



## PE Progression Document

### **Intent**

It is our intent at West Earham Infant and Nursery School to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities.

This will be achieved through a wide variety of sports. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values. Additionally, we want to teach children to become resilient, develop a growth mindset and persevere through challenges.

### **Implementation**

Children in KS1 at West Earham Infant and Nursery School participate in 2 x hour PE lessons per week in addition to at least 30 mins physical activity integrated into the curriculum each day.

Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. We are using the PE scheme Get Set 4 PE to deliver a range of high quality PE lessons to all our children

In everyday cross curricular teaching children are given the opportunities to stretch and move as part of brain breaks which are appropriate for our age of children. Our lessons are active and develop both fine and gross motor skills.

We provide opportunities for all children to engage in extra-curricular activities during and after school, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage not only physical development but also well-being.

All children have the opportunity to run the WEINS mile on our new track. This enables children to increase their fitness levels at playtimes and at additional times throughout their weekly curriculum.

Through our membership of the School Sports Foundation we also have whole school participation in intra-school competitions such as cross country, golf and tennis and multi skills as well as fun whole school days such as Sports Day for our families to join the children.

We use the Community Sports Foundation to deliver weekly high quality multi skills lessons to the children in KS1. We use Premier Sports to deliver high quality Gymnastics to KS1.

Children in EYFS have a large outdoor area to develop their physical skills daily as part of their everyday provision. The outdoor area has been designed with the growth of children's physical development at the forefront. The equipment strengthens children's gross motor skills which in turns supports the strengthening of children's fine motor skills.

Using our Sports Premium Funding we offer equipment to encourage children to be more active at playtimes. Sports Premium Funding is used to deliver high quality swimming lessons for our Year 2

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|  | <p>children in the Summer term.</p> <p>After school clubs are offered to KS1 children and always include a range of physical activities; eg tennis, street dancing, tag rugby.</p> |
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| <p>Our children will experience:</p> <p>An expansive outdoor provision in EYFS which supports the children's physical development, both fine motor and gross motor skills.</p> <p>All children experience the WEINS mile track to improve their stamina and fitness.</p> <p>Children in Year 2 undertake an intensive swimming and water safety course in the summer term. This develops their love for fitness but also their water confidence.</p> <p>Gymnastics coaching for year 1 and year 2 for one half term.</p> | <p>Nursery Learning themes:</p> <p><b>Gross Motor Skills:</b></p> <ul style="list-style-type: none"> <li>• Tummy time,</li> <li>• Moving and manipulating large equipment to build structures (digging in tough mud pit, carrying heavy buckets, lifting/rolling tyres).</li> <li>• Large construction</li> <li>• climbing, small play frame equipment (tunnels, slides).</li> </ul> | <p>Reception Learning themes:</p> <p><b>Simple P.E skills:</b></p> <ul style="list-style-type: none"> <li>• throwing and catching balls (small and large)</li> <li>• skipping</li> <li>• hitting a ball with a bat</li> <li>• using a hula hoop</li> <li>• aiming with beanbags</li> </ul> <p><b>Gross Motor Skills:</b></p> <ul style="list-style-type: none"> <li>• Climbing up and over wooden frame/tyre frame</li> <li>• Pulling up, climbing and swinging on rope swing</li> <li>• Moving at different speeds over stacks differing heights</li> <li>• Moving and manipulating large equipment to build structures (bakery crates, tyres, large reels, wooden blocks, wooden planks etc.)</li> </ul> | <p>Year 1 Learning themes:</p> <p><b>Continuous Provision</b></p> <ul style="list-style-type: none"> <li>• Access to resources such as balls, hoops, beanbags</li> <li>• Enhancements to encourage them to practise skills taught in core PE (e.g. basketball hoops)</li> <li>• Go Noodle</li> <li>• Just Dance</li> <li>• Yoga</li> <li>• WEINS mile.</li> </ul> <p><b>Taught PE</b></p> <p>Balance &amp; Agility:</p> <ul style="list-style-type: none"> <li>• Rolls</li> <li>• Jumps</li> <li>• Travel</li> <li>• Gymnastics through premier sports</li> </ul> <p><b>Throwing and Catching:</b></p> <ul style="list-style-type: none"> <li>• Sending</li> </ul> | <p>Year 2 Learning themes:</p> <p><b>Daily Provision:</b></p> <ul style="list-style-type: none"> <li>• Access to resources such as balls, hoops, beanbags</li> <li>• Enhancements to encourage them to practise skills taught in core PE (e.g. basketball hoops)</li> <li>• Go Noodle</li> <li>• Just Dance</li> <li>• Yoga</li> <li>• WEINS mile.</li> </ul> <p><b>Taught PE</b></p> <p>Balance &amp; Agility:</p> <ul style="list-style-type: none"> <li>• Rolls</li> <li>• Jumps</li> <li>• Travel</li> <li>• Gymnastics through premier sports</li> </ul> <p><b>Throwing and Catching:</b></p> <ul style="list-style-type: none"> <li>• Sending</li> </ul> |
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|  |  | <p>Daily Yoga after lunch time play: to practise mindfulness, stretching and calm breathing</p> <p>Brain breaks (linked with the importance of moving and stretching our brains to support the most effective learning)</p> <ul style="list-style-type: none"> <li>● Go Noodle</li> <li>● Move and freeze</li> <li>● Just dance</li> <li>● WEINS mile.</li> </ul> | <ul style="list-style-type: none"> <li>● Receiving</li> <li>● Underarm throwing</li> <li>● Overarm throwing</li> <li>● Recieving a ball correctly</li> <li>● Aim</li> </ul> <p><b>Dance:</b></p> <ul style="list-style-type: none"> <li>● Performance</li> <li>● Choreography</li> <li>● Simple moves</li> <li>● Dance styles</li> </ul> <p><b>Team Games:</b></p> <ul style="list-style-type: none"> <li>● Attacking</li> <li>● Defending</li> <li>● Team work</li> </ul> | <ul style="list-style-type: none"> <li>● Receiving</li> <li>● Underarm throwing</li> <li>● Overarm throwing</li> <li>● Recieving a ball correctly</li> <li>● Aim</li> </ul> <p><b>Dance:</b></p> <ul style="list-style-type: none"> <li>● Performance</li> <li>● Choreography</li> <li>● Simple moves</li> <li>● Dance styles</li> </ul> <p><b>Team Games:</b></p> <ul style="list-style-type: none"> <li>● Attacking</li> <li>● Defending</li> <li>● Team work</li> </ul> <p><b>Enrichment Opportunities:</b></p> <ul style="list-style-type: none"> <li>● Swimming</li> <li>● Cross Country Competitions</li> <li>● Multi sports competitions.</li> </ul> |
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|                                   | EYFS  | Year One  | Year Two  |
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| <b>Pro<br/>gre<br/>ssi<br/>on</b> | <p><b>30-50 months</b></p> <ul style="list-style-type: none"> <li>•Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</li> <li>•Mounts stairs, steps or climbing equipment using alternate feet.</li> <li>•Can stand momentarily on one foot when shown.</li> <li>•Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</li> <li>•Can catch a large ball. 40-60 Months</li> <li>•Experiments with different ways of moving.               <ul style="list-style-type: none"> <li>• Jumps off an object and lands appropriately.</li> <li>•Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</li> <li>•Travels with confidence and skill around, under, over and through balancing and climbing equipment.</li> <li>•Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</li> </ul> </li> </ul> <p><b>Early learning goal – moving and handling Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</b></p> | <p><b>Gymnastics:</b></p> <ul style="list-style-type: none"> <li>- Explore movement actions with control and link them together with flow.</li> <li>-Explore gymnastic actions and shapes.</li> <li>-Explore travelling on benches. -</li> <li>Explore movement actions with control and to link them together with flow.</li> <li>-Choose and use simple compositional ideas by creating and performing sequences. -</li> <li>Repeat and link combinations of gymnastic actions.</li> <li>-Link combinations of movements and shapes with control.</li> </ul> <p><b>Games</b></p> <ul style="list-style-type: none"> <li>-Master basic sending and receiving techniques.</li> <li>-Develop balance, agility and co-ordination.</li> <li>-Master basic sending and receiving skills.</li> <li>-Master basic sending and receiving techniques</li> <li>-Master basic sending and receiving as well as developing balance agility and co-ordination. -</li> </ul> | <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>-Remember and repeat simple gymnastic actions with control. -</li> <li>Balance on isolated parts of the body using the floor and hold balance.</li> <li>-Develop a range of gymnastic moves, particularly balancing.</li> <li>-Link together a number of gymnastic actions into a sequence.</li> <li>-Explore ways of travelling around on large apparatus.</li> <li>-Choose and use a variety of gymnastic actions to make a sequence.</li> </ul> <p><b>Games</b></p> <ul style="list-style-type: none"> <li>-Use hand-eye coordination to control a ball.</li> <li>-Catch a variety of objects.</li> <li>-Have a varying type of throws.</li> <li>-Kick and move with a ball.</li> <li>-Develop catching and dribbling skills.</li> <li>-Learn skills for playing striking and fielding games.</li> <li>-Position the body to strike a ball. -</li> <li>Develop catching skills.</li> <li>-Throw a ball for distance.</li> <li>-Practise throwing skills in a circuit. -</li> </ul> |

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|  | <p>30-50 months</p> <ul style="list-style-type: none"> <li>•Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</li> <li>•Can stand momentarily on one foot when shown.</li> </ul> <p>40-60 Months</p> | <p>Make use of coordination, accuracy and weight transfer. -Develop receiving skills.<br/>         -Learn skills for striking and fielding games. -<br/>         Practise basic striking, sending and receiving.<br/>         -Use throwing and catching skills in a game.<br/>         -Practise accuracy of throwing and consistent catching.<br/>         -Strike with a racket or bat.</p> <p>.</p> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Use varying speeds when running.</li> <li>-Explore footwork patterns. -</li> <li>Explore arm mobility.</li> <li>-Explore different methods of throwing.</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>-Change direction during travelling moves.</li> <li>-Link travelling moves that change direction and level.</li> <li>-Link moves together.</li> <li>-Use a variety of moves.</li> <li>-Explore basic body patterns and movements to music.</li> </ul> | <p>Use fielding skills to play a game.</p> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Run with agility and confidence. -</li> <li>Learn the best jumping techniques for distance.</li> <li>-Throw different objects in a variety of ways.</li> <li>-Hurdle an obstacle and maintain effective running style.</li> <li>-Run for distance.</li> <li>-Complete an obstacle course with control and agility.</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>-Explore different levels and speeds of movement.</li> <li>-Compose and perform simple dance phrases.</li> <li>-Show contrasts in simple dances with good body shape and position. -</li> <li>Develop a range of dance movements and improve timing. -</li> <li>Work to music, creating movements that show rhythm and control.</li> </ul> |
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|                              | <p>•Experiments with different ways of moving.</p> <p><b>Early learning goal – being imaginative Children use what they have learnt about media and materials in original ways, thinking about uses and purposes. They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.</b></p> | <p>-Use a variety of moves that change speed and direction.</p> <p>-Link together dance moves with gestures and changing direction in time to music.</p> <p>-Practise taking off from different positions.</p> |  |  |
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| <p><b>Key Vocabulary</b></p> | <p>Space, looking up, stretch, muscle, partner, pairs, run, walk, balance, throw, catch, hit, ball, cone, net, bean bag, jump, hop, carry, follow, lead, copy, sports, games, rules, move, forwards, backwards, equipment, speed, direction, bounce, push, pull, roll.</p>   |  | <p>Games Throw, roll, underarm, hit, move, safely, kick, rules.</p> <p>Gymnastics stretch, relax, control, travel, balance, copy, sequence, improve, plan, and perform, feedback, hold, and independent.</p> <p>Dance Move, copy, perform, create, rhythm, control, coordination, linking mood or feeling. Copy.</p> | <p>Games Throw, roll, underarm, hit, move, safely, kick, rules.</p> <p>Gymnastics stretch, relax, control, travel, balance, copy, sequence, improve, plan, and perform, feedback, hold, and independent.</p> <p>Dance Move, copy, perform, create, rhythm, control, coordination, linking mood or feeling. Copy.tactics, decide,</p> <p>Gymnastics Curl, tense, compare and contrast, repeat.</p> <p>Swimming - stroke, breathe, pace,</p> |