

PE Progression of Skills

The document below has been designed to show how we will cover all of the relevant Physical Education knowledge and skills across our school. The context in which these are taught is detailed in our long term plans.

Year Group	Dance:	Gymnastics:	Games	Healthy lifestyles and Safety:
1	<p>Copy and perform basic movements and body patterns to music.</p> <p>Remember and repeat simple movements and dance steps.</p> <p>Links movements to sounds and music with awareness of timing.</p> <p>Respond to a range of stimuli, moving with confidence and imagination.</p> <p>Change direction, speed and level during travelling moves.</p> <p>Move different body parts in a controlled way when stationary.</p> <p>Express and communicate ideas, thoughts and feelings through movement.</p> <p>Describe a short dance using appropriate vocabulary.</p>	<p>Using the floor and apparatus:</p> <p>Copy and perform basic movements with some control and coordination.</p> <p>Hold different body shapes.</p> <p>Change direction, level and pathway with some control.</p> <p>Travel, jump, turn and balance with some control.</p> <p>Perform simple jumps and rolls.</p> <p>Balance with some control.</p> <p>Link 2-3 simple combinations of movements and shapes with flow and control.</p> <p>Choose and use simple compositional ideas by creating and performing short sequences.</p>	<p>Work individually and with a partner.</p> <p>Perform a range of throws with large apparatus with some accuracy of direction and speed.</p> <p>Receive a ball from a partner with basic control.</p> <p>Use hand-eye coordination to catch and strike large pieces of equipment.</p> <p>Participate in simple 1 on 1 games.</p> <p>Aim consistently between, in, at and over targets.</p> <p>Bounce and catch a ball with a degree of control.</p> <p>Show a degree of control when sending and receiving a range of equipment.</p> <p>Steer a ball in a controlled way using apparatus.</p> <p>Follow and understand the rules of simple games.</p>	<p>Use equipment safely and responsibly with awareness of others.</p> <p>Understand the importance of exercise for a healthy lifestyle.</p> <p>Navigate and negotiate space safely and start and stop on a signal.</p> <p>Recognise changes that happen to the body during exercise</p> <p>Negotiate space safely.</p>

Year Group	Dance:	Gymnastics:	Games	Healthy lifestyles and Safety:
2	<p>Link together dance moves in time to the music with clear control with some understanding of the mood and feeling.</p> <p>Copy, remember and repeat a short sequence of dance steps.</p> <p>Add changes of direction, height and speed to a sequence in time with the music.</p> <p>Move different body parts in a controlled way when stationary and moving.</p> <p>Responds imaginatively to stimuli.</p> <p>Improvise to an idea showing sensitivity.</p> <p>Describe dance phrases and expressive qualities.</p>	<p>Using the floor and apparatus:</p> <p>Choose and link together a number of gymnastic actions into a sequence and perform with flow and control.</p> <p>Travel, jump, turn and balance with control.</p> <p>Use equipment in a variety of ways to create a sequence</p> <p>Link travelling moves that change direction, level, pathway and speed.</p> <p>Hold different body shapes with body tension.</p> <p>Balance on isolated parts of the body using the floor or apparatus and hold balance.</p> <p>Develop a range of simple gymnastic moves e.g. rolls, jumps.</p> <p>Explore ways of travelling around on large apparatus.</p> <p>Take off from different positions.</p>	<p>Work individually, with a partner and in small teams.</p> <p>Send and receive with consistency, coordination and control using a variety of equipment.</p> <p>Demonstrate accuracy when using hands and feet in different ways to pass and aim.</p> <p>Understand and use simple tactics.</p> <p>Throw, catch and bounce when in a stationary position or moving around the playing area and aiming at a target.</p> <p>Use hand-eye coordination to catch and strike smaller pieces of equipment.</p> <p>Begin to develop own games with peers. Invent rules and explain how they can improve their game.</p> <p>Understand how to make up rules and score points.</p> <p>Identify and use simple attacking and defending strategies.</p> <p>Understand and use a range of strategies to make games harder.</p>	<p>Use equipment safely and responsibly with due regard for others.</p> <p>Understand and explain the benefits of the importance of exercise for a healthy lifestyle</p> <p>Navigate and negotiate space safely and with good awareness, and start and stop on a given signal.</p> <p>Recognise and describe changes that happen to the body during exercise</p> <p>Understand the purpose and importance of warm up and cool down.</p>

Key Vocabulary: Key Stage 1

Dance:	Gymnastics:	Games:	Healthy lifestyles and Safety:
Sequence Movement Timing Travel Stillness Gesture Jump Turn Rhythm Beat Speed Level Direction	Travel, Jump Balance, Roll Space Pathway, Straight, Curved, Zig zag Twist, Spin, Turn Forwards, Backwards Sideways, Diagonally Low, medium, high Curled, stretched Wide, narrow Pattern, Sequence Direction, Level, Speed Pointed, stretched Rock, roll Bounce, Jump, Land Names of rolls. Names of jumps e.g. star jump, tuck jump Names of apparatus, e.g. mats, bench, trestles	Throw Catch Kick Send Receive Dribble Hit Strike Field Net Court Aim Tactic Score	Health Fitness Pulse Exercise Muscles Breathing Heart rate Sweaty Hot

