



Ashcroft Infant and Nursery School.

PE Skills Progression.

	Year 1	Year 2
Dance	<ul style="list-style-type: none">• I can copy and explore basic movements and body patterns• I can remember simple movements and dance steps• I can link movement to sounds and movement	<ul style="list-style-type: none">• I can copy and explore basic movements with clear control• I can vary levels and speed in a sequence• I can use space well and negotiate space clearly.• I can change direction during a sequence
Gymnastics	<ul style="list-style-type: none">• I can copy and explore basic movements with some control and coordination• I can Balance with some control• I can perform different body shapes• I can perform at different levels• I am beginning to link 2/3 movements• I can use equipment safely	<ul style="list-style-type: none">• I explore and create different patterns with movements• I can use equipment in a variety of ways to create a sequence• I can link movements together to create a sequence
Games	<ul style="list-style-type: none">• I am beginning to develop hand-eye coordination• I can participate in simple, small group/partner games• I receive a ball with basic control• I am beginning to perform a range of throws	<ul style="list-style-type: none">• I am beginning to apply and combine a variety of skills to a game situation• I can develop some simple tactics and begin to use them appropriately• I am beginning to develop an understanding of attacking/defending• I develop spatial awareness
Athletics	<ul style="list-style-type: none">• I can run at a variety of speeds• I can jump from a standing position• I can perform a variety of throws with basic control	<ul style="list-style-type: none">• I can change speed and direction whilst running• I can jump from a standing position with accuracy• I can perform a variety of throws with coordination and control



Ashcroft Infant and Nursery School.

PE Skills Progression.

Evaluation	<ul style="list-style-type: none">• I can comment on my own and peers' performances• I can give comments on how to improve performance
Healthy Lifestyles	<ul style="list-style-type: none">• I can describe the effect exercise has on my body• I know the importance of exercise and a healthy lifestyle