

GALLEY COMMON INFANT SCHOOL PROGRESSION OF SKILLS : PHYSICAL EDUCATION

At Galley Common Infant school we believe that PE is an essential part of the school curriculum, enhancing development of the whole child. It provides the foundation for a healthy lifestyle and promotes character building, co-operation and self-esteem.

"A high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help embed values such as fairness and respect" **National curriculum.**

We aim to develop in all children

- Physical literacy and competence in Agility, Balance and Co-ordination.
- Mastery of basic movements including running, jumping, throwing.
- Team players who develop simple tactics for attacking and defending.
- Confidence to move in a range of ways and movement patterns when performing dances.
- Participation in competitive sports and activities.
- The knowledge and skills to lead healthy, active lives.

YEAR	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities	participate in team games, developing simple tactics for attacking and defending	Perform dances using simple movement patterns.
R	<p>Performing and linking simple gymnastics movements</p> <p>Body movement basics, including balancing self and objects</p> <p>Moving and controlling objects like beanbags, balloons, and balls</p> <p>Navigating obstacle courses</p> <p>Understanding basic changes exercise causes in the body</p>	<p>Controlling speed and direction in running games</p> <p>Cooperating and problem-solving with partners and groups</p>	Creating short dance sequences
1	<p>Gymnastics take-offs and landings</p> <p>Catching and throwing balls</p>	<p>Intercepting objects and outwitting opponents</p> <p>Basics of games rules, such as end zones and bases</p>	Expressing feelings of characters through dance

	<p>Tracking and retrieving rolling balls</p> <p>Linking running and jumping, long-distance throwing</p> <p>Hitting objects with a hand or bat</p> <p>Describing benefits of exercise and ways people enjoy it</p>	<p>Participating in simple, fun competitions</p>	
<p>2</p>	<p>Identifying and describing good-quality form and movement</p> <p>Simple gymnastics scoring and judging</p> <p>Dribbling and passing balls</p> <p>Static and dynamic balances</p> <p>Jumping for distance and height</p> <p>Describing healthy lifestyles and how exercise supports healthy living</p>	<p>Goalkeeping principles</p> <p>Bowling, batting and team fielding</p> <p>Basic net game rules and skills, such as boundary lines</p>	<p>Performing dance in duets and formations</p>