



PE – Get set 4 PE

Whole School

Termly progression

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	<p>Introduction to PE.</p> <p>To move around safely in space. To follow instructions and stop safely. To stop safely and develop control when using equipment. To follow instructions and play safely as a group. To follow a path and take turns. To work co-operatively with a partner.</p>	<p>Fundamentals.</p> <p>To develop balancing. To develop running and stopping. To develop changing direction. To develop jumping. To develop hopping. To explore different ways to travel using equipment.</p>	<p>Dance</p> <p>To copy, repeat and explore actions in response to a theme. To explore and remember actions considering level, shape and direction. To explore movement using a prop with control and co-ordination. To move with control and co-ordination, expressing ideas through movement. To remember and repeat actions moving in time with the music. To explore actions in response to a theme and begin to use counts.</p>	<p>Gym</p> <p>To create short sequences using shapes, balances and travelling actions. To develop balancing and safely using apparatus. To develop jumping and landing safely from a height. To develop rocking and rolling. To explore travelling around, over and through apparatus. To create sequences using apparatus.</p>	<p>Ball Skills</p> <p>To develop rolling and tracking a ball. To develop accuracy when throwing to a target. To develop dribbling with hands. To develop throwing and catching with a partner. To develop dribbling a ball with your feet. To develop kicking a ball to a target.</p>	<p>Games</p> <p>To aim when throwing and practise keeping score. To follow instructions and move safely when play tagging games. To learn to play against a partner. To develop co-ordination and play by the rules. To explore striking a ball and keeping score. To work co-operatively as a team.</p>
Vocabulary	Moving safely, running, jumping, throwing, catching, rolling, share and taking turns, supporting others, Confidence, Rules.	Hopping, Galloping, Skipping, Sliding, Jumping, changing direction, Balancing, Running, working with others, Challenging yourself.	Travelling, Copying and performing actions, Balance, Co-ordination, Respect, Co-operating with others, Working independently, Confidence, Observing and providing feedback, Selecting and applying actions	Shapes, Balances, Jumps, Rock and roll, Barrel roll, Straight roll, forward roll, Travelling, Taking turns, Helping others, Determination, selecting and applying skills, Creating sequences	Rolling a ball, Tracking a ball, Throwing at a target, Bouncing a ball, Dribbling a ball with feet, Kicking a ball, Co-operation, Sharing and taking turns, Determination, Tactics, Decision making	Running, Changing direction, Striking a ball, Co-operation, Taking turns, Respect, Supporting and encouraging others, Honesty, Using tactics

Year 1

Year 1						
Year 1	<p>Fitness</p> <p>To develop knowledge of how exercise can make you feel.</p> <p>To develop knowledge about how exercise can make you strong and healthy.</p> <p>To develop knowledge about how exercise relates to breathing.</p> <p>To develop my understanding of how exercise helps my brain.</p> <p>To develop my understanding of how exercise helps my muscles.</p> <p>To begin to understand the importance of daily exercise.</p>	<p>Fundamentals</p> <p>To explore balance, stability and landing safely.</p> <p>To explore how the body moves differently when running at different speeds.</p> <p>To explore changing direction and dodging.</p> <p>To explore jumping, hopping and skipping actions.</p> <p>To explore co-ordination and combination jumps.</p> <p>To explore combination jumping and skipping in an individual rope.</p>	<p>Dance</p> <p>To use counts of 8 to move in time and make my dance look interesting.</p> <p>To explore pathways in my dance.</p> <p>To create my own dance using, actions, pathways and counts.</p> <p>To explore speeds and actions in our pirate inspired dance.</p> <p>To copy, remember and repeat actions that represent the theme.</p> <p>To copy, repeat, create and perform actions that represent the theme.</p> <p>To explore speeds and actions in our toy inspired dance.</p> <p>To use expression and create actions that relate to the story.</p> <p>To use a pathway when travelling.</p> <p>To explore and copy actions in response to a theme.</p> <p>To create my own actions for an animal.</p> <p>To explore pathways with a partner.</p>	<p>Yoga</p> <p>To explore yoga and mindfulness.</p> <p>To be able to copy and remember poses.</p> <p>To develop flexibility when holding poses.</p> <p>To develop balance whilst holding poses.</p> <p>To create yoga poses using a hoop.</p> <p>To create a yoga flow with a partner.</p>	<p>Team Building</p> <p>To co-operate and communicate with a partner to solve challenges.</p> <p>To explore and develop teamwork skills.</p> <p>To develop communication skills.</p> <p>To use communication skills to lead a partner.</p> <p>To plan with a partner and small group to solve problems.</p> <p>To communicate with a group to solve challenges.</p>	<p>Sports Day activities</p> <p>To take part in competitive competitions.</p> <p>To work as a team.</p> <p>To dribble with a hockey stick and ball around cones.</p> <p>To dribble with a football around cones.</p> <p>To follow an obstacle course.</p> <p>To throw/roll a ball to a target.</p> <p>To balance with an egg on a spoon.</p>
Vocabulary	Running, Co-ordination, Stamina, Strength,	Balancing, Sprinting, Jogging, Dodging,	Travel, Copying and performing actions,	Breathing, Relaxation, Balance, Flexibility,	Balancing, Travelling actions,	Competition, Team work, Winner,

	Agility, Balance, Co-operation, Support, Honesty, Independence, Creativity, Problem solving	Jumping, Hopping, Skipping, Taking turns, Supporting and encouraging others, Working safely, Challenging myself, Perseverance, Honesty, Selecting and applying, Identifying strengths, Listening and following instructions	Using shape, Balance, Co-ordination, Co-operation, Communication, making decisions with a partner, Respect, Confidence, Acceptance, Observing and providing feedback, Selecting and applying actions	Strength, Working safely, Sharing ideas, Leadership, Calmness, Patience, Independence, Selecting actions, Focus, Providing feedback	Communication, Sharing ideas, Inclusion, Encouraging and supporting others, Confidence, Trust, Honesty, Decision making, Using tactics Providing instructions, Planning, Problem solving	Dribble, Obstacle course, throw, roll, balance
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Year 2						
Year 2	Fitness	Fundamentals	Dance	Yoga	Team Building	Sports Day activities
	<p>To understand how to run for longer periods of time without stopping.</p> <p>To develop co-ordination and timing when jumping in a long rope.</p> <p>To develop individual skipping.</p> <p>To take part in a circuit to develop stamina and agility.</p> <p>To explore exercises that use your own body weight.</p> <p>To develop 'ABC,' agility, balance and co-ordination.</p>	<p>To develop balance, stability and landing safely.</p> <p>To explore how the body moves differently when running at different speeds.</p> <p>To develop changing direction and dodging.</p> <p>To develop and explore jumping, hopping and skipping actions.</p> <p>To develop co-ordination and combining jumps.</p> <p>To develop combination jumping and skipping in an individual rope.</p>	<p>To remember, repeat and link actions to tell the story of my dance.</p> <p>To develop an understanding of dynamics and how they can show an idea.</p> <p>Use counts of 8 to help you stay in time with the music.</p> <p>To copy, remember and repeat actions using facial expressions to show different characters.</p> <p>To explore pathways and levels.</p> <p>To remember and rehearse our circus dance showing expression and character.</p>	<p>To copy and repeat yoga poses.</p> <p>To develop an awareness of strength when completing yoga poses.</p> <p>To develop an awareness of flexibility when completing yoga poses.</p> <p>To copy and remember actions linking them into a flow.</p> <p>To create a flow and teach it to a partner.</p> <p>To explore poses and create a yoga flow.</p>	<p>To follow instructions and work with others.</p> <p>To co-operate and communicate in a small group to solve challenges.</p> <p>To create a plan with a group to solve the challenges.</p> <p>To communicate effectively and develop trust.</p> <p>To work as a group to solve problems.</p> <p>To work with a group to copy and create a basic map.</p>	<p>To take part in competitive competitions.</p> <p>To work as a team.</p> <p>To dribble with a hockey stick and ball around cones.</p> <p>To dribble with a football around cones.</p> <p>To follow an obstacle course.</p> <p>To throw/roll a ball to a target.</p> <p>To balance with an egg on a spoon.</p>

			<p>To copy, repeat and create actions in response to a stimulus.</p> <p>To copy, create and perform actions considering dynamics.</p> <p>To create a short dance phrase with a partner showing clear changes of speed.</p> <p>To copy, repeat and create movement patterns in response to the theme.</p> <p>To create and perform using unison, mirroring and matching with a partner.</p> <p>To remember and repeat actions and dance as a group.</p>			
Vocabulary	<p>Agility, Balance, Co-ordination, Speed, Stamina, Skipping, Taking turns, Encouraging and supporting others, Determination, Perseverance, Challenging myself, Identifying strengths and areas for improvement, Observing and providing feedback</p>	<p>Balancing, Sprinting, Jogging, Dodging, Jumping, Hopping, Skipping, Taking turns, Supporting and encouraging others, Respect, Challenging myself, Perseverance, Honesty, Selecting and applying, Identifying strengths</p>	<p>Travel, Copying and performing actions, Using dynamics, pathway, expression and speed, Balance, Co-ordination, Respect, Consideration, Sharing ideas, Decision making with others, Acceptance, Confidence, Thinking, selecting and applying actions, Observing and providing feedback, Creating</p>	<p>Breathing, Balance, Flexibility, Strength, Working safely, Sharing ideas, Leadership, Calmness, Patience, Selecting actions, Creating poses, Focus, Providing feedback</p>	<p>Travelling actions, Jumping, Balancing, Communication, Listening, Leading, Trust, Honesty and fair play, Acceptance, Planning, Decision making, Problem solving</p>	<p>Competition, Team work, Winner, Dribble, Obstacle course, throw, roll, balance</p>