

## Pickering Community Infant and Nursery School Progress Document

### PE and Physical Development Learning Outcomes

	Nursery	Reception	Year 1	Year 2
Dance	<ul style="list-style-type: none"> <li>• I can move to music</li> <li>• I can respond to different speeds of music/ sounds</li> <li>• I can stop when music stops and move when music plays</li>   <li>• I can copy simple repeated movements</li> </ul>	<ul style="list-style-type: none"> <li>• I can move appropriately to different speeds of music</li> <li>• I can copy a range of simple movements</li> <li>• I can put two movements together to create a sequence</li> </ul>	<ul style="list-style-type: none"> <li>• I can respond to different stimuli with a range of actions/ movements</li> <li>• I can repeat simple movements demonstrated by an adult</li> <li>• I can copy simple movement patterns from each other and explore the movement</li> <li>• I can compose and link movement to make simple dances with clear beginning and end.</li> <li>• I can perform a movement sequence with control.</li> </ul>	<ul style="list-style-type: none"> <li>• I can talk about different stimuli as the starting point for creating movements and short dances</li> <li>• I can explore movements in response to stimuli; explore ideas, moods and feelings by improvising, experimenting with, dynamics, directions, levels and a growing range of possible movements.</li> <li>• I can link several movements together with control and co-ordination</li> <li>• I can compose and perform short dances that express and communicate moods, ideas and feelings</li> </ul>
Vocab	stop, start, dance, move	fast, slow, movements	movement, link, perform, beginning, end	mood, dynamic, direction, control, coordination

Gymnastics	<ul style="list-style-type: none"> <li>• I can mount stairs/ steps using alternate feet. (climbing equipment)</li> <li>• I can stand on 1 foot momentarily.</li> <li>• I can explore moving around, under, over and through objects and equipment.</li> <li>• I can balance on large equipment</li> <li>• I can jump off an object and land safely (low to medium height)</li> <li>• I can use my arms/ legs to propel myself on the scooter board.</li> </ul>	<ul style="list-style-type: none"> <li>• I can stand on 1 foot for a count of 3.</li> <li>• I can create different shapes and balances with my body.</li> <li>• I can jump off an object and land safely.</li> <li>• I can balance on objects such as stilts/ planks.</li> <li>• I can move confidently in a range of ways.</li> <li>• I can travel with confidence and skill around, under, over and through balancing and climbing equipment.</li> </ul> <p>Rolls introduced – pencil, egg Springboard – walk on and jump off</p>	<ul style="list-style-type: none"> <li>• I can perform basic gymnastic actions like travelling in different ways, rolling and jumping.</li> <li>• I can move confidently on a range of apparatus, mounting and dismounting safely.</li> <li>• I can link and repeat basic gymnastic actions.</li> <li>• I can perform short movement sequences with control and accuracy.</li> </ul> <p>Rolls – pencil, egg, teddy Springboard – run and jump</p>	<ul style="list-style-type: none"> <li>• I can perform a variety of actions with increasing control.</li> <li>• I can transition from a balance to a movement and between positions with control.</li> <li>• I can choose, use and vary simple compositional ideas to create and perform a sequence.</li> <li>• I can create and perform a short sequence in which there is a clear beginning, middle and end.</li> <li>• I can adapt the sequence to include apparatus, mats or a partner.</li> </ul> <p>Rolls – pencil, egg, teddy, forward Springboard – run jump, mount vault</p>
Vocab	Climb, stand, under, over, jump, land	Balance, shapes, safely, through, Pencil roll. Egg roll, spring board	Teddy roll. Spring board Gymnastics, mount, dismount, control.	Forward roll, springboard, vault, sequence,

SAQ	<ul style="list-style-type: none"> <li>• I can respond to commands stop and go</li> <li>• I can negotiate space as I run.</li> <li>• I can adjust speed and direction to avoid obstacles.</li> <li>• I can jump 2 feet to 2 feet.</li> <li>• I can move in ways such as slithering, sliding or crawling, walking, jumping and running.</li> </ul>	<ul style="list-style-type: none"> <li>• I can negotiate space confidently as I run and play games.</li> <li>• I can adjust speed and direction to avoid obstacles.</li> <li>• I can move confidently in a range of ways.</li> <li>• I can hop on 1 foot.</li> <li>• I can jump 2 feet to 2 feet.</li> <li>• I can skip without a rope.</li> </ul>	<ul style="list-style-type: none"> <li>• I can move fluently, changing direction and speed easily and avoiding obstacles.</li> <li>• I can move confidently and with control in a range of ways.</li> <li>• I can react to a range of commands/instructions quickly.</li> </ul>	<ul style="list-style-type: none"> <li>• I can show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run.</li> <li>• I can move confidently and with control in a range of ways.</li> </ul>
Vocab	Stop, go, feet, crawling, running, jumping, walking, slithering, sliding	Space, direction, hop, skip, fast, slow	Speed, reaction, agility, quickness	Awareness, avoid

<p>Invasion games (Possible sports: football, benchball, netball, basketball, rugby,</p>	<ul style="list-style-type: none"> <li>• I can catch a large ball. (thrown by an adult)</li> <li>• I can move an object by kicking, throwing, bouncing, rolling in my chosen direction</li> </ul>	<ul style="list-style-type: none"> <li>• I can catch a large ball</li> <li>• I can throw an object using an under arm throw.</li> <li>• I can throw an object at a target.</li> <li>• I can bounce a ball</li> <li>• I can roll an object</li> <li>• I can catch an object</li> <li>• I can kick an object</li> <li>• I can kick an object at a target</li> <li>• I can move an object with equipment e.g. hockey stick</li> </ul>	<ul style="list-style-type: none"> <li>• I can throw and catch a ball with a partner. (stationary)</li> <li>• I can show control and accuracy with the basic actions for rolling, underarm throwing and kicking. (using appropriate amount of force)</li> <li>• I can choose and use skills effectively for particular games, beginning to understand the concepts of aiming and taking the ball to a good position for aiming.</li> <li>• I can use skills in different ways in different games, and try to win by changing the way they use skills in response to their opponent's actions. ( 1 on 1 or 1 against 2) e.g. getting a ball around an opponent by kicking, throwing/ bouncing ball</li> </ul>	<ul style="list-style-type: none"> <li>• I can pass a ball accurately to a partner over a variety of distances. (kicking/ throwing)</li> <li>• I can perform a range of rolling, throwing, kicking and catching skills, with control.</li> <li>• I can throw/kick a ball to a moving partner.</li> <li>• I can show some understanding of simple tactics.</li> <li>• I can choose and use tactics to suit different situations.</li> <li>• I can react to situations in a way that helps their partners and makes it difficult for their opponents.</li> </ul>
<p>Vocab</p>	<p>Throw, catch, roll, kick, bounce, hit</p>	<p>Underarm throw, hockey stick, target</p>	<p>Control, strike, space,</p>	<p>near, far, accurate, speed, tactics</p>

Striking and Fielding (possible sports: rounder, cricket, tennis, badminton)	<ul style="list-style-type: none"> <li>• I can catch a large ball. (thrown by an adult)</li> <li>• I can catch a bean bag or scarf thrown by myself in the air</li> <li>• I can move an object by throwing or hitting in my chosen direction</li> </ul>	<ul style="list-style-type: none"> <li>• I can catch a large ball</li> <li>• I can throw an object using an under arm throw.</li> <li>• I can throw an object at a target</li> <li>• I can catch an object</li> <li>• I can hit a stationary object with a racket/ bat</li> <li>• I can hit a ball thrown by an adult.</li> </ul>	<ul style="list-style-type: none"> <li>• I can throw and catch a ball with a partner. (stationary)</li> <li>• I can show control and accuracy with the basic actions for underarm throwing and striking a ball.</li> <li>• I can hit a ball thrown by an adult.</li> <li>• I can choose and use skills effectively for particular games, beginning to understand the concepts of aiming and hitting into space.</li> <li>• I can use skills in different ways in different games, and try to win by changing the way they use skills in response to their opponent's actions.</li> </ul>	<ul style="list-style-type: none"> <li>• I can pass a ball accurately to a partner over a variety of distances</li> <li>• I can perform a range of throwing, striking, catching and gathering skills, with control.</li> <li>• I can hit ball thinking carefully about speed and direction.</li> <li>• I can hit a ball into a space, avoiding opponents.</li> <li>• I can show some understanding of simple tactics.</li> <li>• I can choose and use tactics to suit different situations.</li> </ul>
Vocab	throw, catch, hit	throw, catch, target, direction, hit	Control, underarm, strike, space,	near, far, accurate, speed, tactics
Analysis and Evaluation	<ul style="list-style-type: none"> <li>• I can say what I like</li> </ul>	<ul style="list-style-type: none"> <li>• I can say what went well</li> <li>• I can say what I could do to succeed – (top tips from session)</li> </ul>	<ul style="list-style-type: none"> <li>• I can identify what worked well</li> <li>• I can identify what I could do better (top tips)</li> </ul>	<ul style="list-style-type: none"> <li>• I can identify what worked well</li> <li>• I can identify what I could do better (top tips)</li> </ul>