

PE Long Term Sequence Content Progression

Term	EYFS - Nursery	EYFS - Reception	Year 1	Year 2
Autumn	Locomotor skills Walk, run and climb Climb stairs Run and stop	Locomotor skills-Gymnastics Flight Pencil jump, hop and hopscotch. Travel within their own personal space.	Stability skills-Gymnastics Balance Balance on points Balance on patches Use apparatus to balance Object Control skills-Scatterball rounders Throw underarm Catch a beanbag Catch a small ball	Stability skills-Gymnastics Height Create high and low shapes using a variety of body parts. Use apparatus to create high and low body shapes. Object Control skills-Handball Throw overarm with a large ball Chest pass, bounce pass with a large ball Catch a large ball using a W shape
Spring	Stability skills-Bikes Ride a balance bike Ride a bike with pedals Stop and start when on a bike	Object Control skills-Ball skills Roll, push, pull, bounce, kick balls. Throw a ball with two hands forwards. Catch a ball with two hands.	Locomotor skills and stability skills-Dance Hop, skip, side step in time to music. Co-ordinate multiple body parts at once. Object control skills-Tennis Hit a ball with a racket Forehand, backhand, rally and serve.	Stability skills-Gymnastics Twist, turn and spin Twist, turn and spin using a variety of body parts. Create a sequence using twists, turns and spins. Object control skills-Football Dribble, stop, strike and pass the ball. Attack and defend
Summer	Locomotor skills Walk, run and climb in a sequence Transport equipment Move from one place to another including along a variety of surfaces of various lengths and widths	Locomotor skills and stability skills-Dance Match movements to music. Move fast, slow, high and low to match a piece of music.	Stability skills-Gymnastic rolls Pencil, teddy bear and forward roll. Create a sequence of travelling and rolling. Locomotor skills-Athletics Run with speed. Relay race running	Locomotor skills and stability skills-African Dance Co-ordinate multiple body parts at once. Stamp and clap in time to the music. Use arms and legs at the same time to perform. Object control skills-Rounders

			Discus, javelin and long jump.	Throw overarm with a small ball. Strike a ball with a bat. Select the preferred throwing technique. Understand the different roles within a rounders game-batter, fielder, bowler.
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