Townville Infants and Nursery School

Physical Education Progression Document

Athletics

Year Group	Term	Health and fitness	Skills
Nursery	Summer 2	Observe the effects of activity on the body	Move freely and in a range of ways, such as slithering, shuffling, rolling, crawling, walking, jumping, skipping, sliding and hopping.
			I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.
Reception	Summer 2	- Describe how the body feels when still and when exercising - Show some understanding of good practices with regards to exercise - Know the importance of physical exercise for good health	I can run in different ways for different purposes.
			I can change direction when moving at different speeds.
			I can jump in a range of ways and land safely.
			I can roll equipment in different ways.
			I can throw underarm.
			I can throw an object at a target.
			I can participate in simple competitions against myself and others.
			I can participate in a sporting manner.
1	Summer 2	- Describe how the body feels, before, during and after exercise.	I can vary pace and speed when running.
			I can run with basic technique over different distances
			I can maintain control whilst changing direction when moving at different speeds.
			I can perform different types of jumps.
			I can perform a short jumping sequence.
			I can jump as high as possible.
			I can jump as far as possible.
			I can land safely and with control.
			I can throw underarm and overarm.
			I can throw an object at a target with increasing accuracy.
			I can improve the distance I throw by using more power.
			I can participate in simple competitions against myself and others.
			I can participate in a sporting manner.
2	Summer 2	- Recognise and describe how the body feels during and after physical exercise.	I can run at different paces, describing the paces.
			I can use a variety of different stride lengths.
			I can complete an obstacle course.
			I can vary the speed and direction in which I am travelling.

		- Explain what they need to stay healthy. - I understand safe activity starts with a warm-up and ends with a cool down.	I can maintain and control a run over different distances.
			I can perform and compare different types of jumps.
			I can combine different jumps together with some fluency and control.
			I can jump for a distance from a standing position with some accuracy and control.
			I can investigate and choose the best jumps to cover different distances.
			I can throw different types of equipment in different ways for accuracy and distance.
			Throw with accuracy at targets of different heights.
			I can investigate ways to alter my throwing techniques to achieve greater distance.
			I can participate in simple competitions against myself and others.
			I can participate in a sporting manner.