

KS1 PE Progression of Skills



	Fundamentals	Healthy Lifestyles	Games	Gymnastics	Dance	Athletics	Evaluation
Year 1	<p>Run at different speeds.</p> <p>Jump from standing.</p> <p>Throw an object with one hand. (overarm or underarm)</p> <p>Catch a large ball with two hands.</p> <p>Take part in sending and receiving using equipment.</p> <p>Hit a large ball with a bat.</p> <p>Moves safely around the room/playground.</p>	<p>Describes the effect exercise has on the body.</p> <p>Begins to explain the importance of exercise and a healthy lifestyle on the body.</p>	<p>Can travel win a variety of ways including running and jumping.</p> <p>Beginning to perform a range of throws.</p> <p>Move to throw or catch.</p> <p>Receives a ball with basic control.</p> <p>Send and receive a ball to someone else.</p> <p>Stop a ball with some control.</p> <p>Beginning to develop hand-eye coordination.</p> <p>Participate in simple games.</p>	<p>Curls, stretches and lengthens body as a range of body shapes.</p> <p>Travels in a range of ways.</p> <p>Balances on different parts of their body. (points and patches)</p> <p>Uses space appropriately.</p> <p>Remember simple steps.</p> <p>Performs at different levels.</p> <p>Performs simple steps in a controlled manner.</p>	<p>Copies and explores basic movements.</p> <p>Remember simple steps and copy movements.</p> <p>Chooses actions to make patterns to music.</p> <p>Chooses actions to make a simple sequence.</p>	<p>Can run at different speeds.</p> <p>Can jump from a standing position.</p> <p>Perform a variety of throws with basic control.</p>	<p>Comments and describes my own and others' work.</p> <p>Can give comments to improve performance.</p> <p>Uses age appropriate vocabulary when giving feedback.</p>

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				Begins to link 2-3 simple movements.			
Year 2	<p>Change speed and direction while running.</p> <p>Jump accurately (from a standing position).</p> <p>Take a jump from running.</p> <p>Climb safely.</p> <p>Throw objects with one hand with some accuracy (overarm and underarm).</p> <p>Roll and control a ball or hoop.</p> <p>Hit a ball with a bat with accuracy.</p> <p>Compete against self to run faster.</p>	<p>Describes the effect exercise has on the body using the correct terminology.</p> <p>Explains the importance of exercise and a healthy lifestyle on the body with some confidence.</p> <p>Recognise a change in temperature, breathing and heart rate when exercising.</p>	<p>Stop or catch a ball with control.</p> <p>Pass a ball to someone else with some accuracy.</p> <p>Confident to send a ball to others in a range of ways.</p> <p>Take part in a small team game with opposition.</p> <p>Beginning to apply and combine a variety of skills. (to a game situation).</p> <p>Develop strong spatial awareness.</p> <p>Beginning to develop own games with peers.</p> <p>Understand the importance of rules in games.</p> <p>Develop simple tactics and use them</p>	<p>Perform simple steps at varying levels and speeds.</p> <p>Aware of how to control their body.</p> <p>Create basic sequences.</p> <p>Hold a balance for a sustained period (5 secs).</p> <p>Vary the speed and level of movements.</p> <p>Explores and creates different pathways and patterns.</p> <p>Uses equipment in a variety of</p>	<p>Copies and explores basic movements with clear control.</p> <p>Varies levels and speeds in sequence.</p> <p>Shows some rhythm in dance.</p> <p>Varies size of body shapes.</p> <p>Add a change of direction to sequences.</p> <p>Uses space well.</p> <p>Can describe a short dance using appropriate vocabulary.</p>	<p>Change speed and direction while running.</p> <p>Jumps from a standing position with accuracy.</p> <p>Performs a variety of throws with control and co-ordination.</p> <p>Uses equipment safely.</p>	<p>Comments on own and others performance.</p> <p>Gives comments on how to improve performance.</p> <p>Uses age appropriate vocabulary when giving feedback.</p>

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			<p>appropriately. (E.G. Decide where to stand during a team game.)</p> <p>Beginning to understand attacking/defending.</p>	<p>ways to create a sequence.</p> <p>Link movements together to create a sequence.</p>	<p>Responds imaginatively to stimuli.</p>		
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