

# Lowe's Wong Infant School PE Progression Document



Key Area	Foundation 1	Foundation 2	Year 1	Year 2
<b>Healthy body and mind</b>	Know that healthy choices about food, drink, activity and toothbrushing keep them healthy.	Know that exercise is important to stay healthy. Know that they can try new activities, showing perseverance and resilience when faced with a challenge.	Know that breathing changes during exercise.	Know that heart rate and temperature changes during exercise. Know that they have a pulse to measure heart rate.
<b>Invasion games</b>	Know how to develop movement through balancing, riding and ball skills.	Know that we can control our body and move freely using suitable speed or direction to avoid obstacles.  Know how to negotiate space and obstacles safely, with consideration for themselves and others.	Know that choices can be made to confidently keep safe in the space during a game.  Know that different parts of the body can retrieve and stop a ball.	Know that there are simple tactics for attacking and defending.  Know that simple tactics can be used while participating in team games.  Know that a ball can be caught and controlled in movement
<b>Gymnastics</b>	Know how to go up steps and stairs, or climb up apparatus, using alternate feet.	Know that there are ways to move confidently and safely in their own and general space. (under, round, over equipment and obstacles)  Know that simple movements can be copied to form a sequence.  Know that there are ways to jump off an object and land appropriately. Know that our bodies can make shapes according to commands.	Know that there are ways to move confidently and safely in their own and general space, using change of speed and direction.  Know that stability and control can be developed when performing balances.  Know that there are a variety of gymnastic actions to explore and perform (tuck, log and forward roll)	Know that a simple sequence can be made with a partner by sharing ideas.  Know that shapes and balances can be linked, with and without apparatus.  Know that sequence work can be developed (with rolling and using apparatus)

		Know how to move energetically, such as running, jumping, dancing, hopping, skipping and climbing		
<b>Dance</b>	Know how to use and remember some sequences and patterns of movements which are related to music & rhythm.	<p>Know that basic body actions and rhythms can be explored and copied.</p> <p>Know that a body can respond in different ways to different types of music.</p> <p>Know how to talk about dance, expressing feelings and responses.</p> <p>Know how to progress towards a more fluent style of moving, with developing control and grace.</p>	<p>Know that by using a range of body actions and body parts a performance of movement can be created.</p> <p>Know that the body can be explored and movement ideas can be responded to imaginatively in a range of stimuli.</p> <p>Know that movements can be composed and linked to have simple beginnings, middles and ends.</p>	<p>Know that dances can be performed using simple movement of patterns.</p> <p>Know that dancers can explore the change of rhythm, speed, level and direction.</p>
<b>Net and ball</b>	Know how to catch a large ball.	<p>Know that bodies can make large and small movements.</p> <p>Know that there are ways to catch a large ball.</p> <p>Know that there are strategies to kick a ball along the floor</p>	<p>Know that there are different ways to work with a partner in throwing and catching games.</p> <p>Know that a ball can be hit with control using an appropriate object.</p>	<p>Know that to catch and control a ball in movement working with a partner or in a small group.</p> <p>Know that basic tactics can be used in a simple team games.</p> <p>Know that there are best places to stand during a team game, to support the game.</p>
<b>Striking and fielding</b>	Know that a ball can be hit with a bat.	Know that a ball can be hit with another piece of equipment.	Know that there are techniques to striking a ball with control.	Know that simple tactics can vary, be chosen and used.

		<p>Know that they can throw a ball using over or under arm.</p>	<p>Know that a ball can be fielded using under and over arm throwing.</p> <p>Know that simple games have rules and skills.</p>	<p>Know that there are strategies to catch and control a ball in movement working with a partner or in a small group.</p> <p>Know that games have opposition.</p> <p>Know that there are strategies to hit a ball accurately using a piece of equipment.</p>
<b>Multi skills and athletics</b>		<p>Know that there are skills to running, jumping and throwing with a range of equipment.</p> <p>Know that commands given can be used to vary the speed of running.</p> <p>Know that they can move energetically, such as running, jumping, hopping, dancing, skipping and climbing.</p> <p>Know how to demonstrate strength, balance and coordination when playing.</p> <p>Know how to develop the overall body strength, co-ordination, balance and agility.</p>	<p>Know that a variety of objects can be thrown correctly with one hand.</p> <p>Know that there are strategies to jump from a stationary position with control.</p> <p>Know that there are strategies to change speed and direction whilst running</p>	<p>Know that there are tactics to run at fast, medium and slow speeds.</p> <p>Know that there are strategies to develop their balance, coordination and agility.</p>
<b>Key Vocabulary</b>		<p>Exercise, healthy, speed, obstacle, under, around, over, large/ small movements, catch, kick, over arm throw, under arm throw.</p>	<p>Breathing, retrieving, direction-forwards, backwards, left, right, tuck, log, forward roll, compose, striking, stationary position, balance.</p>	<p>Heart rate, temperature, tactics, attacking, defending, sequence, rhythm, level, opposition, fast, medium, slow speeds, strategy, agility.</p>

