

Physical Education Curriculum Progression – Reception

	Autumn Term 1	Autumn Term 2	Spring Term 1
PE 1 Learning Outcomes	<p>Locomotion: Jumping</p> <p>The unit of work will explore jumping, in different directions, at different speeds, different levels, heights and distances.</p> <p>Pupils will learn how and why we jump, using our head, arms and feet, applying the basic jumping technique.</p>	<p>Ball Skills Hands 1</p> <p>The unit of work will explore different ways of using our hands to move with a ball, keeping control.</p> <p>Pupils will explore rolling, pushing and bouncing a ball with a partner.</p>	<p>Dance: Nursery Rhymes</p> <p>The unit of work will enable pupils to explore creating simple movement sequences that relate to specific words in different nursery rhymes.</p> <p>Pupils will add movements together to form sequences and begin to explore character movements with a partner.</p>
Assessment Criteria	<p>Prior Assessment: Show What You Know Activity</p> <p>Post Assessment: Sticky Glue Competition</p> <p>Criteria:</p> <p>Pupils will develop their ability to jump and land safely. Pupils will adjust their speed and change direction as they jump in order to avoid the defenders.</p> <p>Pupils will explore their curiosity as they try jumping in a variety of different ways.</p> <p>Pupils will develop life skills such as fairness and empathy as they play by the rules and encourage other pupils.</p> <p>Pupils will show courage as they apply developing confidence while exploring their jumping skills.</p>	<p>Prior Assessment: Show What You Know Activity</p> <p>Post Assessment: Space Invaders: Space Heroes Activity</p> <p>Criteria:</p> <p>Pupils will develop their ability to push, roll and bounce a ball with control. They will learn to move the ball into spaces, avoiding defenders.</p> <p>Pupils will develop their concentration skills by focusing on the ball as they move it. Pupils will use their imagination as they take part in game activities.</p> <p>Pupils will develop life skills such as gratitude and empathy as they encourage and support each other.</p> <p>Pupils will apply their skills with developing success as they demonstrate courage and self belief to keep working as hard as possible.</p>	<p>Prior Assessment: Exploring Body Parts</p> <p>Post Assessment: Performance Activity</p> <p>Criteria:</p> <p>Pupils will move their bodies with big actions linked to the nursery rhymes.</p> <p>Pupils will develop their curiosity and imagination as they experiment moving in different ways.</p> <p>Pupils will demonstrate life skills such as empathy as they listen to ideas and watch others as they perform.</p> <p>Pupils will develop their self belief as they move and travel with confidence.</p>

	Spring Term 2	Summer Term 1	Summer Term 2
PE Unit 1 Learning Outcomes	Gymnastics: Moving	Ball Skills Feet	Games for Understanding

	<p>The unit of work will explore 'champion gymnastics'. Pupils will create movements and balances in big and small ways on the floor and on apparatus.</p> <p>Pupils will work in pairs to explore creating movements and balances with a partner.</p>	<p>The unit of work will enable pupils to explore moving with a ball using their feet.</p> <p>Pupils will develop their technique of dribbling the ball and understand where and why we dribble, keeping control.</p>	<p>The unit of work will explore why we need to follow the rules and keep the score during a game.</p> <p>Pupils will learn how to apply very simple tactics for attacking and defending in games.</p>
<p>Assessment Criteria</p>	<p>Prior Assessment: Show What You Know Activity</p> <p>Post Assessment: Transition Between Different Zones on Apparatus Activity</p> <p>Criteria:</p> <p>Pupils will be able to move and balance in big and small ways, applying champion gymnastics criteria, both on the floor and on apparatus.</p> <p>Pupils will experiment moving their bodies in a variety of ways on the floor and on apparatus.</p> <p>Pupils will begin to develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.</p> <p>Pupils will begin to show self belief as they travel with confidence, over, under and through apparatus.</p>	<p>Prior Assessment: Funny Feet Activity</p> <p>Post Assessment: Through the Goal with Defenders</p> <p>Criteria:</p> <p>Pupils will develop their ability to dribble the ball keeping control. Pupils will move the ball into spaces avoiding any defenders.</p> <p>Pupils will apply developing concentration skills as they focus on the ball and listen to all the instructions.</p> <p>Pupils will develop life skills such as fairness and empathy as they encourage and support each other.</p> <p>Pupils will apply their skills with developing success as they demonstrate courage and self belief to keep working as hard as possible.</p>	<p>Prior Assessment: Sharks and Fishes Activity</p> <p>Post Assessment: Sharks and Fishes 5v5</p> <p>Criteria:</p> <p>Pupils will be able to move into spaces avoiding other pupils. Pupils will also be able to adjust their speed and change direction to avoid other pupils.</p> <p>Pupils will experiment moving in different ways, moving confidently and concentrating on any instructions.</p> <p>Pupils will develop life skills such as fairness, while playing by the rules of the game and empathy when they need to encourage others.</p> <p>Pupils will start to explore honesty, as they learn to keep the score and self belief, understanding why it is important to try our hardest.</p>