



### St Joseph's

### PE Nursery Progression of Skills

Speed, agility and travel	Gymnastics	Co-operate and Problem Solve	Manipulation and Co-ordination	Body Management	Dance
<ul style="list-style-type: none"><li>• Run, jump and hop skilfully</li><li>• Negotiate space successfully</li><li>• Stop and start movements</li><li>• Follow simple instructions</li></ul>	<ul style="list-style-type: none"><li>• Develop gross co-ordination skills</li><li>• Link simple, short sequences,</li><li>• To balance on one leg whilst still</li><li>• To roll and jump in different ways</li></ul>	<ul style="list-style-type: none"><li>• Work with a partner to take turns</li><li>• Travel and follow pathways with support</li><li>• Copy and repeat simple patterns and actions</li><li>• Understand own feelings</li></ul>	<ul style="list-style-type: none"><li>• Begin to control objects</li><li>• Throw a ball underarm</li><li>• Kick a ball</li><li>• Hit a ball</li><li>• Roll and throw hoops</li></ul>	<ul style="list-style-type: none"><li>• Balance with control</li><li>• Stretch and crouch with control</li><li>• Co-ordinate and control limbs</li><li>• Run and jump intime to the music</li></ul>	<ul style="list-style-type: none"><li>• Join in with dance and ring games</li><li>• Copy movement patterns</li><li>• Create movement in response to music</li><li>• Follow a leader</li></ul>