

Savile Town I & N School- PE Progression Map

	Nursery	Reception	Year 1	Year 2
Games	<p>Physical Development Range 4</p> <p>I can sit up from lying down, stand up from sitting and squat with steadiness to rest or play with object on the ground, and rise to feet without using hands.</p> <p>I can sit on a chair with both feet on the ground.</p> <p>I can run safely on whole foot.</p>	<p>Physical Development (Gross Motor Skills) ELG</p> <p>I can negotiate space and obstacles safely, with consideration for myself and others.</p> <p>I can demonstrate strength, balance and coordination when playing.</p> <p>I can move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>I can throw underarm.</p> <p>I can hit a ball with a bat.</p> <p>I can move and stop safely.</p> <p>I can throw and catch with both hands.</p> <p>I can throw and kick in different ways.</p>	<p>I can use hitting, kicking and/or rolling in a game.</p> <p>I can decide the best space to be in during a game.</p> <p>I can use one tactic in a game.</p> <p>I can follow rules.</p>
Gymnastics	<p>I can move in response to music, or rhythms played on instruments such as drums or shakers.</p> <p>I can jump up into the air with both feet leaving the floor and can jump forward a small distance.</p> <p>I can begin to walk, run and climb on different levels and surfaces.</p> <p>I can begin to understand and choose different ways of moving.</p> <p>I can kick a stationary ball with either foot, throw a ball with increasing force and accuracy and start to catch a large ball by using two hands and my chest to trap it.</p>		<p>I can make my body curled, tense, stretched and relaxed.</p> <p>I can control my body when travelling and balancing.</p> <p>I copy sequences and repeat them.</p> <p>I can roll, curl, travel and balance in different ways.</p>	<p>I can plan and perform a sequence of movements.</p> <p>I can improve my sequence based on feedback.</p> <p>I can think of more than one way to create a sequence which follows some 'rules'.</p> <p>I can work on my own and with a partner.</p>
Dance	<p>I can climb up and down stairs by placing both feet on each step while holding a handrail for support.</p> <p>I can use wheeled toys with increasing skill such as pedalling, balancing, holding handlebars and sitting astride.</p> <p>I may be beginning to show preference for dominant hand and/or leg/foot.</p>		<p>I can move to music.</p> <p>I can copy dance moves.</p> <p>I can perform my own dance moves.</p> <p>I can make up a short dance.</p> <p>I can move safely in a space.</p>	<p>I can change rhythm, speed, level and direction in a dance.</p> <p>I can dance with control and co-ordination.</p> <p>I can make a sequence by linking sections together.</p> <p>I can use dance to show a mood or feeling.</p>
General	<p>Range 5</p> <p>I can climb stairs, steps and moves across climbing equipment using alternate feet.</p> <p>I can maintain balance using hands and body to stabilise.</p>		<p>I can copy actions.</p> <p>I can repeat actions and skills.</p> <p>I can move with control and care.</p> <p>I can use equipment safely.</p>	<p>I can copy and remember actions.</p> <p>I can talk about what is different from what I did and what someone else did.</p>

	<p>I can walk down steps or slopes whilst carrying a small object, maintaining balance and stability.</p> <p>I can run with spatial awareness and negotiate space successfully, adjusting speed or direction to avoid obstacles.</p> <p>I can balance on one foot or in a squat momentarily, shifting body weight to improve stability.</p> <p>I can grasp and release with two hands to throw and catch a large ball, beanbag or an object.</p> <p>I can create lines and circles pivoting from the shoulder and elbow.</p> <p>Range 6</p> <p>I can choose to move in a range of ways, moving freely and with confidence making changes to body shape, position and pace of movement such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>I can experiment with different ways of moving, testing out ideas and adapting movements to reduce risk.</p> <p>I can jump off an object and land appropriately using hands, arms and body to stabilise and balance.</p> <p>I can negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>I can travel with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>I can show increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> <p>I can show a preference for a dominant hand.</p>			
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