



Physical Education - Progression of skills



Objectives	Stepping stone 1 and 2	Footstep 1 and 2
Year Groups	By the end of Reception	Y1 – Y2

<p>Movement Develop competence to excel in a broad range of physical activities</p> <p>Multi-skills Athletics</p>	<p>To move confidently in a range of ways, safely negotiating space.</p>	<p>Develop fundamental movement skills, becoming increasingly confident and competent.</p> <p style="color: green;">Master basic movements such as running, jumping, throwing and catching</p>
<p>Using skills, Techniques Climbing wall</p>	<p>To show good control and co-ordination in large and small movements.</p>	<p>Access a broad range of opportunities to extend their agility, balance and coordination.</p> <p style="color: green;">Developing balance, agility and coordination</p>
<p>Range of activities Application</p>		<p style="color: green;">Begin to apply basic movements in a range of activities</p>
<p>Dance Dance units and Stages</p>		<p style="color: green;">Perform dances using simple movement patterns</p>



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<p>Cooperation (social) Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect Future stars – team building</p>	<p>To play co-operatively, taking turns with others. They take account of one another’s ideas about how to organise their activity.</p>	<p>(Work) individually and with others. Engage in cooperative physical activities.</p>
<p>Games</p>		<p style="color: green;">Participate in team games</p>
<p>Tactics Attack/defend</p>		<p style="color: green;">Developing simple tactics for attacking and defending</p>
<p>Challengesucceed and excel (in competitive sport) and other physically demanding activities Team games Sports day House days</p>		<p>Range of increasingly challenging situations.</p>

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<p>Preparation for life and participation It should provide opportunities for pupils to become physically confident in a way, which supports their health and fitness</p> <p>PSHE Science</p>	<p>To know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p>	<p>Access a broad range of opportunities.</p>
<p>Health and fitness Are physically active for sustained periods of time Lead healthy, active lives</p> <p>PSHE Science Assemblies</p>	<p>To know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p>	<p>Begin to understand and apply the long-term health benefits of physical activity.</p>