PE PRO - Threads of Learning

A thread of learning shows how a 'concept' is taught from Nursery to Year 6 through the EYFS curriculum and in the PE PRO units of work. Some concepts are from the National Curriculum directly and some from the PE PRO

Catching

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Develop control over a ball	Collect & control a ball with two hands.	Catch a beanbag and a medium- sized ball, with varying levels of success.	Catch an object passed to them, with and without a bounce.	Catch a ball passed to them using one and two hands with some Success.	Catch a ball passed to them using one and two hands with increasing success.	In game situations, catch and intercept a ball using one and two hands with some success.	In game situations, catch and intercept a ball using one and two hands with increasing success.

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Jumping/Hopping

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Can jump forward a small distance	Jump with bent knees, avoiding falling over.	Attempt to jump from two feet, and hop with some control, showing an wareness of technique.	Show hopping and jumping movements with some balance and control, demonstrating an awareness of technique.	Show hopping and jumping actions, attempting different take offs and landings, while generally maintaining balance.	Show hopping and jumping actions, including running as a transition in-between, attempting different take offs and landings, while aintaining balance.	Show control at take-off and landing in more complex jumping activities, with running transitions inbetween.	Transition between running. jumping and hopping actions with greater control and coordination.

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Balance

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Move and balance on different surfaces	Perform different shapes showing a basic level of stillness using various parts of their bodies.	Perform balances that makes their body stretched, tensed and curled while using creativity.	Be able to perform balances on different body parts with some balance and control.	Complete balances with increasing technique, control and stability.	Perform balances on their own and with a partner showing good tension.		Combine and perform more complex balances with control and technique that is fluid.