



Foundation Stage 1 PE Progression of Skills, Knowledge & Vocabulary

Content	Core Tasks	Knowledge and Skills	Key Concepts	Vocabulary	Assessment
Gymnastics shape, travelling and balance	Choose 2 or 3 fun gym shapes and link them together to make a short movement phrase. Make sure you hold each shape before moving onto the next shape.	To develop fundamental movement skills rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Climb up apparatus using alternative feet To use and remember sequences and patterns of movement. Match their developing skill to the task.	Fun gym shapes – straight, star and tuck shapes with extension to pike and straddle shapes for the more able. Short movement phrases - repeat the same fun gym shape or link different fun gym shapes. Control – holding the fun gym shapes for 3 counts.	straight shape, copy, perform, repeat, stop, hold, balance, link, movement phrase, space, stretch, squeeze, tight, relax, muscles, standing, lying, front, back and side.	copy individual and whole body movements with some control and co-ordination. link individual and whole body movements together. watch others work. recognise and negotiate space and handle small and/or low apparatus safely. talk about ways to keep healthy.
Gymnastics – Magical Wonderland	Choose 2 or 3 fun gym shapes and link them together to make a short movement phrase. Make sure you hold each shape before moving onto the next shape. Transfer individual and linked movements on to apparatus.	To develop fundamental movement skills rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Climb up apparatus using alternative feet To use and remember sequences and patterns of movement. Match their developing skill to the task.	Fun gym shapes – straight, star and tuck shapes with extension to pike and straddle shapes for the more able. Short movement phrases - repeat the same fun gym shape or link different fun gym shapes. Control – holding the fun gym shapes for 3 counts.	straight shape, copy, perform, repeat, stop, hold, balance, link, movement phrase, space, stretch, squeeze, tight, relax, muscles, standing, lying, front, back and side.	copy individual and whole body movements with some control and co-ordination. link individual and whole body movements together. watch others work. recognise and negotiate space and handle small and/or low apparatus safely. talk about ways to keep healthy.
Dance – Christmas Dance	Create and perform short dances individually and with a partner to show the actions to tell a Christmas Story. Include the following parts to the dance.	Move in a controlled manner, at different speeds and directions, using different levels. Create, practise, remember and perform simple movement phrases. Be able to talk about their movements	Respond to various stimuli such as pictures, stories, films to use movement imaginatively that link to the dance idea 'Christmas'. To work individually to link together dance sections.	Travel, control, balance, level, direction, copy, repeat, lead and follow, action words, Father Christmas, reindeer, snowflakes, gallop, waddle, toys control, level, copy, repeat, lead, follow	copy steps and actions with some control and coordination. link individual and whole body movements together. watch others work and choose actions. recognise how to move in space and talk about ways to keep healthy.



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	<ul style="list-style-type: none"> -Santa waddling around with a sack of toys. - Being their favourite toy. - Gallop round the room being a reindeer. - Being Christmas trees. - Being snowflakes. - Being Christmas Crackers with partner. 	and the movements of others			
Gymnastics – rock and roll	Select favourite rolling or jumping action. Practise, remember and repeat it accurately. Demonstration to others. Identify others rolling and jumping actions.	To develop fundamental movement skills rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Climb up apparatus using alternative feet To use and remember sequences and patterns of movement. Match their developing skill to the task.	Perform and repeat basic rolls and jumps. Transfer rolls and jumps onto apparatus. perform, repeat and link a range of gymnastic movements.	ROLL, ROCK, LOG ROLL, PENCIL ROLL, EGG ROLL CURL, SMOOTH, ROUND, LONG, NARROW, CYLINDER, OVAL FORWARD, BACKWARD, SIDEWAYS, MUSCLES, TIGHT, TENSION, REPEAT, DEMONSTRATE, OBSERVE, EVALUATE	<p>copy individual and whole body movements with some control and co-ordination.</p> <p>link individual and whole body movements together.</p> <p>watch others work.</p> <p>recognise and negotiate space and handle small and/or low apparatus safely. talk about ways to keep healthy.</p>
Dance – Chinese Dragon Dance	Create and perform short dances individually to show the actions to Dragon movement Include following parts in dance. <ul style="list-style-type: none"> - Dance and prance - hop - shake their tails - Turn around - go to sleep 	Move in a controlled manner, at different speeds and directions, using different levels. Create, practise, remember and perform simple movement phrases. Be able to talk about their movements and the movements of others	Respond to various stimuli such as pictures, stories, films to use movement imaginatively that link to the dance idea 'Chinese Dragon'. To work individually to link together dance sections.	Chinese, new year, dragon, dance, prance, hop, shake. Turn around, sleep, curl up travel control, level, copy, repeat, lead, follow	<p>copy steps and actions with some control and coordination.</p> <p>link individual and whole body movements together.</p> <p>watch others work and choose actions.</p> <p>recognise how to move in space and talk about ways to keep healthy.</p>
Dance – Irish Circle Dance	Create and perform short Irish circle dance. Include:	Move in a controlled manner, at different speeds and directions, using different levels.	Respond to various stimuli such as pictures, stories, films to use movement imaginatively that link to the dance idea	Circle, counting, one, two, three, four, five, six seven eight. Left, right, in, out, forward, backward, around travel control, level, copy, repeat, lead, follow	copy steps and actions with some control and coordination.



	<p>Move in circle to left x8 Move in circle to right x8 Boys walk forward and back x8 Girls walk forward and back x8 Join hands with partner dance left x8 With partner right x8 All walk in and out x8</p>	<p>Create, practise, remember and perform simple movement phrases. Be able to talk about their movements and the movements of others</p>	<p>'Irish Dance. To work as a group to link together dance sections.</p>		<p>link individual and whole body movements together.</p> <p>watch others work and choose actions.</p> <p>recognise how to move in space and talk about ways to keep healthy.</p>
<p>Games Unit Title – Fundamentals Units 1</p>	<p>Generic Multi skills resource pack Bean bag throw Target throw Copy the Balance</p>	<p>Develop fundamental movement skills Extend agility, balance and co-ordination.</p>	<p>Develop control and co-ordination in large and small movements, Move confidently in a range of ways, safely negotiating space and handle equipment effectively. Play cooperatively, taking turns with others, follow instructions involving several ideas or actions. Work as part of a group and understand and follow the rules.</p>	<p>Aim, throw, roll, send, receive, target, catch, kick, strike, dribble, stop, forwards, backwards, sideways, control, accurate, run, jog, turn, stretch, place, carry, safe collect retrieve, trap.</p>	<p>are able to move about the space safely with some control and can throw and sometimes catch and kick. can move about the space changing direction with control, avoiding others, can aim, throw and catch and kick a ball. can move about the space safely at speed changing direction with control, can aim, throw and catch and kick a ball consistently well are able to move about the space safely with some control and can throw and sometimes catch and kick. can move about the space changing direction with control, avoiding others, can aim, throw and catch and kick a ball. can move about the space safely at speed changing direction with control, can aim, throw and catch and kick a ball consistently.</p>
<p>Games – fundamentals unit 2</p>	<p>Generic Multi skills resource pack Standing long jump Throw catch Speed bounce Around the body Roll the dice Ball relay Batty</p>	<p>Develop fundamental movement skills Extend agility, balance and co-ordination.</p>	<p>Pupils show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment effectively. Pupils are confident to try new activities, and say why they like some activities more than others. Pupils play co-operatively, taking turns with others. Pupils follow instructions involving several ideas or actions. They work as</p>	<p>aim, throw, roll, send, receive, target, catch, kick, strike, dribble, and stop. Forwards, backwards, sideways, control, accurate</p>	<p>are able to move about the space safely with some control and can throw and sometimes catch and kick. can move about the space changing direction with control, avoiding others, can aim, throw and catch and kick a ball. can move about the space safely at speed changing direction with control, can aim, throw and catch and kick a ball consistently well</p>



			part of a group or class, and understand and follow the rules		are able to move about the space safely with some control and can throw and sometimes catch and kick. can move about the space changing direction with control, avoiding others, can aim, throw and catch and kick a ball. can move about the space safely at speed changing direction with control, can aim, throw and catch and kick a ball consistently.
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