

PE Skills Map

		Nursery	Year R	Year 1	Year 2
Fundamentals	Skills	<ul style="list-style-type: none"> • Running: explore running and stopping. • Balancing: explore balancing whilst stationary • Hopping: explore hopping on both feet. • Jumping: explore jumping with two feet 	<ul style="list-style-type: none"> • Running: explore changing direction safely. • Balancing: explore balancing whilst on the move. • Skipping: explore skipping as a travelling action • Jumping: begin to explore take-off and landing safely. 	<ul style="list-style-type: none"> • Running: explore changing direction and dodging. Discover how the body moves at different speeds. • Balancing: move with some control and balance. Explore stability and landing safely. • Jumping: demonstrate control in take-off and landing when jumping. • Hopping: begin to explore hopping in different directions. • Skipping: show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope. 	<ul style="list-style-type: none"> • Running: demonstrate balance when changing direction. Clearly show different speeds when running. • Balancing: demonstrate balance when performing movements. • Jumping: demonstrate jumping for distance, height and in different directions. • Hopping: demonstrate hopping for distance, height and in different directions. • Skipping: explore single and double bounce when jumping in a rope

Ball Skills	Skills	<p>Sending: explore sending object with hands and feet. Catching: Catch using body. Catching: Catch a bounced ball. Dribbling: Kick a ball forward.</p>	<p>Sending: explore sending an object with hands and feet. Catching: explore catching to self and with a partner. Tracking: explore stopping a ball with hands and feet. Dribbling: explore dropping and catching with two hands and moving a ball with feet.</p>	<p>Sending: roll and throw with some accuracy towards a target. Catching: begin to catch with two hands. Catch after a bounce. Tracking: track a ball being sent directly. Dribbling: explore dribbling with hands and feet.</p>	<ul style="list-style-type: none"> • Sending: roll, throw and kick a ball to hit a target • Catching: develop catching a range of objects with two hands. Catch with and without a bounce. • Tracking: consistently track and collect a ball being sent directly. • Dribbling: explore dribbling with hands and feet with increasing control on the move.
Games	Skills	<ul style="list-style-type: none"> • Sending & receiving: explore s&r with hands and feet using a variety of equipment. • Dribbling: explore dropping and catching with two hands and moving a ball with their feet. • Space: recognise their own space. 	<ul style="list-style-type: none"> • Hitting: explore hitting a ball with hands and pushing with a racket. • Striking: explore sending a ball to a partner. • Feeding and rallying: explore sending and tracking a ball with a partner. • Footwork: explore changing direction, running and stopping 		

Invasion Games	Skills			<ul style="list-style-type: none"> • Sending & receiving: explore s&r with hands and feet to a partner. • Dribbling: explore dribbling with hands and feet. • Space: recognise good space when playing games. • Attacking: explore changing direction to move away from a partner. • Defending: explore tracking and moving to stay with a partner 	<ul style="list-style-type: none"> • Sending & receiving: developing s&r with increased control. • Dribbling: explore dribbling with hands and feet with increasing control on the move. • Space: explore moving into space away from others. • Attacking: developing moving into space away from defenders. • Defending: explore staying close to other players to try and stop them getting the ball
Net and Wall Games	Skills			<ul style="list-style-type: none"> • Hitting: explore hitting a dropped ball with a racket. • Feeding: throw a ball over a net to land into the court area. • Rallying: explore sending a ball with hands and a racket. • Footwork: use the ready position to move towards a ball 	<ul style="list-style-type: none"> • Hitting: develop hitting a dropped ball over a net. • Feeding: accurately underarm throw over a net to a partner. • Rallying: explore underarm rallying with a partner catching after one bounce. • Footwork: consistently use the ready position to move towards a ball.

Striking and Fielding	Skills			<ul style="list-style-type: none"> • Striking: explore striking a ball with their hand and equipment. • Fielding: develop tracking and retrieving a ball. • Throwing: explore technique when throwing over and underarm. • Catching: develop co-ordination and technique when catching 	<ul style="list-style-type: none"> • Striking: develop striking a ball with their hand and equipment with some consistency. • Fielding: develop tracking a ball and decision making with the ball. • Throwing: develop co-ordination and technique when throwing over and underarm. • Catching: catch with two hands with some co-ordination and technique
Athletics	Skills	•	•	<ul style="list-style-type: none"> • Running: explore running at different speeds. • Jumping: develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance. • Throwing: explore throwing for distance and accuracy. 	<ul style="list-style-type: none"> • Running: develop the sprinting action. • Jumping: develop jumping, hopping and skipping actions. Explore safely jumping for distance and height. • Throwing: develop overarm throwing for distance

Dance	Skills	<ul style="list-style-type: none"> • Actions: explore how my body moves. • Dynamics: explore actions in response to music. • Space: Begin to explore the space around me. 	<ul style="list-style-type: none"> • Actions: Copy basic body actions and rhythms. • Dynamics: explore actions in response to music and an idea. • Space: begin to explore pathways and the space around me and in relation to others. • Performance: perform short phrases of movement in front of others. 	<ul style="list-style-type: none"> • Actions: copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme. • Dynamics: explore varying speeds to represent an idea. • Space: explore pathways within my performance. • Relationships: begin to explore actions and pathways with a partner. • Performance: perform on my own and with others to an audience 	<ul style="list-style-type: none"> • Actions: accurately remember, repeat and link actions to express an idea. • Dynamics: develop an understanding of dynamics. • Space: develop the use of pathways and travelling actions to include levels. • Relationships: explore working with a partner using unison, matching and mirroring. • Performance: develop the use of facial expressions in my performance
Gymnastics	Skills	<p>Shapes: begin to explore making shapes with my body.</p> <p>Balance: balance on one leg.</p>	<ul style="list-style-type: none"> • Shapes: show contrast with my body including wide/narrow, straight/curved. • Balances: explore shapes in stillness using different parts of my body. • Rolls: explore rocking and rolling. • Jumps: explore jumping safely. 	<ul style="list-style-type: none"> • Shapes: explore basic shapes straight, tuck, straddle, and pike. • Balances: perform balances making my body tense, stretched and curled. • Rolls: explore barrel, straight and forward roll progressions. • Jumps: explore shape jumps including jumping off low apparatus 	<ul style="list-style-type: none"> • Shapes: explore using shapes in different gymnastic balances. • Balances: remember, repeat and link combinations of gymnastic balances. • Rolls: explore barrel, straight and forward roll and put into sequence work. • Jumps: explore shape jumps and take off combinations.