

PE Progression Map – Outdoor



	Nursery	Reception	Year 1	Year 2
	<p><i>ELG: Physical Development: Gross motor: Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</i></p>		<p><i>NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending</i></p>	
Multiskills	<ul style="list-style-type: none"> Run, climb, jump, hop and peddle and dodge using the equipment in the Nursery environment Balance using different parts of my body Climb and balance Travel using my body in different ways (high low, fast, slow) Combine stationary movements and different ways of travelling to tell a story Climb, balance and travel across equipment (obstacle course) 	<ul style="list-style-type: none"> Freeze and listen when the whistle blows. Jump and land with 2 feet. Jump from 2 feet and land on 1 foot. Jump from 1 foot to 1 foot. Lift my knees and swing my arms as I skip. Gallop forwards and to the side. 	<ul style="list-style-type: none"> Balance on one leg. Move up and down whilst balancing on one leg. Walk along a straight, flat line on tiptoes. Run in a straight line on tiptoes. Hold a one-leg balance for three seconds. Throw a beanbag underarm. Throw a beanbag higher than my head and catch it. Follow instructions and join in with a team game. Hop whilst balancing a beanbag. Coordinate my feet on a flat ladder at different speeds. Coordinate my hands and feet at speed to move through a flat ladder. Hop in different directions Follow instructions and join in with a team game. Use the movement of an underarm throw to keep a volleyball in the air. 	<ul style="list-style-type: none"> Keep my body steady whilst performing different balances. Balance with an object whilst moving Change my speed and direction using different cues. Send and receive an object Intercept an object. Aim and control an object.
Hockey		<ul style="list-style-type: none"> Hold hockey stick. Move with a hockey stick. Dribble in a straight line with a hockey stick. dribble in and out of cones with a hockey stick hit a puck Pass a puck to another teammate. Aim and hit a puck into a goal. 	<ul style="list-style-type: none"> Move with a hockey stick. Dribble a ball/puck in and out of cones using a hockey stick. Pass a puck using a hockey stick. Shoot different balls/pucks at a target against a wall using a hockey stick Dribble and then pass (combining both skills). Dribble and pass when moving at different speeds. Combine dribbling, passing and shooting in a miniature game of hockey. 	<ul style="list-style-type: none"> Hold a stick (not lifting above waste, not using back of stick) Control the ball with a stick – dribbling to a walk. Pass accurately and stop the ball/ puck. Pass and shoot accurately. Start playing a simple hockey match (focus on passing and scoring) Practise a short pass and a long pass. 'Attack' and 'defend' in a hockey match.
Tennis	<ul style="list-style-type: none"> Balance a ball on a racket 	<ul style="list-style-type: none"> Balance a beanbag on my tennis racket whilst moving. Catch a beanbag on my tennis racket. Throw a ball to the ground and catch it using both hands. Scoop a ball from the floor using a tennis racket. Hit a ball up and down with my tennis racket. Drop a ball and hit it with my tennis racket. Balance a ball on my tennis racket. 	<ul style="list-style-type: none"> Balance a ball on a tennis racket whilst moving, knowing that the angle of the racket effects where the ball goes. Hit and bounce a ball with a tennis racket. Hit a 'forehand'. Hit a 'backhand'. Practise a tennis rally with a partner. 	<ul style="list-style-type: none"> Aim and control a ball. Hit a forehand. Hit a ball and sidestep Control the amount of power put into each strike. Increase my control of the ball off the racket and the accuracy of my strike. Keep a rally going.
Football	<ul style="list-style-type: none"> Dribble a ball in a straight line Dribble a ball around obstacles Begin to aim and shoot a ball 	<ul style="list-style-type: none"> Dribble a football across a pitch. Dribble a football in and out of cones. Pass a ball using my feet. Aim and shoot a ball towards/ into a goal. Control, pass & shoot a ball Play mini game of football. 		<ul style="list-style-type: none"> Dribble – with a focus on which part of foot to use and where to keep ball Dribble, pass and receive a ball. Pass the ball using the top of my foot 'the chip' (prep for goal scoring). Shoot a ball. Tackle the opposition. Play a mini football match using the skills I have learnt.
Rugby		<ul style="list-style-type: none"> Hold a rugby ball. Run with a rugby ball. Put down and pick up a rugby ball. Run and dodge with a ball and tag other children. Throw and catch a rugby ball. Kick a rugby ball Play mini tag rugby. 	<ul style="list-style-type: none"> Hold and move with a rugby ball. Pass a rugby ball (hand to hand). Pass a rugby ball over head. Run, pass and 'touch down' a rugby ball. Run and jump with the ball. Kick the ball off a cone aiming at a target. 	
Athletics/ Netball	<ul style="list-style-type: none"> Jumping with both legs Jumping over a distance Throw and catch a ball 	<ul style="list-style-type: none"> Improve my running reaction time Jump up with both feet together. Improve my jumping reaction times. Jump forward. Throw a beanbag long distance using an overarm throw. 	<ul style="list-style-type: none"> Throw and catch a netball using a chest pass. Improve my reaction time when catching a netball. Throw and catch a netball using a bounce pass. Practise using a chest pass and bounce pass appropriately and interchangeably with a partner. Shoot a netball into a net using an overarm pass. Pass, catch and shoot a netball into a net. 	<ul style="list-style-type: none"> Use a chest pass Use an over arm pass Use a bounce pass. Pivot with a ball. Spread out and negotiate space on a netball court. Attack and defend. Apply all skills learnt in a mini match.
Rounders/ Cricket	<ul style="list-style-type: none"> Aim and roll a ball Throw and catch a ball 		<ul style="list-style-type: none"> Roll a ball to a partner from a distance and then increase that distance. Collect a rolling ball from a partner from a distance. Throw small ball underarm. Catch a small ball. Overarm throw a knobble ball to a partner. Catch an overarm thrown knobble ball from a partner. hit a ball with a cricket bat Use the skills I've learned about throwing and catching to take part in a cricket game. 	<ul style="list-style-type: none"> Under arm throw and catch. Roll and catch. Feed the ball to a bat. Hit a ball with a bat Over arm throw and catch. Play mini rounders. Transfer weight whilst hitting the ball Bowl the ball to the batter. Play a game of mini cricket.