

# Cranmore Infant School

## PE PROGRESSION FRAMEWORK 2021-2022

## PE whole school progression

	Nursery	Reception	Year 1	Year 2
Real PE	<p><u>Dynamic balance</u> Jump from 2 feet to 2 feet forwards, backwards and side to-side.</p>	<p><u>Co ordination footwork</u> 1. Side-step in both directions. 2. Gallop, leading with either foot. 3. Hop on either foot. 4. Skip.</p>	<p><u>Co ordination footwork</u> 1. Combine side-steps with 180° front pivots off either foot. 2. Combine side-steps with 180° reverse pivots off either foot. 3. Skip with knee and opposite elbow at 90° angle. 4. Hopscotch forwards and backwards, hopping on the same leg (right and left).</p>	<p><u>Co ordination footwork</u> 1. Hopscotch forwards and backwards, alternating hopping leg each time. 2. Move in a 3-step zigzag pattern forwards. 3. Move in a 3-step zigzag pattern backwards.</p>
	<p><u>Static balance on one leg</u> On both legs: 1. Stand still for 10 seconds.</p>	<p><u>Agility – ball chasing</u> Roll a ball, chase and collect it in balanced position facing opposite direction. 2. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.</p>	<p><u>Agility – ball chasing</u> 1. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. 2. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.</p>	<p><u>Agility – ball chasing</u> 1. Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. 2. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction. 3. Complete above challenges with tennis ball.</p>
	<p><u>Static balance seated</u> Balance with both hands/ feet down. 2. Balance with 1 hand/ 2 feet down. 3. Balance with 2 hands/ 1 foot down. 4. Balance with 1 hand/ 1 foot down. 5. Balance with 1 hand or 1 foot down. 6. Balance with no hands or feet down.</p>	<p><u>Agility – reaction and response</u> From 1, 2 and 3 metres: 1. React and catch large ball dropped from shoulder height after 2 bounces. 2. React and catch large ball dropped from shoulder height after 1 bounce.</p>	<p><u>Agility – reaction and response</u> From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce.</p>	<p><u>Agility – reaction and response</u> From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p>
	<p><u>Static balance floor work</u> 1. Hold mini-front support position. 2. Reach round and point to ceiling with either hand in mini-front support.</p>			
	<p><u>Co ordination sending and receiving</u> 1. Roll large ball and collect the rebound. 2. Roll small ball and collect the rebound. 3. Throw large ball and catch the rebound with 2 hands.</p>			

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	Nursery	Reception	Year 1	Year 2
Dance	<p>Creating movements to music</p> <p>Combining movements</p>	<ul style="list-style-type: none"> <li>Copy basic body actions and rhythms.</li> <li>Choose and use travelling actions, shapes and balances</li> <li>Travel in different pathways using the space around them. Begin to use dynamics and expression with guidance.</li> <li>Begin to count to music.</li> </ul>	<ul style="list-style-type: none"> <li>Copy, remember and repeat actions.</li> <li>Choose actions for an idea.</li> <li>Use changes of direction, speed and levels with guidance.</li> <li>Show some sense of dynamic and expressive qualities.</li> <li>Begin to use counts</li> </ul>	<ul style="list-style-type: none"> <li>Copy, remember and repeat a series of actions.</li> <li>Select from a wider range of actions in relation to a stimulus. Show a character through actions, dynamics and expression.</li> <li>Use pathways, levels, shapes, directions, speeds and timing with guidance</li> <li>Use mirroring and unison when completing actions with a partner.</li> <li>Use counts with help to stay in time with the music</li> </ul>
Real Gym	<p>Jump in a range of ways from one space to another with control.</p> <p>Begin to balance with control.</p> <p>Move around, under, over and through different objects and equipment.</p>	<p><u>Shape</u> Star , tuck and straight shapes.</p> <p><u>Travel</u> on feet, low and large apparatus Including tuck jumps and spring. Jumping and landing, techniques and from different heights. Low and large apparatus.</p> <p><u>Rotation</u> Pencil roll, rock and roll, circle roll, patter turn. Different rolls and spins on floor and apparatus.</p>	<p><u>Shape</u> Tuck, star, pike , straight and straddle shapes (5 gym shapes) Transfer to apparatus</p> <p><u>Travel</u> use different body parts, on floor and apparatus. E.g. slide, roll, bear walk, caterpillar walk.</p> <p><u>Flight</u> Different types of jump, on low and large apparatus Jump, hop, leap.</p> <p><u>Rotation</u> Different rolls and spins, on low and large apparatus. Patter turn, pivot, barrel turn.</p>	<p><u>Balance</u> points and patches</p> <p><u>Travel</u> pathways and more complex footwork, sidestepping, lunges</p> <p><u>Flight</u> jumps, leaps and including a sequence. Straight, pike, straddle.</p> <p><u>Rotation</u> rolls and spins, e.g. pencil roll, barrel turn, forward rolls, pirouettes , cartwheels and beg to use low apparatus.</p>