



Physical Education Knowledge & Skills Progression KS1

NATIONAL CURRICULUM		
Aims	<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. 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>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 • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns. 	
	YEAR 1	YEAR 2
Dance	<ul style="list-style-type: none"> • Repeat dance phrases. • Become increasingly physically confident. • Perform dances using simple movement. 	<ul style="list-style-type: none"> • Create simple movement patterns showing an awareness of rhythm. • Perform own dance routine. • Use expression and emotion when performing.
Gymnastics	<ul style="list-style-type: none"> • Develop fundamental movement skills • Complete a forward roll from a low starting position. • Become increasingly physically confident. • Create a variety of shapes using their body. • Perform basic sequences using space safely. 	<ul style="list-style-type: none"> • Begin to develop and apply a variety of skills. • Recognise technical words that link to gymnastics. • Travel under over and through a variety of equipment/apparatus. • Identify key aspects of a good performance. • Become increasingly competent and confident.
Sending and Receiving	<ul style="list-style-type: none"> • Pat, throw, kick, stop/receive a variety of objects/equipment. • Begin to develop and apply a variety of skills. • Recognise speed and weight when sending a variety of objects. 	<ul style="list-style-type: none"> • Master sending and receiving different objects (height, weight, distance). • Engage in competitive sports and activities. • Become increasingly competent and confident.
Athletics	<ul style="list-style-type: none"> • Throw a range of equipment at different targets. • Begin to understand when to change speeds according to length of run/distance. • Jump with both feet from a standing position. 	<ul style="list-style-type: none"> • Understand running speeds depending on distance and equipment. • Throw with coordination force, distance, control and accuracy. • Show determination and begin to show resilience when competing against self and others.
Fundamental movements	<ul style="list-style-type: none"> • Develop fundamental movement skills including: running and jumping. • Navigate through moving children safely, at a variety of speeds. 	<ul style="list-style-type: none"> • Master basic movements including: running and jumping. • Become increasingly competent and confident. • Engage in competitive sports and activities.

	<ul style="list-style-type: none"> • Begin to develop and apply a variety of skills. • Apply agility, balance and coordination skills, individually and with others. 	
Attack and Defend	<ul style="list-style-type: none"> • Compete against others, individually and as a group • Apply simple tactics and strategies when competing against others • Show determination and begin to show resilience when competing against self and others 	<ul style="list-style-type: none"> • Compete against others, individually and as a group • Apply and explain simple tactics and strategies used when competing against others • Encourage others to show good sportsmanship when competing
Awareness	<ul style="list-style-type: none"> • Travelling with awareness of others whilst maintaining control of ball/equipment • Show determination and begin to show resilience when competing against self and others 	<ul style="list-style-type: none"> • Travel in small and large areas past moving children (traffic) • Demonstrate/explain the importance of using equipment safely • Travelling with awareness of others whilst maintaining control of ball/equipment • Identify key aspects of a good performance
Tactics and Strategies	<ul style="list-style-type: none"> • Participate in competitive games (both against self and against others). • Begin to develop and apply a variety of skills. • Engage in competitive sports and activities. • Compete in modified sport/activities. 	<ul style="list-style-type: none"> • Develop simple tactics for attacking and defending. • Apply simple tactics for attacking and defending. • Become increasingly competent and confident.
Competing	<ul style="list-style-type: none"> • Show good self-esteem in achieving tasks set out. • Compete against self and/or others. • Develop competence to excel in a broad range of physical activities. 	<ul style="list-style-type: none"> • Know and explain key aspects of a good performance. • Communicate, collaborate and compete with others. • Defend an area when faced with an opponent. • Attack an area when faced with an opponent.