



## Whitefield Infant School and Nursery PE Overview & Progression Pathway



### Intent:

At Whitefield we ensure all children have access to high quality, engaging PE sessions, wider sporting opportunities, and encourage an enjoyment and value for all sports. To develop the whole child socially, emotionally and physically and give them the skills to make healthy lifestyle choices in the future.



| Year Group | Autumn 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Autumn 2                                                                                                                                                                                                                       | Spring 1                                                                                                                                                                         | Spring 2                                                                                                                                                                                                                                            | Summer 1                                                                                                                                                                                                                       | Summer 2                                                                                                                                                                      |
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| Nursery    | <b>Baseline Assessment</b><br><b>Fundamental Movement Skills</b><br><br><b>Introduction to PE</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Superheroes</b><br>Run skilfully and negotiate space successfully<br>Experiment with different ways of moving<br>Understand need for a varied healthy diet<br>Develop object control (pushing, patting, throwing, catching) | <b>The Jungle</b><br>Run skilfully and negotiate space successfully<br>Experiment with different ways of moving<br>Develop object control (pushing, patting, throwing, catching) | <b>People who help us</b><br>Run skilfully and negotiate space successfully<br>Understand need for a varied healthy diet<br>Know how exercise, eating, sleeping and hygiene contribute to good health<br>Develop object control (pushing, throwing) | <b>Mini-Beasts</b><br>Run skilfully and negotiate space successfully<br>Understand need for a varied healthy diet<br>Experiment with different ways of moving<br>Develop object control (pushing, patting, throwing, catching) | <b>Pirates</b><br>Run skilfully and negotiate space successfully<br>Experiment with different ways of moving<br>Develop object control (pushing, patting, throwing, catching) |
|            | <b>During the Nursery years children will:</b> <ul style="list-style-type: none"> <li>- Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>- Use large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>- Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>- Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</li> <li>- Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width</li> <li>- Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</li> <li>- Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</li> </ul> |                                                                                                                                                                                                                                |                                                                                                                                                                                  |                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                |                                                                                                                                                                               |

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| <b>Reception</b> | <b>Autumn</b><br>Move freely and with confidence in a range of ways (running, stopping, hopping, jumping)<br>Navigate space successfully and adjust speed / direction<br>Develop object control (pushing, patting, throwing, catching)<br>Catch a large ball             | <b>Circus</b><br>Run skilfully and negotiate space successfully<br>Understand need for a varied healthy diet<br>Develop object control (pushing, throwing)<br>Stand momentarily on one foot when shown | <b>Winter</b><br>Move freely and with confidence in a range of ways (running, stopping, hopping, jumping)<br>Navigate space successfully and adjust speed / direction<br>Stand momentarily on one foot when shown | <b>Transport</b><br>Run skilfully and negotiate space successfully<br>Experiment with different ways of moving<br>Develop object control (pushing, patting, throwing, catching) | <b>Growing</b><br>Run skilfully and negotiate space successfully<br>Experiment with different ways of moving<br>Develop object control (pushing, patting, throwing, catching) | <b>Under the Sea</b><br>Negotiate space successfully when playing racing / chasing games<br>Move freely and with confidence in a range of ways (running, stopping, hopping, jumping) |
|                  | ELG (by end of Reception): Negotiate space and obstacles safely, with consideration for themselves and others;<br>Demonstrate strength, balance and coordination when playing;<br>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. |                                                                                                                                                                                                        |                                                                                                                                                                                                                   |                                                                                                                                                                                 |                                                                                                                                                                               |                                                                                                                                                                                      |
|                  | <b>Baseline Assessment</b><br>Fundamental Movement Skills                                                                                                                                                                                                                | <b>FMS - Improving</b><br>Agility                                                                                                                                                                      | <b>FMS - Improving</b><br>Balance                                                                                                                                                                                 | <b>FMS - Improving</b><br>Throwing                                                                                                                                              | <b>FMS - Improving</b><br>Catching                                                                                                                                            | <b>FMS - Dependent on</b><br>Areas of Need                                                                                                                                           |
|                  | Continuous Provision<br>Balance Bikes                                                                                                                                                                                                                                    | Continuous Provision<br>Balance Bikes                                                                                                                                                                  | Continuous Provision<br>Balance Bikes                                                                                                                                                                             | Continuous Provision<br>Trust & Trail                                                                                                                                           | Continuous Provision<br>Trust & Trail                                                                                                                                         | Continuous Provision<br>Trust & Trail                                                                                                                                                |

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| Year 1 | <b>Orienteering</b><br>List the points on a compass<br>Follow simple routes and/or trails by following a leader                                                                 | <b>Multi-Skills</b><br>Participate in a team game<br>Use an over-arm throw to cover a greater distance<br>Throw a bean bag/ball under-arm with accuracy over a shorter distance<br>Kick a stationary ball towards a stationary target with accuracy | <b>Gymnastics</b><br>Become confident movers (display competence in the FUNdamental movement skills - Running, Stopping, Throwing, Catching, Jumping, Hopping, Skipping)<br>Roll & balance in a range ways effectively<br>Travel safely over simple apparatus (Bench, small box tops) | <b>Dance</b><br>Perform a dance using simple movement patterns (as part of a large group following the lead of an adult)<br>Recall and explain the movements they have performed | <b>Athletics</b><br>Master basic movements including running, jumping and throwing<br>Know how to participate in sporting competition fairly, trying my best<br>Use an over-arm throw to cover a greater distance<br>Demonstrate the difference between a jog and a sprint | <b>Striking &amp; Fielding</b><br>Participate in a team game<br>React and move to a rolling ball to stop, catch or collect it<br>Strike a medium-large ball with a larger bat or racquet                                                             |
|        | Baseline Assessment Fundamental Movement Skills                                                                                                                                 | FMS - Improving Agility                                                                                                                                                                                                                             | FMS - Improving Balance                                                                                                                                                                                                                                                               | FMS - Improving Throwing                                                                                                                                                         | FMS - Improving Catching                                                                                                                                                                                                                                                   | FMS - Dependent on Areas of Need                                                                                                                                                                                                                     |
| Year 2 | <b>Orienteering</b><br>Participate in team challenges and work cooperatively in a small group<br>Follow basic maps independently (simple routes using benches, cones and hoops) | <b>Multi-Skills</b><br>Perform in a team game, developing simple tactics for attacking and defending (when to pass, when to retreat behind the ball to defend)<br>Travel with the ball displaying control using hands                               | <b>Gymnastics</b><br>Become confident movers (display competence in the FUNdamental movement skills - Running, Stopping, Throwing, Catching, Jumping, Hopping, Skipping)<br>Experiment with linking balances and ways of travelling to create a routine                               | <b>Dance</b><br>Perform a dance using simple movement patterns<br>Learn and perform a dance to a small audience as part of a large, adult led group                              | <b>Athletics</b><br>Master basic movements including running, jumping and throwing<br>Participate in basic races<br>Participate in hurdles                                                                                                                                 | <b>Striking &amp; Fielding</b><br>Perform in a team game, developing simple tactics for attacking and defending (adjust field to block where a batter likes to hit)<br>Apply hitting, catching, stopping and throwing techniques in a game situation |

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|  |                                                        |                                                                                                                                                                                                                  | Travel safely over apparatus and balance on one leg on apparatus                                                                                                           |                                                                                                                                                                             |                                                                                                                                  |                                                                |
|  | <b>Baseline Assessment Fundamental Movement Skills</b> | <b>Football</b><br>Perform in a team game, developing simple tactics for attacking and defending (when to pass, when to retreat behind the ball to defend)<br>Travel with the ball displaying control using feet | <b>Health Related Exercise</b><br>Explain the long term process of building muscle in basic terms<br>Show the physical resilience needed to keep moving when getting tired | <b>Invictus</b><br>Participate in team challenges and work cooperatively in a small group<br>Develop fundamental movement skills in specially adapted activities and sports | <b>FMS - Improving Balance, Throwing, Catching, Agility</b><br><br><b>(access a range of activities developing these skills)</b> | <b>End of Key Stage Assessment Fundamental Movement Skills</b> |

Text in RED indicates the content children are required to learn to ensure they are meeting the aims of the National Curriculum for P.E.

Text in BLACK indicates the content we think our children should attempt to attain, which is a little more ambitious than the National Curriculum for PE, but we know they will enjoy the challenge.