



Portway Infant School

Progression of skills

<u>Subject:</u> Physical Education			
Skills and knowledge	FS2	Year 1	Year 2
Fundamentals movement skills (through fundamentals, fitness and athletics)	Run and stop with some control.	Attempt to run at different speeds showing an awareness of technique.	Show balance and coordination when running at different speeds.
	Explore skipping as a travelling action.	Begin to link running and jumping movements with some control.	Link running and jumping movements with some control and balance.
	Jump and hop with bent knees.	Jump, leap and hop and choosing which allows them to jump the furthest.	Show hopping and jumping movements with some balance and control.
	Throwing larger balls and beanbags into space.	Throw towards a target.	Change technique to throw for distance.
	Balance whilst stationary and on the move.	Show some control and balance when travelling at different speeds.	Show control and balance when travelling at different speeds.
	Change direction at a slow pace.	Begin to show balance and co-ordination when changing direction.	Demonstrates balance and co-ordination when changing direction.
	Explore moving different body parts together.	Use co-ordination with and without equipment.	Perform actions with increased control when co-ordinating their body with and without equipment.
Vocabulary	balance, bend, direction, fast, hop, jog, jump, land, rules, run, safe, safely, slow, space, stop, target, throw, crawl, slide, travel	control, leap, quickly, further, time, walk, underarm, overarm, dodge, jog, ready position, skill, swing	aim, distance, far, height, landing, sprint, take-off, hurdle, speed, weight

Skills and knowledge	FS2	Year 1	Year 2
Dance	Copy basic body actions and rhythms.	Copy, remember and repeat actions.	Copy, remember and repeat a series of actions.
	Choose and use travelling actions, shapes and balances.	Choose actions for an idea.	Select from a wider range of actions in relation to a stimulus.
	Travel in different pathways using the space around them.	Use changes of direction, speed and levels with guidance.	Use pathways, levels, shapes, directions, speeds and timing with guidance. Use mirroring and unison when completing actions with a partner.
	Begin to use dynamics and expression with guidance.	Show some sense of dynamic and expressive qualities.	Show a character through actions, dynamics and expression.
	Begin to count to music.	Begin to use counts.	Use counts with help to stay in time with the music.
Vocabulary	action, counts, direction, finishing, position, high, low, move, quickly, shape, slowly, space, start position, travel	balance, beat, copy, fast, level, pathway, pose, timing	create, dynamics, expression, matching, mirroring, perform, speed, unison

Skills and knowledge	FS2	Year 1	Year 2
Games	Drop and catch with two hands.	Drop and catch a ball after one bounce on the move.	Dribble a ball with two hands on the move.
	Move a ball with feet.	Move a ball using different parts of the foot.	Dibble a ball with some success, stopping it when required.
	Throw and roll a variety of beanbags and larger balls to space.	Throw and roll towards a target with some varying techniques.	Throw and roll towards a target using varying techniques with some success.
	Kick larger balls to space.	Kick towards a stationary target.	Show balance when kicking towards a target.
	Stop a beanbag or large ball sent to them using hands.	Catch a beanbag and a medium-sized ball.	Catch an object passed to them, with and without a bounce.
	Attempt to stop a large ball sent to them using feet.	Attempt to track balls and other equipment sent to them.	Move to track a ball and stop it using feet with limited success.
	Hit a ball with hands.	Strike a stationary ball using a racket.	Strike a ball using a racket.
	Run and stop when instructed.	Run, stop and change direction with some balance and control.	Run, stop and change direction with balance and control.
	Move around showing limited awareness of others.	Recognise space in relation to others.	Move to space to help score goals or limit others scoring.
Vocabulary	ball, catch, caught, hit, partner, ready, run, target, bounce, dribbling, kick, points, roll, score, throw, aim, direction, jog, jump, land, lose, pass, path, points, rules, ready, roll, score, space, stop, team, throw, win	control, ready position, soft, swing, track, underarm, attacker, defender, dodge, goal, mark, track, batter, batting, bowl, bowler, fielder, fielding, hit, out, balance, distance, further	collect, prepare, receive, release, touch, attack, defend, goal keeper, opponent, possession, send, shoot, tactic, teammate, against, return, trap, backstop, stump, accurate, ahead, strike

Skills and knowledge	FS2	Year 1	Year 2
Body Management (through gymnastics)	Create shapes showing a basic level of stillness using different parts of their bodies.	Perform balances making their body tense, stretched and curled.	Perform balances on different body parts with some control and balance.
	Begin to take weight on different body parts.	Take body weight on hands for short periods of time.	Take body weight on different body parts, with and without apparatus.
	Show shapes and actions that stretch their bodies.	Demonstrate poses and movements that challenge their flexibility.	Show increased awareness of extension and flexibility in actions.
	Copy and link simple actions together.	Remember, repeat and link simple actions together.	Copy, remember, repeat and plan linking simple actions with some control and technique.
Vocabulary	around, copy, land, roll, star, balance, hold, over, shape, still, through, bend, jump, rock, squeeze, straight, travel	action, control direction, level, speed	link, pathway, pike, sequence, straddle, tuck

Skills and knowledge	FS2	Year 1	Year 2
Outdoor Adventurous Activities (through team building and OAA)	Follow simple instructions.	Follow instructions.	Follow instructions accurately.
	Share their ideas with others.	Begin to work with a partner and a small group.	Work co-operatively with a partner and a small group, taking turns and listening to each other.
	Explore activities making own decisions in response to a task.	Understand the rules of the game and suggest ideas to solve simple tasks.	Try different ideas to solve a task.
	Make decisions about where to move in space. Follow a path.	Copy a simple diagram/map.	Follow and create a simple diagram/map.
	Begin to identify personal success.	Identify own and others' success.	Understand when a challenge is solved successfully and begin to suggest simple ways to improve.
Vocabulary	backwards, forwards, path, direction, partner, rules, safely, score, sideways, space, stop, team	challenge, co-operate, instructions, lead, listen, plan, share, talk	communicate, include, map, solve, successful, support

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