

Progression of skills – PE

Intent: At Baddow Hall Infant School we aim for the children leaving our school to have the knowledge, skills and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport.

We support children with building their resilience by exploring and trialling different movements and skills and encouraging them to develop their reflection and opinions. This is also developed through teamwork.

Children’s creativity is developed by allowing children to think about and experiment with their own movements, particularly in dance and gymnastics, including creating routines.

Curiosity is supported by exposing to a range of equipment, movements and also athletes to inspire their learning.

EYFS framework: Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy.

National curriculum guidance: A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Skill	EYFS	Year 1	Year 2
Dance	<p><u>Physical:</u> actions, dynamics, space</p> <p><u>Social:</u> work safely, respect, collaboration</p> <p><u>Emotional:</u> independence, confidence</p> <p><u>Thinking:</u> select and apply actions, creativity, exploration, recall, provide feedback</p>	<p><u>Physical:</u> actions, dynamics, space, relationships</p> <p><u>Social:</u> respect, work safely, collaboration, communication</p> <p><u>Emotional:</u> empathy, confidence, acceptance, determination, kindness</p> <p><u>Thinking:</u> creativity, select and apply actions, copy and repeat actions, provide feedback, recall</p>	<p><u>Physical:</u> actions, dynamics, space, relationships</p> <p><u>Social:</u> respect, collaboration, work safely, communication</p> <p><u>Emotional:</u> independence, confidence, perseverance, determination</p> <p><u>Thinking:</u> provide feedback, comprehension, reflection, observation, creativity</p>
Gymnastics	<p><u>Physical:</u> shapes, balances, jumps, rocking, rolling, travel</p> <p><u>Social:</u> work safely, collaboration, share and take turns</p>	<p><u>Physical:</u> travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll</p>	<p><u>Physical:</u> shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward roll</p>

	<p><u>Emotional:</u> determination, confidence</p> <p><u>Thinking:</u> comprehension, creativity, select and apply</p>	<p><u>Social:</u> respect, collaboration, sharing, work safely</p> <p><u>Emotional:</u> confidence, self-regulation, perseverance</p> <p><u>Thinking:</u> comprehension, select and apply action, creativity</p>	<p><u>Social:</u> leadership, work safely, respect</p> <p><u>Emotional:</u> confidence, independence</p> <p><u>Thinking:</u> select and apply actions, creativity</p>
Invasion Games (netball, football, rugby, hockey)	<p><u>Physical:</u> run, balance, change direction, throw, catch</p> <p><u>Social:</u> work safely, communication, co-operation, support and encourage others</p> <p><u>Emotional:</u> confidence, honesty, determination, manage emotions</p> <p><u>Thinking:</u> comprehension, decision making</p>	<p><u>Physical:</u> dribble, throw, catch, kick, receive, run, jump, change direction, change speed</p> <p><u>Social:</u> supporting others, communication, co-operation, kindness</p> <p><u>Emotional:</u> perseverance, confidence, honesty</p> <p><u>Thinking:</u> comprehension, identifying strengths and areas for development, select and apply</p>	<p><u>Physical:</u> dribble, throw, catch, kick, receive, run, jump, change direction, change speed</p> <p><u>Social:</u> communication, kindness, support others, co-operation, respect, collaborate</p> <p><u>Emotional:</u> empathy, perseverance, honesty, integrity, independence</p> <p><u>Thinking:</u> creativity, select and apply, comprehension, problem solving, provide feedback</p>
Games: Striking and fielding	<p><u>Physical:</u> run, change direction, throw, catch, strike</p> <p><u>Social:</u> communication, help others, respect, take turns, co-operation</p> <p><u>Emotional:</u> perseverance, honesty, determination, manage emotions</p> <p><u>Thinking:</u> comprehension, decision making, select and apply, reflection</p>	<p><u>Physical:</u> underarm throw, overarm throw, catch, track, bat</p> <p><u>Social:</u> communication, collaboration, support and encourage others, kindness</p> <p><u>Emotional:</u> manage emotions, honesty, perseverance</p> <p><u>Thinking:</u> comprehension, use tactics, select and apply, decision making</p>	<p><u>Physical:</u> underarm throw, overarm throw, catch, track, bowl, bat</p> <p><u>Social:</u> communication, encourage others, collaboration</p> <p><u>Emotional:</u> honesty, perseverance, determination, acceptance</p> <p><u>Thinking:</u> use tactics, comprehension, select and apply, decision making</p>
Games: Net and wall games	<p><u>Physical:</u> roll, stop a rolling ball, throw, bounce, catch, dribble with feet, kick</p>	<p><u>Physical:</u> throw, catch, hit a ball, track a ball</p>	<p><u>Physical:</u> throw, catch, hit, track</p> <p><u>Social:</u> co-operation, respect, support others</p>

	<p><u>Social</u>: work safely, collaboration, co-operation, support others</p> <p><u>Emotional</u>: perseverance, independence, honesty</p> <p><u>Thinking</u>: use tactics, comprehension</p>	<p><u>Social</u>: support others, work safely, communication, co-operation</p> <p><u>Emotional</u>: perseverance, independence, determination</p> <p><u>Thinking</u>: comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making</p>	<p><u>Emotional</u>: perseverance, honesty</p> <p><u>Thinking</u>: select and apply, reflection, decision making, comprehension</p>
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