



All Saints C of E Bednall
– Vertical Progression – Physical Development – Gross Motor Skills
& Being imaginative & expressive - PE overview



Focus	Gymnastic movements	Basic movements & games	Dance
Nursery	<ul style="list-style-type: none"> • Can balance on one foot or in a squat momentarily, shifting body weight to improve stability • Walks down steps, using alternate feet, or slopes whilst carrying a small object, maintaining balance & stability 	<ul style="list-style-type: none"> • Can grasp & release with two hands to throw & catch a large ball, beanbag or object • Runs with spatial awareness & negotiates space successfully, adjusting speed or direction to avoid obstacles • Develop their movement, balancing, riding (scooters, trikes & bikes) 	<ul style="list-style-type: none"> • Increasingly able to use & remember sequences & patterns of movements which are related to music & rhythm • Use large muscle movements to wave flags & streamers
Reception	<ul style="list-style-type: none"> • Revise & refine fundamental movements, making changes to body shape, position & pace of movement such as slithering, shuffling, rolling, skipping, hopping & sliding • Combine different movements with ease & fluency • Develop overall body strength, coordination, balance & agility 	<ul style="list-style-type: none"> • Negotiate space successfully when playing racing or chasing games, adjusting speed or changing direction to avoid obstacles • Develop & refine a range of ball skills including: throwing, catching, kicking, batting & aiming • Develop confidence, competence, precision & accuracy with activities that involve a ball • Develop overall body strength, coordination, balance & agility e.g. wheelbarrows, balance bikes & pedal bikes 	<ul style="list-style-type: none"> • Initiates new combinations of movements & gestures to express & respond to feelings, ideas & experiences • Watch & talk about dance & performance art, expressing their feelings & responses • Explore & engage in dance, performing solo or in groups
Year 1	<ul style="list-style-type: none"> • Begin to perform a range of required movements/shapes • Begin to sequence simple movements together • Begin to compare and contrast fundamental movement skills 	<ul style="list-style-type: none"> • Begin to demonstrate and explain how to throw and kick the ball in different ways • Begin to evaluate my own performance 	<ul style="list-style-type: none"> • Begin to perform controlled body movements • Begin to compose dance movements made up of taught skills and invented ones • Begin to sequence simple movements together
Year 2	<p>master basic movements including running, jumping developing balance, agility and co-ordination, and apply these in a range of activities</p>	<p>Demonstrate and explain how to throw and kick the ball in different ways</p>	<p>Begin to create own dance sequences independently and in small groups. perform controlled body movements</p>