

## CHI Progression of PE Skills and Knowledge

Threshold Concepts		Reception	Year 1	Year 2
Health and Fitness	<b>HF1</b>	Pupils can say how their body feels before, during and after activity.	Pupils can describe how their body feels before, during and after activity.	Pupils can describe how their body feels before, during and after activity.
	<b>HF2</b>	Pupils know what exercise is.	Pupils know how to exercise safely.	Pupils can show how to exercise safely.
	<b>HF3</b>	Pupils know about, and can make healthy choices in relation to, healthy eating and exercise. (ELG managing self )	Pupils know what their body needs to stay healthy.	Pupils can explain what their body needs to keep healthy – give examples
Acquiring and developing skills	<b>DS1</b>	Pupils can copy actions.	Pupils can copy and remember actions	Pupils can copy and suggest their own actions.
	<b>DS2</b>	Pupils can demonstrate strength, balance and coordination when playing (ELG gross motor )  Fine Motor Skills hold a pencil, use a range of small tools, show accuracy when drawing (ELG fine motor skills )	Pupils can move with control and care.	Pupils can repeat and explore actions with control and coordination
	<b>DS3</b>	Pupils can move energetically , such as running, jumping, dancing, hopping, skipping and climbing . ( ELG gross motor )	Pupils attempt basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and coordination.	Pupils should be taught to master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities
Evaluation and self-improvement	<b>ES1</b>	Pupils can say what other children have done.	Pupils can describe what other children have done.	Pupils can talk about what is different between what they did and what someone else did.
	<b>ES2</b>	Pupils can talk about what they have done	Pupils can say how they can improve	Pupils can suggest how others could improve. Give some examples to clarify.

<b>Movement and Dance</b>	<b>MD1</b>	Pupils can move to music. Pupils can perform simple dance moves.	Pupils can copy dance moves. Pupils can make up a short dance.	Pupils can dance with control and coordination. Pupils can make a sequence by linking sections together.
	<b>MD2</b>	Pupils can negotiate space and obstacles safely, with consideration for themselves and others (ELG gross motor )	Pupils can change rhythm, speed and direction	Pupils can change rhythm, speed, level and direction including those from different times and cultures-express and communicate ideas and feelings.
<b>Games</b>	<b>GA1</b>	Pupils can throw underarm and roll a piece of equipment.	Pupils can throw in different ways.	Pupils can use one tactic in a game.
	<b>GA2</b>	Pupils can move and stop safely.	Pupils can follow rules.	Pupils can stay in a 'zone' during a game.
	<b>GA3</b>	Pupils can catch with both hands and kick in different ways.	Pupils can hit a ball with a bat. Pupils can use hitting, kicking and/or rolling in a game.	Pupils can decide where the best place to be is during a game.
<b>Gymnastics</b>	<b>GY1</b>	Pupils can make my body tense, relaxed, curled and stretched.	Pupils can make my body tense, relaxed, curled and stretched.	Pupils' movements are controlled.
	<b>GY2</b>	Pupils can copy sequences and repeat them.	Pupils can plan and show a sequence of movements.	Pupils can work on their own and with a partner to create a sequence.
	<b>GY3</b>	Pupils can roll in different ways. Pupils can travel in different ways. Pupils can balance in different ways. Pupils can stretch in different ways. Pupils can curl in different ways.	Pupils can control my body when travelling. Pupils can control my body when balancing. Pupils can climb safely.	Pupils can use contrast in sequences. Pupils can think of more than one way to create a sequence which follows a set of 'rules'.

At Coombe Hill Infants' we provide swimming instruction.

In particular, pupils should be taught to:

1. swim competently, confidently and proficiently
2. use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke)
3. perform safe self-rescue in different water-based situations

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Breadth		Reception	Year 1	Year 2
master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	B1	Daily mile - every morning Love The Ball – weekly Yoga – weekly Parachute activities – weekly Stilts – daily Balance bikes - daily Merton P.E. scheme Gymnastics competition	Spr1 - Mini Athletics external competition Daily mile - every morning Love The Ball - weekly Gymnastics competition	Aut/Spr/Sum – Football tournaments – boys and girls. Sp1 – Gymnastics March - Gymnastics competition Love The Ball - weekly Daily mile - every morning
participate in team games, developing simple tactics for attacking and defending	B2	Love The Ball - weekly	Love The Ball - weekly	Love The Ball - weekly
perform dances using simple movement pattern	B3	Christmas play Summer concert Go Noodle Espresso Movement module Write Dance , gross and fine motor movements	Sum1 – Country dancing festival Christmas play Summer concert	Christmas play Summer concert
Outside the curriculum	B4			Sum2 – Swimming gala Cluster football competitions (termly )