



PE

Progression of knowledge, skills and understanding: Key Stage 1

KS1	<p>Pupils should develop their fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. • Participation in team games, developing simple tactics for attacking and defending • Perform dances using simple movement patterns 	
	Year A	Year B
Term 1	Fundamentals Happy HH	Fundamentals Happy HH
Term 2	Dance Fundamentals	Fundamentals Dance
Term 3	Gymnastics Multi-skills	Multi-skills Gymnastics
Term 4	Principles of play Yoga	Principles of play Multi-skills
Term 5	Dodgeball Circuits	Circuits Multi-skills
Term 6	Athletics Fundamentals	Athletics Fundamentals

	Class 1		Class 2	
Theme				
Games/ Multiskills	<ul style="list-style-type: none"> • Can throw and catch a ball with a partner • Can move fluently by changing direction and speed easily and avoiding collisions • Can show control and accuracy with the basic actions for rolling, underarm throwing • Can strike and kick a ball with control • Can choose and use skills effectively for particular games understand the concepts of aiming / hitting into a space (e.g. cricket, rounders, badminton and tennis) • Be able to run and jump with control (e.g. hurdles) • Be able to catch a ball / moving object games (e.g. cricket / rounders) • Can try to win by changing the way they use skills in response to their opponent's actions. 		<ul style="list-style-type: none"> • Can pass a ball accurately to a partner over a variety of distances • Can perform a range of rolling, throwing, striking, kicking and catching skills, with control • Can show a good awareness of others in running, chasing and avoiding games • Can make simple decisions about when and where to run • I can develop basic tactics for small team games • Can react to situations in a way that helps their partners and makes it difficult for their opponent • Set myself targets to improve my performance 	
Games /multi skills vocabulary	EYFS Vocabulary	Year 1 Vocabulary	Year 2 Vocabulary	
Target games <ul style="list-style-type: none"> • Invasion games • Fundamentals • Principles of play 	<ul style="list-style-type: none"> • Aim • Space • Team • Pass • Safely • Balance 	<ul style="list-style-type: none"> • Points • Throw • Far • Distance • Score • Partner 	<ul style="list-style-type: none"> • Accurate • Send • Team-mate • Against • Overarm • Release • Target • underarm 	
Striking and fielding games <ul style="list-style-type: none"> • invasion games • Fundamentals • Principles of play • Striking and fielding 	<ul style="list-style-type: none"> • Run • Pass • Roll • Team • space • safely • around • forwards • backwards 	<ul style="list-style-type: none"> • hit • points • target • throw • Score • Catch 	<ul style="list-style-type: none"> • Fielder • Send • Team-mate • Runs • Batter • Received • Bowler 	

<p>Net and wall games</p> <ul style="list-style-type: none"> • Invasion games • Fundamentals • Principles of play 	<ul style="list-style-type: none"> • Team • Space • Catch • Throw • Safely • Bounce • Forward • backward 	<ul style="list-style-type: none"> • ready position • partner • net • underarm • score • points 	<ul style="list-style-type: none"> • receive • quickly • trap • defend • return • collect • against
<p>Invasion games</p> <ul style="list-style-type: none"> • invasion games • fundamentals • principles of play 	<ul style="list-style-type: none"> • pass • team • tag • balance • safely • space • forwards • backwards 	<ul style="list-style-type: none"> • defender • points • dribbling • attacker • score • partner 	<ul style="list-style-type: none"> • received • end • team-mate • chest pass • possession • goal • dodge • bounce pass
<p>Fundamentals</p> <ul style="list-style-type: none"> • invasion games • fundamentals • principles of play 	<ul style="list-style-type: none"> • run • stop • space • jump • balance • skip 	<ul style="list-style-type: none"> • fast • hop • slow • direction • land • safely 	<ul style="list-style-type: none"> • dodge • jog • hurdle • speed • steady • sprint
<p>OAA</p> <ul style="list-style-type: none"> • invasion games • OAA 	<ul style="list-style-type: none"> • Share • Team • Path • Listen • Space • Travel • Follow 	<ul style="list-style-type: none"> • Lead • Co-operative • Teamwork • Solve • Instructions 	<ul style="list-style-type: none"> • Support • Successful • Map • Direction • Communicate

	<ul style="list-style-type: none"> • Safely 		
<p>Ball skills</p> <ul style="list-style-type: none"> • Invasion games • Fundamentals • Principles of play 	<ul style="list-style-type: none"> • Run • Stop • Throw • Roll • team • kick • space • catch 	<ul style="list-style-type: none"> • far • aim • safely • direction • balance • send 	<ul style="list-style-type: none"> • overarm • collect • target • underarm • dribble • distance
Gym	<ul style="list-style-type: none"> • Copies and explores basic movements with some control and coordination. • Explores and creates different pathways and patterns. • Can perform different body shapes • Uses equipment in a variety of ways to create a sequence • Performs at different levels • Link 2-3 movements together to create a sequence • Can perform 2 footed jumps • Can say what they like about their own and others shapes • Can use equipment safely • Balances with some control 		<ul style="list-style-type: none"> • Copies and explores basic movements with control and coordination. • Explores and creates different pathways and patterns. Uses equipment confidently in a variety of ways to create a sequence • Link 3-4 movements together to create a sequence using different levels confidently. • Can jump in a variety of ways • Can say what they like about their own and others shapes and what could be improved Uses equipment safely • Balances with control
	EYFS Vocabulary	Year 1 Vocabulary	Year 2 Vocabulary
Gymnastics	<ul style="list-style-type: none"> • Move • Copy • Over • Shape • Space • Rock • Safely 	<ul style="list-style-type: none"> • action • jump • roll • level • direction • speed • point 	<ul style="list-style-type: none"> • link • pathway • sequence • tuck • straddle • pike • speed

	<ul style="list-style-type: none"> • Around • sideways • Travel • Forwards • backwards 	<ul style="list-style-type: none"> • balance 	<ul style="list-style-type: none"> • star
Dance	<ul style="list-style-type: none"> • Copies and explores basic movements • Copies and explores body patterns • Remembers simple movements and dance steps Links movements to sounds and music. • Responds to range of stimuli. 	<ul style="list-style-type: none"> • Copies and explores basic movements with clear control. • Varies levels and speed in sequence • Can vary the size of their body shapes Add change of direction to a dance sequence • Uses space well and negotiates space clearly. • Can describe a short dance using appropriate vocabulary. • Responds imaginatively to stimuli. 	
	EYFS Vocabulary	Year 1 Vocabulary	Year 2 Vocabulary
Dance <ul style="list-style-type: none"> • Gymnastics 	<ul style="list-style-type: none"> • Move • Copy • Shape • Space • Safely • Around • Travel • Sideways • Forwards • Backwards 	<ul style="list-style-type: none"> • Counts • Pose • Level • Slow • Fast • balance 	<ul style="list-style-type: none"> • mirror • action • pathway • direction • speed • timing
Athletics	<ul style="list-style-type: none"> • Can run at different speeds. • Can jump from a standing position • Performs a variety of throws with basic control. 	<ul style="list-style-type: none"> • Can change speed and direction whilst running. • Can jump from a standing position with accuracy. • Performs a variety of throws with control and co-ordination. • Can use equipment safely 	
	EYFS Vocabulary	Year 1 Vocabulary	Year 2 Vocabulary
Athletics	<ul style="list-style-type: none"> • Push • Stop • Jump • Space 	<ul style="list-style-type: none"> • far • hop • aim • fast 	<ul style="list-style-type: none"> • sprint • jog • distance • height

	<ul style="list-style-type: none"> • Forwards • Safely • balance • backwards 	<ul style="list-style-type: none"> • slow • bend • improve • direction • travel 	<ul style="list-style-type: none"> • take off • landing • overarm • underarm
Healthy body and mind	<ul style="list-style-type: none"> • Awareness of body changes during exercise (heart rate, heavy breath, hot, sweaty). • An understanding of the need for PE uniform (changing, safety). • Awareness of how exercise is important for a healthy lifestyle and mind 		
	EYFS Vocabulary	Year 1 Vocabulary	Year 2 Vocabulary
Fitness <ul style="list-style-type: none"> • Happy Healthy Heart • Well-being 	<ul style="list-style-type: none"> • Push • Stop • Space • Jump • Balance • Safely 	<ul style="list-style-type: none"> • Exercise • Heart • Lungs • Body • Mood 	<ul style="list-style-type: none"> • Strong • Pace • Race • Speed • Jog • Steady • Sprint •