

## Physical Development

### Skills and Knowledge Progression

Strands	Developing Curriculum	Broadening Curriculum	Blended Curriculum	Pathway
Games	<p><b>Participate in a short throwing and catching game 1:1 or small groups</b></p> <ul style="list-style-type: none"> <li>Experiencing throwing a ball using an underarm technique</li> <li>Throw a ball towards a target</li> <li>Experience catching balls of different sizes and shapes with or without external support</li> <li>Take turns with peers and / or adults</li> </ul>	<p><b>Play a range of striking and fielding games, with support as needed</b></p> <ul style="list-style-type: none"> <li>Throw a ball using an overarm technique</li> <li>Throw and catch a ball using an appropriate technique for the target</li> <li>Strike a ball with varying equipment with developing accuracy</li> <li>Choose appropriate equipment in order to achieve the best results</li> <li>Follow adult instruction</li> </ul>	<p><b>Take part in games with peers and/or adults following the rules of the game</b></p> <ul style="list-style-type: none"> <li>Throw and catch with control and accuracy</li> <li>Strike a ball and field with accuracy</li> <li>Follow the rules of a game and play fairly</li> <li>Choose and combine techniques in game situations</li> <li>Develop tactical understanding of games</li> </ul>	<p><b>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</b></p> <ul style="list-style-type: none"> <li>Make conscious decisions to apply techniques in response to the changing game whilst following the rules</li> <li>Develop tactical understanding of games and share with team players</li> <li>Use strategies to intercede game play as part of an attacking plan</li> <li>Use body movement to block and redirect as part of an attacking plan</li> <li>Use delay strategies as part of a defending plan</li> <li>Provide cover for teammates as part of a defending plan.</li> </ul>
Gymnastics	<p><b>Copy gymnastics shapes/techniques e.g. rolls and jumps with some support when modelled</b></p>	<p><b>To demonstrate gymnastics shapes/techniques e.g. rolls and jumps when asked</b></p> <ul style="list-style-type: none"> <li>Move with control and awareness of space</li> </ul>	<p><b>Link two or more actions to make a sequence</b></p> <ul style="list-style-type: none"> <li>Show contrasting movements (small / tall, straight / curved, wide/ narrow)</li> </ul>	<p><b>Demonstrate flexibility, strength, technique, control and balance through a sequence of movements</b></p>

	<ul style="list-style-type: none"> <li>• Develop awareness of body parts and space</li> <li>• Experience making shapes with their bodies e.g. long and tall, short and small, squeezing bodies into boxes and tunnels.</li> <li>• Experience different body rolls with adult support e.g. rolling sideways, teddy bear roll etc.</li> <li>• Develop overall balance and control of body</li> <li>• Jump from the ground and from a low level.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop different forms of balance</li> <li>• Jump in a variety of ways and land with increasing control and balance</li> <li>• Copy and perform different types of shapes/rolls/jumps</li> <li>• Hold a balance whilst balancing on different parts of the body</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate a variety of gymnastics rolls</li> <li>• Plan, perform and repeat sequences</li> <li>• Show changes of direction, speed and level during a sequence</li> </ul>	<ul style="list-style-type: none"> <li>• Link contrasting movements with control to demonstrate technique</li> <li>• Link a variety of controlled gymnastics rolls as part of a sequence</li> <li>• Plan, perform and repeat extended sequences with controlled technique</li> <li>• Demonstrate flexibility and strength through changes of direction and speed during an extended sequence</li> </ul>
<b>Dance</b>	<p><b>Move body parts to music as instructed</b></p> <ul style="list-style-type: none"> <li>• Move arms to action songs</li> <li>• Move legs to action songs</li> <li>• Move arms and legs to action songs</li> <li>• Copy waving or moving an item of equipment</li> </ul>	<p><b>Choose how to move to music depending on the tempo/rhythm/speed showing careful control and coordination</b></p> <ul style="list-style-type: none"> <li>• Move limbs to match the rhythm of the music</li> <li>• Choose movements to communicate a mood, feeling or idea</li> <li>• Create a dance move with an item of equipment (ribbon/hoop)</li> <li>• Show a preference towards a certain</li> </ul>	<p><b>Link two or more actions to perform a sequence</b></p> <ul style="list-style-type: none"> <li>• Move in a clear, fluent and expressive manner</li> <li>• Refine movements into sequences</li> <li>• Show control in using equipment</li> <li>• Plan, perform and repeat sequences</li> <li>• Change speed and levels within a dance</li> </ul>	<p><b>Perform dances using a range of movement patterns</b></p> <ul style="list-style-type: none"> <li>• Copy, remember and adapt a set choreography</li> <li>• Choreograph a routine, considering structure individually, with a partner or in a group</li> <li>• Use action and reaction to represent an idea as part of a partner performance</li> <li>• Change dynamics to express changes in character or narrative</li> </ul>

		type of dance or music		
<b>Athletics</b>	<p><b>Begin to demonstrate a range of athletic techniques; for example: running, throwing and jumping</b></p> <ul style="list-style-type: none"> <li>• Running: <ul style="list-style-type: none"> <li>• Show control in the speed of their movements</li> <li>• Explore speed/pace over a variety of distances</li> <li>• Travel towards a fixed point</li> </ul> </li> <li>• Throwing: <ul style="list-style-type: none"> <li>• Throw objects from/to a fixed point</li> <li>• Throw an object towards a target with increased accuracy</li> <li>• Throw an object accurately from an increased distance</li> </ul> </li> <li>• Jumping: <ul style="list-style-type: none"> <li>• Stepping and jumping on/off contrasting surfaces</li> <li>• Begin to demonstrate a standing jump, taking off with two</li> </ul> </li> </ul>	<p><b>Refine athletic techniques; for example: running, throwing and jumping using a wider range of athletic equipment</b></p> <ul style="list-style-type: none"> <li>• Running: <ul style="list-style-type: none"> <li>• On command, move from a start point to an end point and then stop/finish</li> <li>• Move from point to point overcoming obstacles (hurdles)</li> </ul> </li> <li>• Throwing: <ul style="list-style-type: none"> <li>• Demonstrate throwing an object with an underarm and overarm technique</li> <li>• Demonstrate the appropriate throwing technique for the equipment (e.g. shot put)</li> </ul> </li> <li>• Jumping: <ul style="list-style-type: none"> <li>• Begin to develop a running jump, taking off from one foot</li> <li>• Run and then jump from a set marker</li> </ul> </li> </ul>	<p><b>Demonstrate the activity with good technique without prompting and begin to take part in peer competition</b></p> <ul style="list-style-type: none"> <li>• Running: <ul style="list-style-type: none"> <li>• Demonstrate the ability to run varying distances with/without obstacles</li> <li>• Compete against peers in races</li> <li>• Identify what went well and aim to improve their performance</li> </ul> </li> <li>• Throwing: <ul style="list-style-type: none"> <li>• Demonstrate the correct technique for the equipment without prompting</li> <li>• Compete against peers and compare the distance of objects thrown</li> <li>• Identify what went well and aim to improve their performance</li> </ul> </li> <li>• Jumping: <ul style="list-style-type: none"> <li>• Demonstrate a long jump without prompting</li> <li>• Compete against peers and compare the distances jumped</li> </ul> </li> </ul>	<p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p> <p>Running:</p> <ul style="list-style-type: none"> <li>• Demonstrate how and when to speed up and slow down when running over distance</li> <li>• Use knowledge to plan a running strategy to compete against peers</li> <li>• Demonstrate control when running and link smoothly into another action (e.g. throwing, jumping)</li> </ul> <p>Throwing:</p> <ul style="list-style-type: none"> <li>• Show accuracy and power when throwing for distance</li> <li>• Demonstrate balance when performing other fundamental skills</li> </ul> <p>Jumping:</p> <ul style="list-style-type: none"> <li>• Jump for distance and height with an awareness of technique</li> <li>• Jump for distance and height showing balance and control</li> <li>• Show control at take-off and landing in more complex jumping activities</li> <li>• combine running, jumping and hopping</li> </ul>

	<p>feet and landing on two feet</p> <ul style="list-style-type: none"><li>• Use arms to propel self-forwards/upwards</li></ul>		<ul style="list-style-type: none"><li>• Identify what went well and aim to improve their performance</li></ul>	<p>actions with greater control and co-ordination</p>
--	--	--	--	---