

PE Progression of Skills KS1

Skills	Year 1	Year 2	End of Key Stage Expectation (National Curriculum)
Evaluating and Improving	<p>I can talk about what I have done.</p> <p>I can describe what others did.</p> <p>I can say how I can improve.</p>	<p>I can recognise how performances could be improved.</p> <p>I can comment what is similar and different between others and myself.</p>	
Dance	<p>To perform basic body actions.</p> <p>To use different parts of the body singly and in combination.</p> <p>To show some sense of dynamic, expressive and rhythmic qualities in their own dance.</p> <p>To choose appropriate movements for different dance ideas.</p> <p>To remember and repeat short dance phrases and simple dances.</p> <p>To move with control.</p> <p>To vary the way they use space.</p> <p>To describe basic body actions and simple expressive and dynamic qualities of movement.</p>	<p>To perform body actions with control and coordination including jumps.</p> <p>To choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling.</p> <p>To link actions.</p> <p>To remember and repeat dance phrases.</p> <p>To perform short dances, showing an understanding of expressive qualities.</p> <p>To describe the mood, feelings and expressive qualities of dance.</p>	Perform dances using simple movement patterns.

<p>Gymnastics</p>	<p>To show basic control and coordination when travelling and when remaining still.</p> <p>To choose and link 'like' actions</p> <p>To remember and repeat these actions accurately and consistently</p> <p>To find and use space safely, with an awareness of others</p> <p>To identify and copy the basic actions of gymnasts</p> <p>To use words such as rolling, travelling, balancing, climbing</p> <p>To make their body tense, relaxed, stretched and curled</p> <p>To describe what they do in their movement phrases.</p>	<p>To plan and repeat simple sequences of actions.</p> <p>To show contrasts in shape.</p> <p>To perform the basic gymnastic actions with coordination, control and variety.</p> <p>To be able to use simple balances.</p>	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p>
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<p>Games</p>	<p>To use basic underarm, rolling and hitting skills.</p> <p>To sometimes use overarm skills.</p> <p>To intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency.</p> <p>To sometimes catch a beanbag and a medium-sized ball.</p> <p>To track balls and other equipment sent to them, moving in line with the ball to collect it.</p> <p>To throw, hit and kick a ball in a variety of ways, depending on the needs of the game.</p> <p>To choose different ways of hitting, throwing, striking or kicking the ball.</p> <p>To decide where to stand to make it difficult for their opponent.</p>	<p>To show awareness of opponents and teammates when playing games.</p> <p>To perform basic skills of rolling, striking and kicking with more confidence.</p> <p>To apply these skills in a variety of simple games.</p> <p>To be able to master simple movements such as running.</p> <p>To make choices about appropriate targets, space and equipment.</p> <p>To use a variety of simple tactics.</p>	<p>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>
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Health and Fitness Circuits	<p>To describe how their body feels during games.</p> <p>To describe how their lungs and heart work.</p>	<p>To recognise and describe how they feel after exercise.</p> <p>To describe what their bodies feel like during activities.</p> <p>To know why it is important to be active.</p>	
Athletics	<p>To use a variety of speeds when running.</p> <p>To use different methods of throwing.</p> <p>To practice short distance running.</p> <p>To explore how arms help with running.</p>	<p>To run with agility and confidence.</p> <p>To learn the best jumping techniques for distance.</p> <p>To complete an obstacle course.</p> <p>To run for distance.</p>	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.
OAA	To undertake simple orienteering exercises inside and outside.	<p>To participate in a range of activities to encourage teamwork.</p> <p>To participate in a range of activities, which involve working with and trusting others.</p>	Develop fundamental movement skills, becoming increasingly confident. Engage in competitive and cooperative activities