical activities. | Children will be able  to:  To try new activities with confidence.  Will be able to manage their feelings in a context of a game and to keep trying when things are becoming more challenging.  Will develop confidence in their own ability and participate in simple team games.  To choose how to plan and make decisions on how to approach participating in physical activities. | Children will be able to:  Work with others to adapt and change their skills.  Begin to use their imagination to improve or create short sequences.  Demonstrate simple movement patterns.  Explore varying dynamics of movement including changes to speed, direction, body shapes and levels. | Children will be able to:  Understand the importance of warming up and cooling down.  Children understand how to stay safe and the importance of wearing the correct clothing for the activity.  Understand why exercise is important, also in relation to making healthy choices with food.  Respond to different demands of the activity.  Respond to activities during play and lunchtimes. |

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| Age Phase | Physical skills | Friendship/  Co-operation | Independence/  Resilience | Creativity | Happy and Healthy |
| Year Two | Children will be able to:  Develop their coordination, control and movement.  Master basic movements, including running, jumping, throwing and catching.  Master agility, balance and coordination and apply these to a range of activities.  Perform fundamental movement skills with control and accuracy.  Extend their agility, balance and coordination in a broad range of activities individually and with others. | Children will be able to:  Engage in cooperative activities in a range of increasingly challenging situations.  Communicate and work effectively within a group, taking on the views and feelings of others.  Suggest their ideas to a group.  Develop simple tactics for team games, playing fairly.  Encourage and support peers during physical activities and team games, celebrating others successes. | Children will be able to:  Be motivated to take part in a range of games, persisting when finding challenges along the way.  Confidently work towards simple goals, learning and applying new skills along the way.  Manage their feelings in a simple team game.  Will engage in competitive activities.  Will participate in team games, developing simple tactic for attacking and defending. | Children will be able to:  Create and perform dances and gymnastic routines using simple movement patterns.  Use their imagination to add short sequences to longer sequences.  Use their own ideas to design games and find solutions.  Experiment with their work and evaluate with others with teacher feedback. | Children will be able to:  Understand why it is important to warm up and cool down.  Understand how to stay safe including how to dress safely and appropriately for the activity and understand how they keep safe in different movements.  Understands why exercise is important and what constitutes a balance diet.  Understand how different activities effect the body in different ways.  Participate in activities with other children at playtime and lunchtime.  Understand the importance of being outdoors. |