



# Curriculum Progression

## PE and Games



### EYFS

- Balance on one leg
- Catch a bean bag and catch and bounce a medium sized ball with accuracy
- Run in different directions with control, at different speeds
- Throw under-arm and over-arm with some accuracy
- Gain height when jumping and jump in different ways
- Ride a bike confidently

### Key Stage 1

- throw and catch with some competency and increasing accuracy
- change direction and coordination when running, varying speed and gaining power to increase height
- perform sequences of a number of different elements e.g. balance, turn... on different points of the body, making different shapes
- Hit a ball with various bats towards a target area
- work well with others to increase levels of performance and achievement
- engage in competitive performance, both individually and as a team with an increasing understanding of rules and developing respect
- show awareness of how the human body changes during exercise

### Lower Key Stage 2

- Throw and catch displaying with accuracy, in isolation and varied environments
- Demonstrate changes of direction, speed & level in competitive environments or during performances
- Demonstrates a clear understanding of how the body changes/functions during exercise
- Moves in a fluent and expressive manner
- Plan, perform and repeat sequences of movements in a group
- Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination)
- Use FUNdamentals of movement to employ simple tactics in competitive environments
- Swim 25m unaided
- Displays an understanding of fair play, respect and working well with others

