

St Mary and St Michael Catholic Primary School

PE Progression Map - Reception

Fundamental Movement Skills – Running, Jumping, Freezing, Rolling and Turning	Fundamental Movement Skills – Twisting, Curling, Stretching and Travelling	Fundamental Movement Skills – Throwing, Catching and Striking	Fundamental Movement Skills – Bounding, Hopping and Skipping	Fundamental Movement Skills – Body management, manipulation and Coordination	Fundamental Movement Skills – Cooperation, Collaboration and Communication
<ul style="list-style-type: none"> - To develop confidence in fundamental movements - To experience jumping, sliding, rolling, moving over, under and on apparatus - To develop coordination and gross motor skills - To learn and refine a variety of jumps, balances and rolls - To link simple balance, jump and travel actions 	<ul style="list-style-type: none"> - Recognise that actions can be reproduced in time to music, beat patterns and different speeds - Perform a wide variety of dance actions both similar and contrasting - Copy, repeat and perform simple movement patterns - Count and move to beats of 8. - Work as an individual, in partners and a group 	<ul style="list-style-type: none"> - Send and receive an object with different body parts - Work with others to control objects in space - Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways - Coordinate similar objects in a variety of ways - Differentiate ways to manoeuvre objects - Steer objects in a certain direction 	<ul style="list-style-type: none"> - Travel with some control and coordination - Change direction at speed through both choice and instruction - Stop, start, pause, prepare for and anticipate movement in a variety of situations - Agility-based activities moving and controlling objects - Recognise different actions such as; bound, hop, skip, softly, quietly, quickly. 	<ul style="list-style-type: none"> - Explore balance and managing own body including manipulating small objects - Able to stretch, reach, extend in a variety of ways and positions - Able to control body and perform specific movements on command - Skip in isolation and with hoop - Participate in a variety of small group co-operative activities 	<ul style="list-style-type: none"> - Organise and match various items, images, colours and symbols - Work with a partner to listen, share ideas, question and choose - Move confidently and cooperatively in space - Copy and repeat various patterns and actions - Show an understanding of own feelings and others - Solve more complex tasks using learned skills - Watch and play cooperatively and take turns
Respond to instructions of physical actions. Moving through and under apparatus. Move at different speeds and stop. Copy and repeat actions. Perform shapes and jumps. Experiment egg and log roll.	Explore width and height. Explore animal movements. Replicate actions in larger groups. Explore leader and follower using levels. Perform to the count of 8. Copy and repeat 4 actions.	Coordinate limbs to complete movements and actions. Make contact with ball with legs and feet. Hit a stationary ball using equipment. Self-serve balloon. Push, hit, dribble. Use a baton to steer objects. Roll, spin, rotate, throw.	Demonstrate agility in a variety of games. Experiment with different starting and stopping positions. Play games, take turns. Travel using different techniques. Experiment jumping, skipping, bounding for distance and speed.	Balance obstacle course. Work with others to move through hoops. Reach, stretch, stride, bounce, hop. Bridges and tunnels. Coordinate and control limbs. Agility, balance, coordination activities.	Works individually and in a group, Follow travel trails with partner. Work cooperatively to form shapes and jumping patterns. Respond to visual clues. Solve basic problems. Complete obstacle relay.