



The Craylands School EYFS PE Games Progression

Physical Development

Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives⁷. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence

	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.
EYFS	<p>Movement around the classroom in CIA</p> <p>Outdoor play</p> <p>Climbing frame</p> <p>Building blocks</p> <p>Use of bikes</p> <p>Balancing</p> <p>Digging and scooping</p>	<p>Use of bikes</p> <p>Balancing on tyres, planks, ladder on climbing frame</p>	<p>Climb up climbing frame</p> <p>Terms 5 & 6 - PE activities including jumping off equipment, rolling, skipping, climbing, slithering, travelling in different ways</p> <p>Sports day prep involves jumping, running, relay activities</p> <p>Use of equipment such as balls, hockey sticks</p>

			Skills of throwing and catching
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The Craylands School KS1 PE Games Progression

Aims <ul style="list-style-type: none"> develop competence to excel in a broad range of physical activities are physically active for sustained periods of time engage in competitive sports and activities 			
Skills <ul style="list-style-type: none"> 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 		Knowledge <ul style="list-style-type: none"> lead healthy, active lives. 	
	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	lead healthy, active lives.
Year 1	Improve agility Improve throwing Improve catching	Multi-skills - using skills in small game like activities Athletics	Health related exercise
Year 2	Invictus games - develop co-ordination Athletics	Football; passing, dribbling, shooting Multi-skills Invictus games Strike and field	



The Craylands School KS2 PE Games Progression

Aims <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities 						
Skills <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best 			Knowledge <ul style="list-style-type: none"> • lead healthy, active lives. 			
	use running, jumping, throwing and catching in isolation and in combination	play competitive games, modified where appropriate [for example, badminton, basketball, cricket,	develop flexibility, strength,	take part in outdoor and adventurous	compare their performances with previous	lead healthy,

		football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	technique, control and balance [for example, through athletics and gymnastics	activity challenges both individually and within a team	ones and demonstrate improvement to achieve their personal best	active lives.
Year 3	Strike and field - Cricket Athletics; jump, throw, relay, chest push	Invasion - Hockey Invasion - Handball Strike and Field - Cricket	Athletics jump, throw, relay, chest push		Athletics jump, throw, relay, chest push	
Year 4	Strike and field - Rounders	Invasion - Football Invictus games Strike and field - Rounders	Invictus games	OAA Year 4 residential	Swimming	
Year 5	Athletics; spring, relay, hurdles, javelin Netball Basketball Lacrosse	Court - Netball Court - Basketball Lacrosse Court/net - tennis	Athletics; spring, relay, hurdles, javelin		Swimming Athletics; spring, relay, hurdles, javelin	Lacrosse
Year 6	Athletics; sprint, hurdle, long distance, triple jump, shot putt	Invasion - Tag rugby Athletics; sprint, hurdle, long distance, triple jump, shot putt	Athletics; sprint, hurdle, long distance, triple jump, shot putt		Mini archery Tri golf	Mini archery Tri golf