



Huntington Community Primary School

PE Curriculum: Progression of Skills and Key Vocabulary

EYFS



Nursery PE Curriculum: Autumn Term	Key Skills	Key Vocabulary
<p><u>Introduction to PE: Unit 1</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Physical:</u> moving safely, running, jumping, throwing, catching, following a path, rolling</p> <p><u>Social:</u> sharing, taking turns, leadership, encouraging and supporting others, responsibility</p> <p><u>Emotional:</u> perseverance, confidence, honesty and fair play</p> <p><u>Thinking:</u> decision making, selecting and applying actions, understanding and using rules</p>	<p>Follow Listen Path Safely Share Space Team Travel</p>
<p><u>Fundamentals: Unit 1</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Physical:</u> balancing, running, jumping, changing direction, hopping, traveling</p> <p><u>Social:</u> working safely, responsibility, helping others</p> <p><u>Emotional:</u> honesty, challenging myself, determination</p> <p><u>Thinking:</u> decision making, selecting and applying actions, using tactics</p>	<p><u>Balance</u> <u>Jump</u> <u>Run</u> <u>Skip</u> <u>Space</u> <u>Stop</u></p>

Nursery PE Curriculum: Spring Term	Key Skills	Key Vocabulary
<p><u>Gymnastics: Unit 1</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. <p><u>Dance: Unit 1</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Physical:</u> shapes, balances, jumps, rock and roll, barrel roll, straight roll, progression of a forward roll, travelling</p> <p><u>Social:</u> co-operation, taking turns, communication</p> <p><u>Emotional:</u> confidence, determination</p> <p><u>Thinking:</u> selecting and applying skills, creating sequences</p> <p><u>Physical:</u> travel, action, perform, copy, balance, co-ordination</p> <p><u>Social:</u> respect, co-operation</p> <p><u>Emotional:</u> working independently, confidence</p> <p><u>Thinking:</u> counting, observing and providing feedback, selecting and applying actions</p>	<p>Around Backwards Copy Forwards Move Over Rock Safely Shape Sideways Space Travel</p> <p>Around Backwards Copy Forwards Move Safely Shape Sideways Space Travel</p>
Nursery PE Curriculum: Summer Term	Key Skills	Key Vocabulary
<p><u>Ball Skills: Unit 1</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. 	<p><u>Physical:</u> rolling a ball, stopping a rolling ball, throwing at a target, tracking a ball, bouncing a ball, dribbling a ball with feet, kicking a ball</p>	<p>Aim Backwards Balance Bounce Catch Forwards Jump</p>

<ul style="list-style-type: none"> • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. <p><u>Games: Unit 1</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Social:</u> co-operation, supporting others, sharing and taking turns</p> <p><u>Emotional:</u> honesty, perseverance, determination</p> <p><u>Thinking:</u> using tactics, decision making</p> <p><u>Physical:</u> running, balancing, changing direction, striking a ball, throwing</p> <p><u>Social:</u> communication, cooperation, taking turns, supporting others, respect</p> <p><u>Emotional:</u> honesty and fair play, managing emotions, perseverance</p> <p><u>Thinking:</u> using tactics, decision making</p>	<p>Pass Push Safely Space Stop Tag Team Throw</p> <p>Aim Backward Balance Bounce Catch Follow Forward Jump Listen Pass Path Push Safely Share Space Stop Tag Team Team Throw</p>
<p>Reception PE Curriculum: Autumn Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Introduction to PE: Unit 2</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. 	<p><u>Physical:</u> moving safely, running, jumping, throwing, catching, following a path, rolling</p> <p><u>Social:</u> sharing, taking turns, leadership, encouraging and supporting others, responsibility</p> <p><u>Emotional:</u> perseverance, confidence, honesty and fair play</p>	<p>Follow Listen Path Safely Share Space Team Travel</p>

<ul style="list-style-type: none"> • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. <p><u>Fundamentals: Unit 2</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Thinking:</u> decision making, selecting and applying actions, understanding and using rules</p> <p><u>Physical:</u> balancing, running, jumping, changing direction, hopping, traveling</p> <p><u>Social:</u> working safely, responsibility, helping others</p> <p><u>Emotional:</u> honesty, challenging myself, determination</p> <p><u>Thinking:</u> decision making, selecting and applying actions, using tactics</p>	<p><u>Balance</u> <u>Jump</u> <u>Run</u> <u>Skip</u> <u>Space</u> <u>Stop</u></p>
<p>Reception PE Curriculum: Spring Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Gymnastics: Unit 2</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Physical:</u> shapes, balances, jumps, rock and roll, barrel roll, straight roll, progression of a forward roll, travelling</p> <p><u>Social:</u> co-operation, taking turns, communication</p> <p><u>Emotional:</u> confidence, determination</p> <p><u>Thinking:</u> selecting and applying skills, creating sequences</p>	<p>Around Backwards Copy Forwards Move Over Rock Safely Shape Sideways Space Travel</p>

<p><u>Dance: Unit 2</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Physical:</u> travel, action, perform, copy, balance, co-ordination</p> <p><u>Social:</u> respect, co-operation</p> <p><u>Emotional:</u> working independently, confidence</p> <p><u>Thinking:</u> counting, observing and providing feedback, selecting and applying actions</p>	<p>Around Backwards Copy Forwards Move Safely Shape Sideways Space Travel</p>
<p>Reception PE Curriculum: Summer Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Ball Skills: Unit 2</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Physical:</u> rolling a ball, stopping a rolling ball, throwing at a target, tracking a ball, bouncing a ball, dribbling a ball with feet, kicking a ball</p> <p><u>Social:</u> co-operation, supporting others, sharing and taking turns</p> <p><u>Emotional:</u> honesty, perseverance, determination</p> <p><u>Thinking:</u> using tactics, decision making</p>	<p>Aim Backwards Balance Bounce Catch Forwards Jump Pass Push Safely Space Stop Tag Team Throw</p>
<p><u>Games: Unit 2</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. 	<p><u>Physical:</u> running, balancing, changing direction, striking a ball, throwing</p> <p><u>Social:</u> communication, cooperation, taking turns, supporting others, respect</p>	<p>Aim Backward Balance Bounce Catch Follow Forward Jump</p>

<ul style="list-style-type: none"> • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Emotional:</u> honesty and fair play, managing emotions, perseverance</p> <p><u>Thinking:</u> using tactics, decision making</p>	<p>Listen Pass Path Push Safely Share Space Stop Tag Team Team Throw</p>
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