



Forever Learning: Limitless potential for every child

PE Progression of Skills (Taken from the REAL PE Scheme)

Subject: PE			Leader: Natalie Johnston	
Foundation Stage			Key Stage 1	
REAL PE	Nursery (Not covered by REAL PE)	Reception	Year 1	Year 2
Unit 1 Personal	In Nursery PE is taught in the hall by class teachers (if appropriate from October half term). All physical development/fine and gross motor skills are taught in nursery outdoor areas.	<p>In Reception physical development/fine and gross motor skills are taught in reception outdoor areas.</p> <p>I can explore footwork and one leg balance movements.</p> <p>I can follow instructions and practice safely.</p>	<p>Develop and apply footwork with control and fluency.</p> <p>I enjoy working on simple tasks with help.</p> <p>I can follow instructions and practice safely.</p> <p>I try several times if at first I don't succeed and I ask for help when</p>	<p>Develop and apply footwork with control and fluency.</p> <p>I can follow instructions, practice safely and work on simple tasks by myself.</p> <p>I try several times if at first I don't succeed and I ask for help when appropriate.</p>

			appropriate.	I know where I am with my learning.
Unit 2 Social		<p>I can explore jumping and landing and seated balance movements.</p> <p>I can play with others and take turns and share with help.</p> <p>I can work sensibly with others.</p>	<p>Develop and apply jumping and landing with control and fluency.</p> <p>I can play with others and take turns and share with help.</p> <p>I can work sensibly with others, taking turns and sharing.</p> <p>I can help, praise and encourage others.</p>	<p>I can work sensibly with others, taking turns and sharing.</p> <p>I can help, praise and encourage others in their learning.</p> <p>I show patience and support for others.</p>
Unit 3 Cognitive		<p>I can explore dynamic balance on a line and stance movements.</p> <p>I can understand and follow simple rules.</p>	<p>I can understand and follow simple rules.</p> <p>I can begin to order instructions, movements and skills.</p>	<p>I can understand and follow simple rules.</p> <p>I can explain why someone is working or performing well</p> <p>I can explain what I am doing well and begin to identify areas for improvement.</p>
Unit 4 Creative		<p>I can explore ball and counter balance with a partner's movements.</p> <p>I can observe and copy others.</p> <p>I can explore different movements.</p>	<p>I can observe and copy others.</p> <p>I can explore different movements.</p> <p>I can select and link movements together to fit a theme.</p>	<p>I can explore and describe different movements.</p> <p>I can begin to compare my movements and skills with those of others.</p> <p>I can respond differently to a variety of tasks or music.</p>

<p>Unit 5 Physical</p>		<p>I can explore sending and receiving and reaction and response movements.</p> <p>I can move confidently in different ways.</p> <p>I can perform a single skill or movement with some control.</p>	<p>I can move confidently in different ways.</p> <p>I can perform a single skill or movement with some control.</p> <p>I can perform a range of skills with some control and consistency</p>	<p>I can perform a single skill or movement with some control.</p> <p>I can perform a range of skills with some control and consistency.</p> <p>I can select and apply a range of skills with good control and consistency.</p>
<p>Unit 6 Fitness</p>		<p>I can explore ball chasing and floor work balance movements.</p> <p>I am aware of the changes to the way I feel when I exercise.</p> <p>I am aware of why exercise is important for good health.</p>	<p>I am aware of the changes to the way I feel when I exercise.</p> <p>I am aware of why exercise is important for good health.</p> <p>I can say how my body feels before, during and after exercise.</p>	<p>I am aware of why exercise is important for good health.</p> <p>I can say how my body feels before, during and after exercise.</p> <p>I can describe how and why my body changes during and after exercise.</p>
<p>REAL GYM</p>		<p>In Reception physical development/fine and gross motor skills are taught in reception outdoor areas.</p> <p>Develop and apply star and tuck shapes on the floor.</p> <p>I enjoy working on simple tasks with help.</p> <p>I can follow instructions and practice safely.</p>	<p>Develop and apply different shapes on the floor</p> <p>I can play with others with help.</p> <p>I can work sensibly with others, taking turns and sharing.</p> <p>I can help others in their learning.</p> <p>Develop and apply different types of jumps (flight) using low apparatus.</p> <p>I can observe and copy others.</p>	<p>Develop and apply different balances on the floor.</p> <p>I can work sensibly with others, taking turns and sharing.</p> <p>I can help, praise and encourage others in their learning.</p> <p>I am happy to show and tell others about my ideas.</p> <p>Develop and apply different types of jumps and leaps on the floor.</p>

		<p>I can work on simple tasks by myself.</p> <p>Develop and apply flight (jumping and landing) using low apparatus.</p> <p>I can follow simple instructions.</p> <p>I can understand and follow simple rules.</p> <p>I can name some things I am good at.</p>	<p>I can explore and describe different movements.</p> <p>I can begin to compare my movements and skills with those of others.</p>	<p>I use equipment appropriately and move and land safely.</p> <p>I can say how my body feels before, during and after exercise.</p> <p>I can describe how and why my body changes during and after exercise.</p>
REAL Dance		<p>In Reception physical development/fine and gross motor skills are taught in reception outdoor areas.</p>	<p>Develop standing and floor shapes and find ways to move between them to create a repeatable sequence.</p> <p>Respond to different music to create a repeatable sequence using a variety of shapes and transitions.</p> <p>Develop circle movements and use them to create different ways of travelling between shapes.</p> <p>Explore and link silk moves with shapes and circles and create a repeatable sequence including all skills learnt so far.</p> <p>Work with a partner to create a final dance sequence using the dance skills learnt, ready for performance.</p>	<p>Develop standing and floor shapes with a partner and find ways to move between them to create a repeatable sequence.</p> <p>Develop standing and floor shapes and find ways to move between them to create a repeatable sequence.</p> <p>Develop circle movements and use them to create different ways of travelling between shapes.</p> <p>Further develop shapes and circle moves with a partner and find ways to move between them to create a repeatable sequence.</p> <p>Explore and link silk moves with shapes and circles and create a repeatable sequence including all skills learnt so far.</p>

				Work with a partner to create a final dance sequence using the dance skills learnt, ready for performance.
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