

Chigwell Row Infant School
Progression of Skills and Knowledge
PE and Games

Reception	Year One	Year Two
<p>Send and Return</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> <p>Hand eye coordination, throwing and catching are developed through playing striking and fielding games.</p> <p>Attack ,Defend, Shoot</p> <p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Gymnastics/Dance</p> <p>Shows good control and coordination; travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Jumps off an object and lands appropriately. Begins to build a repertoire of dances</p>	<p>Send and Return</p> <p>Is able to effectively control a ball/object; sending and receiving in a variety of ways; bouncing, throwing, catching, kicking and striking.</p> <p>Attack, Defend, Shoot</p> <p>Starting to understand spatial awareness.</p> <p>Can chase stop and control and balls/objects.</p> <p>Can recognise rules and work in collaboration with others; Select and apply skills needed to attack and defend a target to score points against opposition over a line/net.</p> <p>Can identify the things that they like about exercise.</p> <p>Gymnastics/Dance</p> <p>Balances with some control.</p> <p>Performs at different levels.</p> <p>Performs different body shapes.</p> <p>Can explore their creative side; reacting to music.</p> <p>Discovers different ways of moving, travelling and linking movements together with flow, and structure.</p> <p>Creates and performs sequences.</p> <p>Athletics</p> <p>Attempt to Jump and land with balance: 1 foot to 2 feet 2 feet to 2 feet</p> <p>Leaping: 1 foot to the opposite foot.</p> <p>Hopping: 1 foot to the same foot.</p> <p>Explore different ways of throwing objects for distance.</p> <p>Runs at different speeds and enjoys competing against others.</p>	<p>Send and Return</p> <p>Decide on and play with dominant hand Demonstrate basic sending skills in isolation and small games</p> <p>Has developed hitting skills, using both hand and racket.</p> <p>Can track the path of ball over a line/net and move towards it</p> <p>Return a ball coming towards them using hand or racquet</p> <p>Attack, Defend, Shoot</p> <p>Has increasing knowledge of spatial awareness</p> <p>Has developed tactics to outwit an opponent</p> <p>Can intercept and gain possession of a ball</p> <p>Can understand and is starting to play by the rules of a game.</p> <p>Enjoys working in a team with others.</p> <p>Gymnastics/Dance</p> <p>Uses equipment in a variety of ways to create a sequence.</p> <p>Shows increasing coordination, strength and balance.</p> <p>Copies and explores basic movements Links movements together to create a sequence.</p> <p>Uses space well exploring different pathways, patterns and body shapes</p> <p>Can observe and give peer assessment/ describing what they like/dislike.</p> <p>Athletics</p> <p>Can consistently jump and land with balance with increasing distance. I</p> <p>Identify best way to throw different objects for distance and accuracy.</p> <p>Runs at different speeds and enjoys competing against others.</p>

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