



Aims:

- develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

<p>EYFS Nursery</p>	<p>Personal, Social and Emotional Development</p> <ul style="list-style-type: none">• Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them.• Increasingly follow rules, understanding why they are important.• Remember rules without needing an adult to remind them. <p>Physical Development</p> <ul style="list-style-type: none">• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.• Go up steps and stairs, or climb up apparatus, using alternate feet.• Skip, hop, stand on one leg and hold a pose for a game like musical statues.• Use large-muscle movements to wave flags and streamers, paint and make marks.• Start taking part in some group activities which they make up for themselves, or in teams.• Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm.• Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.• Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.• Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.• Show a preference for a dominant hand.• Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips. <p>Expressive Arts and Design</p> <ul style="list-style-type: none">• Respond to what they have heard, expressing their thoughts and feelings.
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'Exceeding expectations, raising aspirations.'

EYFS
Reception

Personal, Social and Emotional Development

- Manage their own needs -personal hygiene
- Know and talk about the different factors that support overall health and wellbeing:-regular physical activity

Physical Development

- Revise and refine the fundamental movement skills they have already acquired:
 - rolling - running
 - crawling - hopping
 - walking - skipping
 - jumping - climbing
- Progress towards a more fluent style of moving, with developing control and grace.
- Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- 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.
- Develop overall body strength, balance, coordination and agility.

Expressive Arts and Design

- Explore, use and refine a variety of artistic effects to express their ideas and feelings.
- Return to and build on their previous learning, refining ideas and developing their ability to represent them.
- Create collaboratively, sharing ideas, resources and skills.
- Listen attentively, move to and talk about music, expressing their feelings and responses.
- Watch and talk about dance and performance art, expressing their feelings and responses.
- Explore and engage in music making and dance, performing solo or in groups.



<p>ELG – Personal, Social and Emotional Develop ment</p>	<p>Managing Self</p> <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing. <p>Building Relationships</p> <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others. 					
<p>ELG – Physical Develop ment</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>ELG – Expressive Arts and Design</p>	<p>Being Imaginative and Expressive</p> <ul style="list-style-type: none"> • Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music. 					
<p>Year</p>	<p>Autumn 1</p>	<p>Autumn 2</p>	<p>Spring 1</p>	<p>Spring 2</p>	<p>Summer 1</p>	<p>Summer 2</p>
<p>Nursery</p>	<p>Select and use activities and resources, with help when needed. This helps them achieve the goal they have chosen, or one which is suggested to them. Continue to develop their movement,</p>	<p>Increasingly follow rules, understanding why they are important. Go up steps and stairs, or climb apparatus, using alternate feet.</p>	<p>Skip, hop, stand on one leg and hold a pose for a game like musical statues. Start taking part in some group activities which they make up for themselves, or in teams.</p>	<p>Collaborate with others to manage large items, such as moving a long plank safely, carrying large, hollow blocks.</p>	<p>Increasingly be able to use and remember sequences and patterns of movement which are related to music and rhythm.</p>	<p>Remember rules without needing an adult to remind them. Show a preference for a dominant hand. Be increasingly independent as they get dressed and</p>



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PE progression overview.

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QEGSMAT

	balancing, riding (scooters, trikes and bikes) and ball skills. Use large scale muscle movements to wave flags and streamers, paint and make marks. Match their developing physical skills to tasks and activities in the setting.	Choose the right resources to carry out their own plan.				undressed, for example, putting coats on and doing up zips.
Reception	<p>Revise and refine the fundamental movement skills they have already acquired:</p> <p>Rolling, crawling, walking, jumping, running, hopping, skipping, climbing</p> <p>Explore, use, and refine a variety of artistic effects to express their ideas and feelings.</p> <p>Explore and engage in music making and dance, performing solo or in groups.</p>	<p>Know and talk about the different factors that support their overall health and well-being: regular physical activity, healthy eating, toothbrushing sensible amounts of 'screen time,' having a good sleep routine, being a safe pedestrian</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p>	<p>Develop overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.</p>	<p>Manage their own needs.</p> <p>Combine different movements with ease and fluency.</p> <p>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>Explore, use, and refine a variety of artistic effects to express their ideas and feelings.</p>	<p>Explore, use, and refine a variety of artistic effects to express their ideas and feelings.</p> <p>Listen attentively, move to and talk about music, expressing their feelings and responses.</p> <p>Explore and engage in music making and dance, performing solo or in groups.</p>	<p>Explore, use, and refine a variety of artistic effects to express their ideas and feelings.</p> <p>Watch and talk about dance and performance art, expressing their feelings and responses.</p> <p>Explore and engage in music making and dance, performing solo or in groups.</p>



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		<p>Explore, use, and refine a variety of artistic effects to express their ideas and feelings.</p> <p>Explore and engage in music making and dance, performing solo or in groups.</p>	<p>Develop overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines.</p> <p>Explore, use, and refine a variety of artistic effects to express their ideas and feelings.</p> <p>Return to and build on their previous learning, refining ideas and developing their ability to represent them.</p> <p>Explore and engage in music making and dance, performing solo or in groups.</p>	<p>Create collaboratively, sharing ideas, resources and skills</p> <p>Explore and engage in music making and dance, performing solo or in groups.</p>		
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Reception	Locomotion: Walking	Dance: Dinosaurs	Ball Skills Hands 1		Balls Skills Hands 2	Gymnastics: High, Low, Over, Under	Ball Skills Feet 1	Dance Nursery Rhymes	Locomotion: Jumping	Dance: Moving	Games For Understanding	
Year 1	Locomotion: Running	Dance: Heroes	Ball Skills Hands 1	Health and Wellbeing	Balls Skills Hands 2	Gymnastics: Wide, narrow, curled	Ball Skills Feet 1	Dance: The Zoo	Locomotion: Jumping	Ball Skills: Rackets, Bats and Balls	Games For Understanding	
Year 2	Locomotion: Dodging	Dance: Mr Candys sweet Factory	Ball Skills Hands 1	Health and Wellbeing	Balls Skills Hands 2	Gymnastics: Linking	Ball Skills Feet 1	Dance: Explorers	Locomotion: Jumping	Ball Skills: Rackets, Bats and Balls	Games For Understanding	
Year 3	Invasion: Netball	Swimming	Invasion: Handball	Swimming	Gymnastics: Symmetry and Asymmetry	Swimming	Invasion: Hockey	Swimming	Swimming	Net / Wall Tennis	Striking & Fielding Cricket	Swimming
Year 4	Invasion: Netball	Mindfulness	Invasion: Handball	OAA: Problem Solving	Gymnastics: Bridges	Dance: Space	Invasion: Hockey	Inclusion Boccia	Striking & Fielding Rounders	Net / Wall Tennis	Striking & Fielding Cricket	Athletics



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Year 5	Invasion: Netball	Health Related Exercise	Invasion: Handball	OAA: Orienteering	Gymnastics: Counter Balance and Counter Tension	Dance: The Circus	Invasion: Hockey	Inclusion Boccia	Striking & Fielding Rounders	Net / Wall Tennis	Striking & Fielding Cricket	Athletics
Year 6	Invasion: Netball	Health Related Exercise	Invasion: Handball	OAA: Leadership	Gymnastics: Matching & Mirroring	Dance: Titanic	Invasion: Hockey	Inclusion Boccia	Striking & Fielding Rounders	Net / Wall Tennis	Striking & Fielding Cricket	Athletics