

PE Progression of Skills Key Stage 1

	Year 1	Year 2	End of Key stage expectations
Multi skills	<ul style="list-style-type: none"> ✚ Explore static balancing ✚ Understand the concept of bases ✚ Aim a variety of large balls at equipment accurately ✚ Time running to intercept the path of a ball ✚ Travel in different ways, showing clear transitions between movements ✚ Travel in different directions (side to side, up and down) ✚ To practise agility, balance and co-ordination at a circuit station ✚ Use a racket and bean bag to balance ✚ Use a racket and bean bag to hit the beanbag ✚ Understand the importance of rules 	<ul style="list-style-type: none"> ✚ Explore balances on different body parts ✚ Use a racket and sponge ball to balance ✚ Use a racket and sponge ball to bounce the ball up and down ✚ Use a racket and sponge ball to bounce the ball off the ground ✚ Time running to intercept the path of a ball successfully ✚ To practise agility, balance and co-ordination at a circuit station ✚ Use a variety of different sized balls to aim at equipment accurately ✚ Understand the importance of rules 	<ul style="list-style-type: none"> ✓ Able to balance on a number of body parts ✓ Use a racket and ball with control to bounce a ball upwards and downwards ✓ Successfully intercept a ball e.g. (piggy in the middle) ✓ Participate in basic circuit training to improve fitness ✓ Aim at a target accurately using different sized balls and targets ✓ Understand the importance of rules
Ball Skills	<ul style="list-style-type: none"> ✚ Kicking the ball to a partner ✚ Stop ball with feet ✚ Travel with ball close to their body (maintain some control) ✚ Push a ball with a hockey stick demonstrating some control ✚ Play simple ball games with peers e.g. hot potato and round the world 	<ul style="list-style-type: none"> ✚ Develop simple tactics and use them appropriately ✚ Play small team games (up to 3 a side) ✚ Dribble a ball with some control, keeping it close to their body ✚ Push a ball with a hockey stick at a target ✚ Begin to develop an understanding of attacking and defending. ✚ Develop own games using a ball with peers 	<ul style="list-style-type: none"> ✓ Understand the term tactics ✓ Begin to use tactics in their own ball games with peers ✓ Dribble a ball showing control ✓ Using a hockey stick, accurately push a ball at a target ✓ Understand and use the terms attacking and defending.
Throwing and Catching	<ul style="list-style-type: none"> ✚ Paired/Small group team tasks where a learned skill is applied. ✚ Throw and catch a large ball to a partner. ✚ Throw and catch a large ball in the air with accuracy. ✚ Bounce and catch a ball with accuracy. 	<ul style="list-style-type: none"> ✚ Small group collaborative team tasks where a learned skill is applied. ✚ Throw and catch a ball to others with accuracy. ✚ Throw and catch a ball in the air with accuracy. ✚ Using both hands to throw and catch ✚ Using one hand to throw and catch 	<ul style="list-style-type: none"> ✓ Master basic movements- running, jumping, throwing and catching. ✓ Engage in competitive physical activities ✓ Engage in co-operative physical activities. ✓ Opportunities to participate in a range of activities. ✓ Perform dances using simple movement patterns.
Athletics	<ul style="list-style-type: none"> ✚ Run at different speeds individually ✚ Jumping from a standing position ✚ Throwing using control and co ordination 	<ul style="list-style-type: none"> ✚ Change speed and direction whilst running- introduce terminology: walk, jog, sprint. ✚ Jump to a specific location from a standing position ✚ Throw a shotput/javelin using control and co ordination 	<ul style="list-style-type: none"> ✓ Master control of a variety of throwing items e.g. shotput, javelin, balls, beanbags etc ✓ Able to change speed and direction when running ✓ Jump to a specific location for a standing position
Gymnastics	<ul style="list-style-type: none"> ✚ Explore movement with control ✚ Link movements together with flow ✚ Explore gymnastic actions and shapes ✚ Explore travelling on benches ✚ Choose and use simple compositional ideas by creating and performing sequences ✚ Repeat and link combinations of gymnastic actions ✚ Link combinations of movements and shapes with control 	<ul style="list-style-type: none"> ✚ Balance on isolated parts of the body using the floor ✚ Hold balances ✚ Develop a range of gymnastic moves e.g. pathways and balances ✚ Link movements together in longer sequences ✚ Explore ways of travelling around on large apparatus ✚ Hop forwards and backwards off the same leg 	<ul style="list-style-type: none"> ✓ Use contrast in sequences. ✓ My movements are controlled. ✓ Think of more than one way to create a sequence, which follows a set of 'rules'. ✓ Work on my own and with a partner to create a sequence. ✓ Explore different ways of travelling ✓ Repeat and link gymnastic actions

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<p><i>Dance</i></p>	<ul style="list-style-type: none"> ✚ Copy and explore basic movements and body patterns ✚ Link travels and movements ✚ Change speed of movements ✚ Change direction of movements ✚ Change level of movements ✚ Adapting movements to different music ✚ Practise taking off from different movements 	<ul style="list-style-type: none"> ✚ Copy and compose basic movements and body patterns with control ✚ Change speed of movements with control ✚ Change direction of movements with control ✚ Change level of movements with control ✚ Adapting movements to different music imaginatively ✚ Compose and perform simple dance phases ✚ Move in time to music ✚ Recognise similarities and differences between movements ✚ Compare movements and skills with those of others ✚ Describe a dance they've seen 	<ul style="list-style-type: none"> ✓ Pupils should be taught to perform dances using simple movement patterns. ✓ Use movement imaginatively, responding to stimuli, including music and performing basic skills •change rhythm, speed, level and direction of their movements •create and perform dances using simple movement patterns, including those from different times and cultures •express and communicate ideas and feelings
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