

PE Skills, Knowledge and Vocabulary Progression



Reception

Physical literacy

Skills

Can move on their feet in a variety of ways including jumping, skipping, hopping, running and walking.
 Can move on large body parts in a variety of ways including sliding, slithering, rolling and shuffling.
 Jumps off an object and lands appropriately and safely.
 Negotiate space successfully in running and chasing games.
 Adjust speed and change direction to avoid obstacles in playing space.
 Travels with confidence around, under, over and through equipment and apparatus.
 Demonstrates a range of control over an object such as a ball e.g. rolling, catching, patting and pushing.
 Shows a preference for a dominant hand when manipulating objects.
 Follow simple instructions, copy and variety of defined shapes and actions.
 Make their body tense, relaxed, stretched and curled.

Vocabulary

Body management	Speed agility travel	Manipulation and coordination	Cooperate and solve problems	Gymnastics	Dance
Climb, step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch,	Step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll, hands,	Agility, alternate, anticipate, apparatus, balance, beat, carry, crawl, feet, freeze, grip, hands, high, hold,	Cooperate, team, individual, partner, pair, work, choose, try, travel, roll, jump, twist, turn, crawl, roll, run, line	Balance, control, fast, high, jump, link, low, movement, music, pattern, roll, sequence, shape,	Dance, twist, turn, rhythm, step, music, beat, stretch, feet, curl, high, low, fast, slow.

	crawl, jump, roll.	feet, weight, roll, slide, slither, apparatus, low, pause, prepare, anticipate, freeze, high, low, switch, agility, music, beat	hop, jump, low, music, one foot, pause, prepare, reach, roll, slide, slither, stand, step, stop, stretch, switch, touch, weight.	file, width, length, carry, challenge, shape, count, retrieve, collect, suits, deck, cards, trail, body shape, number.	slow, speed, timing, travel.	
<u>Knowledge</u>	<p>-I know the correct technique for a forward roll.</p> <p>-I know the correct technique for a pencil roll.</p> <p>-I know the shape my body should make when performing a frog, star or two.</p> <p>-I know how to balance in different ways</p> <p>-I know how to position my arms to help me</p>	<p>-I know ways to keep healthy and safe.</p> <p>-I know the importance of good health and physical exercise.</p> <p>-I know how to work as a team to play different games.</p> <p>-I know different ways to move.</p> <p>-I know the rules to some different games.</p> <p>-I know that movement can be fast or slow.</p> <p>-I know how to use</p>	<p>-I know which part of my hand to use when hitting a ball.</p> <p>-I know why it is easier to hit a stationary object.</p> <p>-I know my lead foot should point where I want the ball to go.</p> <p>-I know to roll a ball with my fingers.</p> <p>-I know how to aim a ball when rolling or throwing.</p> <p>-I know to use the side of my</p>	<p>-I know how to work as a team to play a game.</p> <p>-I know the names of different jumps.</p> <p>-I know the names of different rolls.</p> <p>-I know different ways of moving.</p> <p>-I know different ways of moving with a partner.</p>	<p>-I can handle equipment effectively.</p> <p>-I can talk about ways to keep healthy and safe.</p> <p>-I know the importance for good health and physical exercise.</p> <p>-I know the correct way to take off when jumping.</p> <p>-I know the correct way to land.</p> <p>-I know</p>	<p>-I know how to use dance to respond to different stimuli.</p> <p>-I know how to keep to a beat.</p> <p>-I know that dance can be fast or slow.</p> <p>-I know that dancing can be done on different levels.</p> <p>-I know how to sequence movements to create a</p>

balance.
-I know different ways I can move.
-I know different ways I can move along apparatus.

my body to jump further.
I know I need to bend my knees to land safely.
I know how to use my arms to help me balance when landing.
I know which jump to use when I want to jump further.

foot when kicking.
-I know a variety of jumps (1 foot to 1 foot, 2 foot to 2 foot, 1 to 2 and 2 to 1).
-I know what 'sending' means.
-I know which technique of sending works best for different apparatus.
-I know that when throwing my arm should follow through to the target.
-I know which hand I prefer to use when completing activities.
-I know how to move a hoop on different body parts.

ways to move my body to balance objects.
-I know different ways of balancing.
-I know different ways to move my arms and legs.
-I know how to perform a log roll and an egg roll.
-I know different ways to balance on different body parts.
-I know how to combine a balance and a travel.

dance.
-I know how to use expression in my performance.
-I know example of different actions.
-I know how to incorporate changes of direction into a dance.

