

Waterville Primary School Progression of Skills and Vocabulary in PE

EYFS

EYFS Statutory Educational Programme:

Physical activity is vital to children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults.

3 and 4-years olds will be learning to:

- *To develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
- *To go up steps and stairs, or climb up apparatus, using alternate feet.
- *To skip, hop and stand on one leg and hold a pose.
- *To use large muscle movements to wave flags and streamers, paint and make marks.
- *To be able to use and remember sequences and patterns of movements which are related to music and rhythm.
- *To be increasingly independent as they get dressed and undressed.
- *To show a preference for a dominant hand.

Children in Reception will be learning to:

- *To revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and climbing.
- *To progress towards a more fluent style of moving, with developing control and grace.
- *To develop the overall body strength, co-ordination, balance and agility.
- *To use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- *To combine different movements with ease and fluency.
- *To confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- *To develop overall body-strength, balance, co-ordination and agility.
- *To further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.
- *To develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Physical Development – Gross Motor Skills Progression

Early Learning Goals	Nursery	Reception-Autumn	Reception-Spring	Reception-Summer
<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>To continue to develop their movement, balancing, riding and ball skills.</p> <p>To go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>To skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>To use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>To start taking part in some group activities which they make up for themselves, or in teams.</p> <p>To increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p>	<p>To revise and refine the fundamental movement skills they have already acquired: - Rolling - Crawling - Walking - Jumping - Running - Hopping - Skipping - Climbing.</p> <p>To progress towards a more fluent style of moving, with developing control and grace.</p> <p>To confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p>	<p>To use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>To combine different movements with ease and fluency.</p> <p>To further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.</p>	<p>To develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>To develop confidence, precision and accuracy when engaging in activities that involve a ball.</p> <p>To negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>To demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>

Gymnastics	Dance	Ball Skills	Throwing and Catching	Athletics
<p>To explore movement actions.</p> <p>To explore travelling on different surfaces.</p> <p>To explore movement Actions.</p> <p>To choose and use simple compositional ideas by creating sequences.</p> <p>To link combinations of movements and shapes with control.</p> <p>To explore moving different body parts together.</p> <p>To balance while stationary and on the move.</p>	<p>To explore changes in direction.</p> <p>To explore travelling moves that change direction and level.</p> <p>To use a variety of moves.</p> <p>To explore basic body patterns and Movements.</p> <p>To use a variety of moves.</p> <p>To link together dance moves with gestures.</p> <p>To explore taking off from different positions.</p> <p>To copy basic body actions and rhythms.</p>	<p>To explore static balancing and understand the concept of bases.</p> <p>To combine a number of co-ordination drills, using upper and lower body movements.</p> <p>To aim a variety of balls and equipment accurately.</p> <p>To time running to stop or intercept the path of a ball.</p> <p>To travel in different ways, showing clear transitions between movements.</p> <p>To travel in different directions (side to side, up and down) with control and fluency.</p> <p>To practise ABC (agility, balance and coordination).</p>	<p>To practise basic sending and receiving.</p> <p>To use throwing and catching skills in a basic activity.</p> <p>To develop accuracy of throwing and consistent catching.</p> <p>To strike with a racket or bat.</p> <p>To throw larger balls and beanbags into space.</p>	<p>To recognise varying speeds when running.</p> <p>To explore arm and leg mobility.</p> <p>To complete an obstacle course with increasing control.</p> <p>To run and stop with some control.</p>

Vocabulary

Climb Roll Travel Walk	Dance Movement Beat	Balance Kick Movement Push	Bat Catch Throw	Balance Hopping Jog Throw
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