



Physical Education- KS1 Skills Progression

	By the end of Reception	By the end of Year 1	By the end of Year 2
Healthy Body and Mind (Learning for life)	<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. 		
Games Understanding	<ul style="list-style-type: none"> • Work individually and with others. Engage in cooperative physical activities • Participate in team games. • Understand how to use equipment safely 	<ul style="list-style-type: none"> • Begin to apply basic movements in a range of activities • Work individually and with others. Engage in cooperative physical activities. • Engage in competitive physical activities (both against self and against others) • Participate in team games. • Understand how to use equipment safely. 	<ul style="list-style-type: none"> • Engage in competitive physical activities (both against self and against others) • Participate in team games • Developing simple tactics for attacking and defending. • Able to reflect on and develop skills to improve. • Understand how to use equipment safely.
Invasion Games	<ul style="list-style-type: none"> • To be able to move and stop confidently, negotiating the space around them effectively. • Show good control over their bodies when exploring different skills. • Start showing an ability to use their dominant hand to work with a partner in different activities. Explore and use skills effectively for particular games: • Roll a ball or hoop 	<ul style="list-style-type: none"> • To be confident and keep themselves safe in the space in which an activity/game is being played. • Explore and use skills, actions and ideas individually and in combination to suit the game that is being played. • Show ability to work with a partner in throwing and catching games. • Choose and use skills effectively for particular games: <ul style="list-style-type: none"> -Throw a ball accurately to a target using increasing control., -Explore throwing and catching in 	<ul style="list-style-type: none"> • Improve the way they coordinate and control their bodies in various activities. Remember, repeat and link combinations of skills where necessary. • Develop basic tactics in simple team games and use them appropriately. • Choose use and vary simple tactics. • Catch and control a ball in movement working with a partner or in a small group. • Take part in games where there is an opposition.

	<ul style="list-style-type: none"> • Throw a ball underarm • Explore balancing. 	<p>different ways. -Explore kicking in different ways with increasing control.</p>	<ul style="list-style-type: none"> • Decide where to stand during a team game, to support the game. • Begin to lead others in a simple team game. • Be able to pass and stop a ball to a team mate accurately. • Understand how to intercept a moving ball. • Understand role of attacker and defender.
<p>Net and Wall</p>		<ul style="list-style-type: none"> • To be confident and keep themselves safe in the space in which an activity/game is being played. Explore and use skills, actions and ideas individually and in combination to suit the game that is being played. Show ability to work with a partner in throwing and catching games. . • Hit a ball with control using an appropriate object. 	<ul style="list-style-type: none"> • Improve the way they coordinate and control their bodies in various activities. Remember, repeat and link combinations of skills where necessary. Develop basic tactics in simple team games and use them appropriately. • Choose use and vary simple tactics. • Catch and control a ball in movement working with a partner or in a small group. • Take part in games where there is an opposition. • Decide where to stand during a team game, to support the game. • Begin to lead others in a simple team game. • To develop hand eye co-ordination to be able to receive and send balls using equipment if appropriate.

<p>Striking and Fielding</p>		<ul style="list-style-type: none"> • To be confident and keep themselves safe in the space in which an activity/game is being played. • Explore and use skills, actions and ideas individually and in combination to suit the game that is being played. • Show ability to work with a partner in throwing and catching games. • Choose and use skills effectively for particular games: <ul style="list-style-type: none"> ○ -Throw a ball accurately underarm to a target using increasing control. ○ -Show increasing control when rolling an object, using a technique. ○ -Hit a ball with control using an appropriate object. ○ Explore throwing and catching in different ○ ways 	<ul style="list-style-type: none"> • Improve the way they coordinate and control their bodies in various activities. Remember, repeat and link combinations of skills where necessary. Develop basic tactics in simple team games and use them appropriately. • Choose use and vary simple tactics. • Catch and control a ball in movement working with a partner or in a small group. • Take part in games where there is an opposition. • Decide where to stand during a team game, to support the game. • Begin to lead others in a simple team game. • To be able to hit a ball accurately <ul style="list-style-type: none"> ○ using a piece of equipment.
<p>Athletics</p>	<ul style="list-style-type: none"> • Learn skills of running, jumping and throwing with a range of equipment. • Vary speed of running based on commands given. • Use comparative language i.e. faster, longer, and be able to physically demonstrate this. 	<ul style="list-style-type: none"> • Remember, repeat and link combinations of actions. Use their bodies and a variety of equipment with greater control and co-ordination. • Develop the following skills with increasing accuracy and velocity: <ul style="list-style-type: none"> ○ -Explore and throw a variety of objects with one hand. ○ -Jump from a stationary position with control. ○ -Change speed and direction whilst running. 	

<p>Gymnastics</p>	<ul style="list-style-type: none"> • Move confidently and safely in their own and general space. (Negotiating space effectively – under, round, over equipment and obstacles) • Move and stop, recognising both commands and acting upon them immediately. • Show contrast with their bodies including tall/short, wide/thin, straight/curved) • Copy simple movements and simple sequences. • Make shapes with their bodies, according to commands. • Jump off an object and land appropriately. 	<ul style="list-style-type: none"> • Explore and perform gymnastic actions (pencil/straight, tuck, star, pike, dish and arch) and still shapes. • Move confidently and safely in their own and general space, using change of speed and direction. • Copy, create and link movement phrases with beginnings, middles and ends. • Perform movement phrases using a range of body actions and body parts. • Explore making their body tense, relaxed, stretched and curled. • Can they explore different ways of stretching, balancing, rolling, and travelling 	<ul style="list-style-type: none"> • Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precisions. • Choose, use and vary simple compositional ideas in the sequence they create and perform, with moderate control. • Create routines which have a clear beginning and ending. • Work with a partner sharing ideas and creating a simple sequence.
<p>Dance</p>	<ul style="list-style-type: none"> • Explore and copy basic body actions and rhythms. • To be able to negotiate space confidently, using appropriate strategies. • To be able to use their bodies to imitate motifs from stories and topics such as animals, trees, etc... • To begin to respond with their bodies to different types of music. 	<p>Explore movement ideas and respond imaginatively to a range of stimuli. Move confidently and safely in their own general space using changes of speed level and direction. Compose and link movements to make simple beginnings, middles and ends. Perform movement phrases using a range of body actions and body parts.</p>	<ul style="list-style-type: none"> ○ Explore, remember, repeat and link a range of actions with co-ordination, control and awareness of the expressive qualities of dance. • Explore the change of rhythm, speed, level and direction. • Compose and perform short dances that express and communicate moods, ideas and feelings choosing and varying simple compositional ideas.

