

Lostwithiel Primary School PE progression document



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery 2-3yr old 3-4yr old	Can walk, run and climb on different levels and surfaces. Begins to understand and choose different ways of moving. Can move up and down a step/slope maintaining balance. Sits up from lying down, stands up from sitting, squats with steadiness to rest or play and rises to feet without using hands. Shows strength, balance and coordination to move in a range of ways. Refine a range of movement styles e.g run, walk, jump, crawl. Uses cross lateral movements to climb and move, using body and hands to maintain balance and stability. Can walk, run and climb on different levels and surfaces.					
YR 4-5yr old	Shows good control, coordination and balance in gross motor movements. Develop fluency in movements and posture. Revise and refine fundamental movement skills. Shows strength, balance and coordination to move in a range of ways.					
Year 1	Multi-Skills	Brilliant Ball skills	Apparatus and Gymfit circuits	Storytime dance	Throwing and catching (field Games)	Active Athletics
Year 2	Multi-Skills	Brilliant Ball skills	Groovy Gymnastics	Ugly Bug Ball Dance	Ball Skills - Football	Active Athletics
Year 3 and 4	Gymfit Circuits - Y3	Brilliant Ball skills – Netball (Y3) <i>Go Active to plan</i>	Groovy Gymnastics (Y3)	Dynamic Dance (Y4)	Fencing <i>Go Active to plan</i>	Active Athletics (Y3) Swimming – 1 week
Year 4 and 5	Gymfit Circuits	Brilliant Ball skills – Tennis <i>Go Active to plan</i>	Gym Sequences (Y5)	Dynamic Dance (Y5)	Fencing <i>Go Active to plan</i>	Young Olympians (Y4) Swimming – 1 week
Year 6	Gym Fit - Circuits	Nimble Nets - Badminton	Gym Sequences	Street Surfing <i>Go Active to plan</i>	Striking and fielding skills – cricket <i>Go Active to plan</i>	Young Olympians