



# Onslow Infant School PE Curriculum Skills Progression

(core vocabulary in progression)

	EYFS	Year 1	Year 2
Fundamentals	<ul style="list-style-type: none"> <li>Physical: Balancing, running, jumping, changing direction, hopping, travelling, galloping, skipping, sliding,</li> <li>Social: Working safely, responsibility, helping and working with others</li> <li>Emotional: Honesty, challenging myself, determination, managing emotions</li> <li>Thinking: Decision making, selecting and applying actions, using tactics</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Balancing, sprinting, jogging, dodging, jumping, hopping, skipping</li> <li>Social: Taking turns, supporting and encouraging others, working safely, communication</li> <li>Emotional: Challenging myself, perseverance, honesty</li> <li>Thinking: Identifying strengths, listening and following instructions</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Balancing, sprinting, jogging, dodging, jumping, hopping, skipping</li> <li>Social: Taking turns, supporting and encouraging others, respect, communication</li> <li>Emotional: Challenging myself, perseverance, honesty</li> <li>Thinking: Selecting and applying, identifying strengths</li> </ul>
	<i>jump</i> <i>balance</i> <i>run</i> <i>stop</i> <i>space</i> <i>skip</i>	<i>fast/slow</i> <i>hop</i> <i>direction</i> <i>land</i>	<i>dodge</i> <i>jog</i> <i>hurdle</i> <i>speed</i> <i>steady</i> <i>sprint</i>
Ball Skills	<ul style="list-style-type: none"> <li>Physical: Rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball</li> <li>Social: Co-operation, supporting others, sharing and taking turns</li> <li>Emotional: Honesty, perseverance</li> <li>Thinking: Using tactics, decision making</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Rolling, kicking, throwing, catching, bouncing, dribbling, tracking</li> <li>Social: Co-operation, communication, leadership, supporting others</li> <li>Emotional: Honesty, perseverance, challenging myself</li> <li>Thinking: Using tactics, exploring actions, comprehension</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Rolling, kicking, throwing, catching, bouncing, dribbling</li> <li>Social: Co-operation, communication, leadership, supporting others</li> <li>Emotional: Honesty, perseverance, challenging myself</li> <li>Thinking: Using tactics, exploring actions</li> </ul>
	<i>run</i> <i>stop</i> <i>throw</i> <i>roll</i> <i>team</i> <i>kick</i> <i>space</i> <i>catch</i>	<i>far</i> <i>aim</i> <i>safely</i> <i>direction</i> <i>balance</i> <i>send</i>	<i>overarm/underarm</i> <i>collect</i> <i>target</i> <i>dribble</i> <i>distance</i>
Dance	<ul style="list-style-type: none"> <li>Physical: Travelling, copying and performing actions, co-ordination</li> <li>Social: Respect, co-operating with others</li> <li>Emotional: Working independently, determination</li> <li>Thinking: Counting, observing and providing feedback, selecting and applying actions</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Travel, copying and performing actions, using shape, balance, coordination</li> <li>Social: Co-operation, communication, coming to decisions with a partner, respect</li> <li>Emotional: Confidence, acceptance</li> <li>Thinking: Counting, observing and providing feedback, selecting and applying actions</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Travel, copying and performing actions, using dynamics, pathway, expression and speed, balance, coordination</li> <li>Social: Respect, consideration, sharing ideas, decision making with others</li> <li>Emotional: Acceptance, confidence</li> <li>Thinking: Selecting and applying actions, counting, observing and providing feedback, creating</li> </ul>
	<i>move</i> <i>copy</i> <i>shape</i> <i>space</i> <i>around</i> <i>travel</i> <i>sideways/forwards/backwards</i>	<i>counts</i> <i>pose</i> <i>level</i> <i>slow/fast</i> <i>balance</i>	<i>mirror</i> <i>action</i> <i>pathway</i> <i>direction</i> <i>speed</i> <i>timing</i>

	EYFS	Year 1	Year 2
Gymnastics	<ul style="list-style-type: none"> <li>Physical: Shapes, balances, jumps, rocking, rolling, travelling</li> <li>Social: Taking turns, co-operation, communication,</li> <li>Emotional: Confidence, determination</li> <li>Thinking; Selecting and applying skills, creating sequences</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Travelling actions, shapes, balances, jumps, barrel roll, straight roll, forward roll progressions</li> <li>Social: Sharing, working safely</li> <li>Emotional: Confidence</li> <li>Thinking: Observing and providing feedback, selecting and applying actions</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll</li> <li>Social: Sharing, working safely</li> <li>Emotional: Confidence, independence</li> <li>Thinking: Observing and providing feedback, selecting and applying actions</li> </ul>
	<i>move</i> <i>copy</i> <i>over</i> <i>shape</i> <i>space</i> <i>rock</i> <i>around</i> <i>sideways/forwards/backwards</i> <i>travel</i>	<i>action</i> <i>jump</i> <i>roll</i> <i>level</i> <i>direction</i> <i>speed</i> <i>point</i> <i>balance</i>	<i>link</i> <i>pathway</i> <i>sequence</i> <i>tuck</i> <i>straddle</i> <i>speed</i> <i>point</i>
Team Building		<ul style="list-style-type: none"> <li>Physical: Balancing, travelling actions,</li> <li>Social: Communication, sharing ideas, inclusion, encouraging and supporting others</li> <li>Emotional: Confidence, trust, honesty</li> <li>Thinking: Decision making, using tactics, providing instructions, planning, problem solving</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Travelling actions, jumping, balancing</li> <li>Social: Communication, leading, inclusion</li> <li>Emotional: Trust, honesty and fair play, acceptance</li> <li>Thinking: Planning, decision making, problem solving</li> </ul>
		<i>communicate</i> <i>instructions</i> <i>path</i> <i>lead</i> <i>listen</i> <i>ideas</i> <i>suggestion</i> <i>rules</i>	<i>successful</i> <i>challenge</i> <i>solve</i> <i>task</i> <i>honesty</i> <i>diagram</i>
Fitness		<ul style="list-style-type: none"> <li>Physical: Running, co-ordination, stamina, strength, agility, balance</li> <li>Social: Co-operation, support, responsibility</li> <li>Emotional: Kindness, perseverance, honesty, independence</li> <li>Thinking: Comprehension, creativity, problem solving, reflection</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Agility, balance, co-ordination, speed, stamina, skipping</li> <li>Social: Taking turns, encouraging and supporting others</li> <li>Emotional: Determination, perseverance, challenging myself</li> <li>Thinking: Identifying strengths and areas for improvement, observing and providing feedback</li> </ul>
		<i>exercise</i> <i>heart</i> <i>lungs</i> <i>body</i> <i>mood</i>	<i>strong</i> <i>pace</i> <i>race</i> <i>speed</i> <i>jog</i> <i>steady</i> <i>sprint</i>
Games	<ul style="list-style-type: none"> <li>Physical: Running, balancing, changing direction, striking a ball, throwing</li> <li>Social: Communication, co-operation, taking turns, supporting and encouraging others</li> <li>Emotional: Honesty and fair play, managing emotions</li> <li>Thinking: Using tactics, decision making</li> </ul>		

	EYFS	Year 1	Year 2
	<p><i>push</i> <i>stop</i> <i>jump</i> <i>space</i> <i>forwards/backwards</i> <i>safely</i> <i>balance</i></p>		
Target Games		<ul style="list-style-type: none"> <li>Physical: Underarm throwing, overarm throwing, aim, hand eye co-ordination</li> <li>Social: Communication, supporting and encouraging others, leadership</li> <li>Emotional: Perseverance, honesty, fair play</li> <li>Thinking: Using tactics, selecting and applying skills, decision making</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Throwing, rolling, kicking, striking</li> <li>Social: Communication, collaboration, kindness, support</li> <li>Emotional: Honesty, perseverance, independence, manage emotions</li> <li>Thinking: Select and apply, using tactics, decision making, provide feedback, problem solving</li> </ul>
		<p><i>points</i> <i>throw</i> <i>far</i> <i>distance</i> <i>score</i> <i>partner</i></p>	<p><i>skill</i> <i>roll</i> <i>kick</i> <i>strike</i> <i>target</i> <i>technique</i></p>
Invasion Games		<ul style="list-style-type: none"> <li>Physical: Throwing and catching, kicking, dribbling with hands and feet, dodging, finding space</li> <li>Social: Co-operation, communication, supporting and encouraging others</li> <li>Emotional: Honesty and fair play, managing emotions</li> <li>Thinking: Connecting information, decision making, recalling information</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Throwing, catching, kicking, dribbling with hands and feet, dodging, finding space</li> <li>Social: Communication, respect, co-operation, kindness</li> <li>Emotional: Empathy, integrity, independence, determination, perseverance</li> <li>Thinking: Creativity, reflection, decision making, comprehension</li> </ul>
		<p><i>defender</i> <i>points</i> <i>dribbling</i> <i>attacker</i> <i>score</i> <i>partner</i></p>	<p><i>received</i> <i>send</i> <i>teammate</i> <i>chest pass</i> <i>possession</i> <i>goal</i> <i>dodge</i> <i>bounce pass</i></p>
Net and Wall			<ul style="list-style-type: none"> <li>Physical: Throwing, catching, racket skills, ready position, hitting a ball</li> <li>Social: Support, co-operation, respect, communication</li> <li>Emotional: Perseverance, honesty</li> <li>Thinking: Decision making, reflection, comprehension, selecting and applying</li> </ul>
			<p><i>receive</i> <i>quickly</i> <i>trap</i> <i>defend</i> <i>return</i> <i>collect</i> <i>against</i></p>

	EYFS	Year 1	Year 2
Sending and Receiving		<ul style="list-style-type: none"> <li>Physical: Rolling, kicking, throwing, catching, tracking</li> <li>Social: Taking turns, supporting and encouraging others, respect, communication</li> <li>Emotional: Perseverance, honesty, being happy to succeed</li> <li>Thinking: Transferring skills</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Rolling, kicking, throwing, catching, tracking</li> <li>Social: Co-operation, communication, keeping others safe</li> <li>Emotional: Perseverance, challenging myself</li> <li>Thinking: Identifying how to improve, transferring skills</li> </ul>
		<i>send</i> <i>receive</i> <i>catch</i> <i>exercise</i> <i>roll</i> <i>target</i> <i>throw</i> <i>track</i>	<i>feedback</i> <i>trap</i> <i>cushion</i> <i>kick</i> <i>pass</i> <i>bounce</i>
Striking and Fielding		<ul style="list-style-type: none"> <li>Physical: Throwing, catching, retrieving a ball, tracking a ball, striking a ball</li> <li>Social: Communication, supporting and encouraging others, consideration of others</li> <li>Emotional: Perseverance, honesty and fair play</li> <li>Thinking: Using tactics, selecting and applying skills, decision making</li> </ul>	
		<i>hit</i> <i>points</i> <i>target</i> <i>throw</i> <i>score</i> <i>catch</i>	
Yoga		<ul style="list-style-type: none"> <li>Physical: Breathing, relaxation, balance, flexibility, strength</li> <li>Social: Working safely, sharing ideas, leadership</li> <li>Emotional: Calmness, patience, understanding, independence</li> <li>Thinking: Selecting actions, comprehension, focus, providing feedback</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Breathing, balance, flexibility, strength</li> <li>Social: Working safely, sharing ideas, leadership</li> <li>Emotional: Calmness, patience, understanding</li> <li>Thinking: Selecting actions, creating poses, focus, providing feedback</li> </ul>
	<i>move</i> <i>still</i> <i>space</i> <i>shape</i> <i>travel</i>	<i>feel</i> <i>breath</i> <i>copy</i> <i>listen</i> <i>slowly</i>	<i>focus</i> <i>position</i> <i>flow</i> <i>pose</i> <i>create</i> <i>choose</i>
Athletics		<ul style="list-style-type: none"> <li>Physical: Running at varying speeds, agility, balance, jumping, hopping and leaping in combination and for distance, throwing for distance</li> <li>Social: Working safely, collaborating with others</li> <li>Emotional: Working independently, honesty and playing to the rules, determination</li> <li>Thinking: Exploring ideas</li> </ul>	<ul style="list-style-type: none"> <li>Physical: Running at different speeds, jumping for distance, throwing for distance</li> <li>Social: Working safely, collaborating with others</li> <li>Emotional: Working independently, determination</li> <li>Thinking: Observing and providing feedback, exploring ideas</li> </ul>

	EYFS	Year 1	Year 2
		<i>far</i> <i>hop</i> <i>aim</i> <i>fast/slow</i> <i>improve</i> <i>bend</i> <i>direction</i> <i>travel</i>	<i>sprint</i> <i>jog</i> <i>distance</i> <i>height</i> <i>take off</i> <i>landing</i> <i>overarm/underarm</i>
Healthy Body & Mind	<ul style="list-style-type: none"> <li>Awareness of body changes during exercise (heart rate, heavy breath, hot, sweaty).</li> <li>An understanding of the need for PE uniform (changing, safety). Awareness of how exercise is important for a healthy lifestyle and mind.</li> </ul>		
	<i>heart</i> <i>heartbeat</i> <i>breathing</i> <i>fast</i> <i>slow</i> <i>hot</i>	<i>heart rate</i> <i>breath</i> <i>heavy</i> <i>shallow</i> <i>sweaty</i> <i>safety</i> <i>mind</i>	<i>healthy lifestyle</i> <i>mindfulness</i> <i>mental health</i>

	EYFS	Year 1	Year 2
<b>Continuous Provision &amp; Enhancements</b>			
<b>Balance Bikes</b>	<ul style="list-style-type: none"> <li>▪ Push off the ground and setting off</li> <li>▪ Stand and walk the bike</li> <li>▪ Sit and walk the bike</li> <li>▪ Steering</li> <li>▪ Balance and coordination</li> <li>▪ Stopping with feet</li> <li>▪ Wearing a helmet correctly</li> <li>▪ Getting off comfortably</li> <li>▪ Identifying parts of a bike</li> </ul>	<ul style="list-style-type: none"> <li>▪ Move in a variety of ways</li> <li>▪ Run with the bike</li> <li>▪ Sit, run and balance</li> <li>▪ Striding</li> <li>▪ Gliding whilst steering</li> <li>▪ Improving strength and coordination</li> <li>▪ Stopping with hand brakes</li> <li>▪ Agility</li> <li>▪ Be aware of surroundings</li> </ul>	<ul style="list-style-type: none"> <li>▪ Road safety</li> <li>▪ Adjusting helmet for a secure fit</li> <li>▪ Adjusting speed</li> <li>▪ Balancing at a range of speeds</li> </ul> <p>Pedals scheme:</p> <ul style="list-style-type: none"> <li>▪ Pedalling</li> </ul>
<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>▪ Cuts out simple shapes</li> <li>▪ Handedness well established</li> <li>▪ Dresses and undresses independently, including buttons</li> <li>▪ Uses a 3 fingered grasp of pencil and uses fingers to generate movement</li> <li>▪ Can draw basic pictures</li> <li>▪ Forms most letters and numbers correctly</li> </ul>	<ul style="list-style-type: none"> <li>▪ Colours within lines</li> <li>▪ Pastes and glues appropriately</li> <li>▪ Can build Lego, knex and other blocks independently</li> <li>▪ Begins to use cursive handwriting</li> <li>▪ Cutting skills more defined</li> <li>▪ Uses a knife and fork competently</li> </ul>	<ul style="list-style-type: none"> <li>▪ Writes consistently on the lines</li> <li>▪ Demonstrates controlled pencil movement</li> <li>▪ Joined handwriting</li> <li>▪ Good endurance for writing</li> <li>▪ Ties shoe laces</li> </ul>
<b>Construction</b>	<ul style="list-style-type: none"> <li>▪ Use resources to build towers and simple models</li> <li>▪ Construct with large and small blocks</li> <li>▪ Has an idea about what they are building before they begin</li> <li>▪ Selects resources independently</li> <li>▪ Draws a simple picture of their finished design</li> </ul>	<ul style="list-style-type: none"> <li>▪ Builds more complex models</li> <li>▪ Connects buildings and structures e.g. putting roads between buildings</li> <li>▪ Understands safety elements</li> <li>▪ Plans what they will use and knows exactly what they want to build</li> <li>▪ Draws a simple picture of their design before building</li> </ul>	<ul style="list-style-type: none"> <li>▪ Builds more elaborate structures and systems e.g. pathways, bridges and waterways</li> <li>▪ Ensures model is stable</li> <li>▪ Create intricate designs</li> <li>▪ Change, adapt and modify models to serve a purpose</li> <li>▪ Creates a design before building and writes a simple evaluation or description of their model</li> </ul>
<b>Malleable Area</b>	<ul style="list-style-type: none"> <li>▪ Use rolling pin to roll out dough</li> <li>▪ Use hands to flatten, squash, bend, twist, pinch and stretch dough</li> <li>▪ Tears/splits up with fingers</li> <li>▪ Shape dough using fingers</li> <li>▪ Uses cutters to cut out shapes</li> <li>▪ Rolls dough into a ball or long shape</li> </ul>	<ul style="list-style-type: none"> <li>▪ Explores the way tools create different textures</li> <li>▪ Begins to manipulate different materials e.g. clay</li> <li>▪ Use tools to cut away excess dough</li> <li>▪ Rolls dough/clay to desired shape/size</li> </ul>	<ul style="list-style-type: none"> <li>▪ Chooses tools with a purpose to create more intricate designs and textures</li> <li>▪ Uses water to shape and mould clay</li> <li>▪ Adds resources to their designs e.g. matchsticks, lollypop sticks</li> <li>▪ Uses ingredients to make own dough</li> </ul>
<b>Sand Area</b>	<ul style="list-style-type: none"> <li>▪ Explores moving sand using spades and scoops</li> <li>▪ Digs using hands</li> <li>▪ Lift sand in hands and sifts through fingers</li> <li>▪ Makes impressions</li> <li>▪ Fills containers</li> <li>▪ Pats down to make smooth</li> <li>▪ Explores sieving sand</li> <li>▪ Covers hands in sand</li> </ul>	<ul style="list-style-type: none"> <li>▪ Loses little sand whilst transporting into different containers</li> <li>▪ Fills moulds and shapes with wet sand to make effective sandcastles</li> <li>▪ Selects the most appropriate resources for digging</li> <li>▪ Sieves sand to filter out small objects</li> </ul>	<ul style="list-style-type: none"> <li>▪ Dig with control and with desired purpose e.g. making a moat</li> <li>▪ Use a range of containers and tools to make intricate sand creations</li> <li>▪ Adds water to make wet sand of correct consistency for building and shaping</li> </ul>