



Vertical Progression – Physical Development – Gross Motor Skills & Being imaginative & expressive - PE overview			
Playing & Exploring - Engagement		Active Learning - Motivation	Creating & Thinking Critically - Thinking
<ul style="list-style-type: none"> <li>Finding out &amp; exploring</li> <li>Playing with what they know</li> <li>Being willing to 'have a go'</li> </ul>		<ul style="list-style-type: none"> <li>Being involved &amp; concentrating</li> <li>Keep on trying</li> <li>Enjoying achieving what they set out to do</li> </ul>	<ul style="list-style-type: none"> <li>Having their own ideas (creative thinking)</li> <li>Making links (building theories)</li> <li>Working with ideas (critical thinking)</li> </ul>
<b>ELG</b> <b>- Negotiate space &amp; obstacles safely, with consideration for themselves &amp; others</b> <b>- Demonstrate strength, balance &amp; coordination when playing</b> <b>- Move energetically, such as running, jumping, dancing, hopping, skipping &amp; climbing</b>			
Focus	Gymnastic movements	Basic movements & games	Dance
Reception	<ul style="list-style-type: none"> <li>Revise &amp; refine fundamental movements, making changes to body shape, position &amp; pace of movement such as slithering, shuffling, rolling, skipping, hopping &amp; sliding</li> <li>Combine different movements with ease &amp; fluency</li> <li>Develop overall body strength, coordination, balance &amp; agility</li> </ul>	<ul style="list-style-type: none"> <li>Negotiate space successfully when playing racing or chasing games, adjusting speed or changing direction to avoid obstacles</li> <li>Develop &amp; refine a range of ball skills including: throwing, catching, kicking, batting &amp; aiming</li> <li>Develop confidence, competence, precision &amp; accuracy with activities that involve a ball</li> <li>Develop overall body strength, coordination, balance &amp; agility e.g. wheelbarrows, balance bikes &amp; pedal bikes</li> </ul>	<ul style="list-style-type: none"> <li>Initiates new combinations of movements &amp; gestures to express &amp; respond to feelings, ideas &amp; experiences</li> <li>Watch &amp; talk about dance &amp; performance art, expressing their feelings &amp; responses</li> <li>Explore &amp; engage in dance, performing solo or in groups</li> </ul>
Year 1	<ul style="list-style-type: none"> <li>Begin to perform a range of required movements/shapes</li> <li>Begin to sequence simple movements together</li> <li>Begin to compare and contrast fundamental movement skills</li> </ul>	<ul style="list-style-type: none"> <li>Begin to demonstrate and explain how to throw and kick the ball in different ways</li> <li>Begin to evaluate my own performance</li> </ul>	<ul style="list-style-type: none"> <li>Begin to perform controlled body movements</li> <li>Begin to compose dance movements made up of taught skills and invented ones</li> <li>Begin to sequence simple movements together</li> </ul>