

*Cheadle Primary – the school at the heart of the village, free to flourish, ready to learn and succeed.* **Progression of Skills and Knowledge: PE Nursery**

|                  | Autumn 1   | Autumn 2  | Spring 1   | Spring 2  | Summer 1   | Summer 1   | Summer 2   |
|------------------|--|---|--|---|--|--|--|
| Topic            | Locomotion 1   | Stability 1   | Gymnastics - Parts high & parts low  | Dance - Nursery Rhymes  | Target Games 1   | Dance - Seasons  | Gymnastics - Travelling, stopping, making shapes   |
| <b>Overview</b>  | One of the 3 key Fundamental movement skill areas, Locomotion 1 introduces children to moving in different ways whilst learning about their own space and negotiating space with others  | Stability is a fundamental movement skill and this unit focuses on static balances and then moves into dynamic ways of balancing.   | In this unit, children will learn about travelling, stopping and making shapes; individually and with a partner.   | In this unit children use dance to express their understanding of the topic, Nursery Rhymes. They use individual and partner work.  | This unit starts looking at the technique involved in sending an object with accuracy and also power. It encourages children from the outset to use both hands/feet.   | In this unit children use dance to express their understanding of the topic, The Seasons. They use individual and partner work.  | The children learn to travel, balance, spin, jump & use basic apparatus to learn how to transfer floor skills across. They learn to start and finish routines, how to change direction at the level they are working at.   |
| <b>Skills</b>    | <p>Find a space.<br/>Walk forwards and backwards, stopping when instructed.</p> <p>Hop on either leg.</p> <p>Run and negotiate space.<br/>Jump in different ways.</p> <p>Move freely and with pleasure and confidence in a range of ways.<br/>Dodge.</p> <p>Slide to my left and right.<br/>Gallop.<br/>How to share equipment and take turns.</p> | <p>Balance briefly on one leg whilst still.<br/>Push down, up, forward, backwards, high. Pull down, up, forward, backwards, high.</p> <p>Twist, bend and reach whilst maintaining my balance.</p> <p>Respond to instructions.<br/>Jump in a variety of ways.</p> <p>Leap Maintain my balance whilst lifting and carrying.</p> <p>Dodge.<br/>Use space safely.</p> | <p>Use apparatus safely.<br/>Travel in different ways along the floor.</p> <p>Balance on different body parts.</p> <p>Jump in different ways.<br/>Travel around, under, over and through.</p> <p>Travel, stop and balance with control in curled or stretched shapes.</p> <p>Travel high and low in different pathways.<br/>Travel in different ways with my weight on my hands.</p> | <p>Use my body and create simple theme related shapes, movements and actions.</p> <p>Show different levels when I travel.</p> <p>Remember and perform a basic sequence of movement when led by a teacher.</p> | <p>Throw a ball underarm at a target.<br/>Work with others and take turns.</p> <p>Strike a ball with my foot for power.</p> <p>Work at all 3 levels.<br/>Kick a ball with both feet.</p> <p>Roll a ball with both hands<br/>Link movements together.</p> | <p>Use my body and create simple theme related shapes, movements and actions.</p> <p>Travel safely and creatively in space. Show different levels when I travel.</p> <p>Communicate and work with a partner.</p> <p>Use pictures to create shapes, movements and action.</p> <p>Remember and perform a basic sequence of movement when led by a teacher.</p> | <p>Travel close to the ground.<br/>Roll in different ways.</p> <p>Move confidently at different levels.<br/>Use apparatus and link some skills.<br/>Jump off an object and land appropriately.</p> <p>Link movements together.<br/>Create a variety of shapes using my body.</p> |
| <b>Knowledge</b> |  | <p>To use my arms to help me balance.</p> <p>vcThat focusing my eyes can help with my balance.</p> <p>The difference between a push and a pull.</p>   |  |   | It is important to stand with one leg forward, the opposite leg to the hand I am throwing from.  | How to listen to other people's ideas and vocalise my own thoughts.  | How to share apparatus.<br>To work safely.   |