

National Curriculum Objectives

- a) 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
- b) participate in team games, developing simple tactics for attacking and defending
- c) perform dances using simple movement patterns

Skills and Behaviours: General Overview

Acquiring Skills		Personal and Social Development		Applying Skills		
1. Can warm up safely prior to exercise and can sustain performance over periods of time 2. Able to work safely within a defined space. 3. Demonstrates agility, balance and coordination 4. Can follow simple movement patterns at different levels, speeds and through a variety of pathways 5. Understands some principles of attacking and defending 6. Has started to link skills to perform actions and sequences of movement		1. Communicates effectively and works well with others 2. Manages feelings and behaviour well 3. Self-motivated and displays self-confidence 4. Knows what success looks like (self and others) 5. Can comment on the work of others using some technical language 6. Demonstrates leadership skills		1. Applies basic skills competently in a range of physical activities 2. Applies attacking and defending skills within activities which require them 3. Is physically confident and makes a purposeful contribution 4. Shows awareness of boundaries and rules 5. Demonstrates understanding and interpretation of rules and accepts decisions given 6. Demonstrates sporting values		
Acquiring Skills		Personal and Social Development		Applying Skills		
Year 1	Year 2	Year 1	Year 2	Year 1	Year 2	
1	Joins in warm ups enthusiastically and can sustain energy levels.	Joins in warm ups enthusiastically and can work hard without needing to take a break	Listens to others and can express an opinion	Engages with others and contributes to the group	Demonstrates an ability to move fluidly across a range of disciplines	Demonstrates mastery of the overwhelming majority of the FMS
2	Is able to find a space and move away when people invade their space	Is able to travel around and change direction frequently without colliding with others	Keeps control of their emotions whilst participating	Is considerate to others and their ability level.	Can sense danger and move to intercept a ball	Moves to space without prompting to receive a ball

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3	Is able to change direction and can perform a range of basic fundamental skills accurately and consistently.	Is able to change direction without prompting and can perform a wide range of fundamental movement skills accurately and consistently.	Approaches the majority of tasks with confidence	Is keen and performs without inhibition.	Needs little encouragement to join in and works determinedly	Needs no encouragement to join in and works determinedly
4	Can perform movements at different levels when prompted	Can work creatively to show different dynamics without prompting.	Can articulate what they need to do to accomplish a simple task	Can articulate two or more parts of a success criteria for a skill.	Can conduct him/herself and accepts decisions	Plays fairly and shows respect for opponents and decisions made
5	Can use evading skills to avoid being caught	Times runs to avoid being caught	Can say what they liked about somebody's work and use some technical language	Talks purposefully about others' work explaining in simple terms why they like their work and what they could do even better.	Can play fairly without looking to gain an unfair advantage	Can refocus quickly after a disappointment
6	Can move from one action to another seamlessly	Can link 3 or more movements.	Is able to direct others to achieve a common goal	Is able to show clear direction and a sense of purpose.	Can enjoy sport and allows others to enjoy it too	Plays with consideration for others

Skills and Behaviours: Activity Specific

Striking and Fielding	Gymnastics	Dance	Invasion Games	Net and Wall	Athletics
<p>Batting</p> <p>Pull shot off a tee perched on a stump</p> <p>Straight drive off tee then from bounce</p> <p>Calling and running between wickets touching bat over and sliding on final run</p>	<p>Knows a variety of exercises which target different areas of the body</p> <p>Floor work</p> <p>Can use a range of gymnastic techniques with control and good technique</p>	<p>Choreography</p> <p>Can create a short series actions/movements from a range of stimuli including pictures, poems, props or pieces of music.</p> <p>ACTION: travel, stillness and gesture</p>	<p>Sending</p> <p>Pass and move accurately; one-twos</p> <p>Can move into space to receive from a teammate</p> <p>Receiving</p>	<p>Moving around court</p> <p>Ready position with rackets</p> <p>Moving forward, backwards and sideways</p> <p>Knows the importance quickly of getting into the right position to hit the ball back</p>	<p>SAQ</p> <p>Simple foot drills in ladders</p> <p>Knows how to cushion impact on knees</p> <p>Skip using a rope in a variety of ways</p>

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<p>Batting stance and how to call for a run</p> <p><u>Ground fielding</u></p> <p>Catching on the move</p> <p>Getting in line with the ball and taking in line with the nose</p> <p>One handed swoop, pick up and underarm throw</p> <p>Walking in and being in a position of readiness.</p> <p><u>Bowling</u></p> <p>Bound and coil</p> <p>Knows which foot to take off from and with foot on or behind the crease line.</p> <p><u>Wicket keeping</u></p> <p>Rising as ball hits the ground</p> <p>When to rise and how to cushion the impact</p>	<p>Can articulate the technical process involved in executing movements</p> <p><u>Apparatus</u></p> <p>Can change direction, work at different levels and use the floor space imaginatively.</p> <p>Knows how to work safely alongside others whilst travelling in different directions</p>	<p>SPACE: changes in level and direction</p> <p>RELATIONSHIP: individually and with others with unison and mirror</p> <p>DYNAMICS: changes in speed and weight of movement</p> <p><u>Performance</u></p> <p>Can perform individually and with others</p> <p>Enjoys dance and is engaged and motivated whilst dancing</p> <p>Can improve dance through timing and control</p>	<p>Cushioning</p> <p>Catch objects consistently</p> <p>Moves in line with the ball and absorbs the impact</p> <p><u>Attacking</u></p> <p>Dribbling and can change direction on command</p> <p>Shooting for accuracy</p> <p>Knows how to turn in different ways</p> <p><u>Defending</u></p> <p>How to jockey and slow an attack down</p>	<p><u>Racket control</u></p> <p>Can keep ball balanced on racket and keep the ball under control.</p> <p>Knows what height to strike the ball at</p> <p><u>Range of shots</u></p> <p>Strike forehand and backhand from self</p> <p>Can strike from own feed on forehand</p> <p><u>Game play</u></p> <p>One on one hand tennis passive rallies</p> <p>Knows to move forwards or backwards depending on the depth of the ball</p>	<p><u>Jumps</u></p> <p>Jump for height</p> <p>Standing long jump</p> <p>Run and jump over low hurdles</p> <p>Knows to use arms to drive forward</p> <p><u>Running</u></p> <p>Longer sprints - 60m</p> <p>Knows how to start and dip at finish.</p> <p>Relay – transfer baton over short distances</p> <p><u>Throwing</u></p> <p>Standing overarm throw for distance</p> <p>Knows importance of non-throwing arm in achieving elevation in trajectory</p>
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How we achieve these					
Year 1					
Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Theme: Movement Skills 3	Theme: Athletics	Theme: Gymnastics – Balancing and Spinning	Theme: Target Games 2	Theme: Invasion Game Skills 1	Theme: Striking and Fielding Game Skills 2
NC Reference: 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	NC Reference: 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	NC Reference: 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	NC Reference: Participate in team games, developing simple tactics for attacking and defending	NC Reference: Participate in team games, developing simple tactics for attacking and defending	NC Reference: Participate in team games, developing simple tactics for attacking and defending
Skills: Is able to find a space and move away when people invade their space  Keeps control of their emotions whilst participating  Can enjoy sport and allows others to enjoy it too  <u>SAQ</u> Simple foot drills in ladders  Knows how to cushion impact on knees	Skills: Joins in warm ups enthusiastically and can sustain energy levels.  Can say what they liked about somebody's work and use some technical language  Needs little encouragement to join in and works determinedly  <u>SAQ</u> Simple foot drills in ladders	Skills: Can perform movements at different levels when prompted  Can articulate what they need to do to accomplish a simple task  Demonstrates an ability to move fluidly across a range of disciplines  Knows a variety of exercises which target different areas of the body  <u>Floor work</u>	Skills: Can move from one action to another seamlessly  Approaches the majority of tasks with confidence  Can conduct him/herself and accepts decisions  <u>Moving around court</u> Ready position with rackets Moving forward, backwards and sideways	Skills: Can use evading skills to avoid being caught  Listens to others and can express an opinion  Can sense danger and move to intercept a ball  <u>Sending</u> Pass and move accurately; one-twos  Can move into space to receive from a teammate	Skills: Is able to change direction and can perform a range of basic fundamental skills accurately and consistently.  Is able to direct others to achieve a common goal  Can play fairly without looking to gain an unfair advantage

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<p>Skip using a rope in a variety of ways</p> <p><u>Jumps</u></p> <p>Jump for height</p> <p>Standing long jump</p> <p>Run and jump over low hurdles</p> <p>Knows to use arms to drive forward</p> <p><u>Running</u></p> <p>Longer sprints - 60m</p> <p>Knows how to start and dip at finish.</p> <p>Relay – transfer baton over short distances</p>	<p>Knows how to cushion impact on knees</p> <p>Skip using a rope in a variety of ways</p> <p><u>Jumps</u></p> <p>Jump for height</p> <p>Standing long jump</p> <p>Run and jump over low hurdles</p> <p>Knows to use arms to drive forward</p> <p><u>Running</u></p> <p>Longer sprints - 60m</p> <p>Knows how to start and dip at finish.</p> <p>Relay – transfer baton over short distances</p> <p><u>Throwing</u></p> <p>Standing overarm throw for distance</p> <p>Knows importance of non-throwing arm in achieving elevation in trajectory</p>	<p>Can use a range of gymnastic techniques with control and good technique</p> <p>Can articulate the technical process involved in executing movements</p> <p><u>Apparatus</u></p> <p>Can change direction, work at different levels and use the floor space imaginatively.</p> <p>Knows how to work safely alongside others whilst travelling in different directions</p>	<p>Knows the importance quickly of getting into the right position to hit the ball back</p> <p><u>Racket control</u></p> <p>Can keep ball balanced on racket and keep the ball under control.</p> <p>Knows what height to strike the ball at</p> <p><u>Range of shots</u></p> <p>Strike forehand and backhand from self</p> <p>Can strike from own feed on forehand</p> <p><u>Game play</u></p> <p>One on one hand tennis passive rallies</p> <p>Knows to move forwards or backwards depending on the depth of the ball</p>	<p><u>Receiving</u></p> <p>Cushioning</p> <p>Catch objects consistently</p> <p>Moves in line with the ball and absorbs the impact</p> <p><u>Attacking</u></p> <p>Dribbling and can change direction on command</p> <p>Shooting for accuracy</p> <p>Knows how to turn in different ways</p> <p><u>Defending</u></p> <p>How to jockey and slow an attack down</p>	<p><u>Batting</u></p> <p>Pull shot off a tee perched on a stump</p> <p>Straight drive off tee then from bounce</p> <p>Calling and running between wickets touching bat over and sliding on final run</p> <p>Batting stance and how to call for a run</p> <p><u>Ground fielding</u></p> <p>Catching on the move</p> <p>Getting in line with the ball and taking in line with the nose</p> <p>One handed swoop, pick up and underarm throw</p> <p>Walking in and being in a position of readiness.</p> <p><u>Bowling</u></p> <p>Bound and coil</p> <p>Knows which foot to take off from and with foot on or</p>
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					<p>behind the crease line.</p> <p><u>Wicket keeping</u></p> <p>Rising as ball hits the ground</p> <p>When to rise and how to cushion the impact</p>
<p>Vocabulary:</p> <p>Skipping</p> <p>Bouncing</p> <p>Travelling</p> <p>Catching</p> <p>Receiving</p> <p>Trapping</p> <p>Accuracy</p> <p>Running</p> <p>Height</p> <p>Jumping</p>	<p>Vocabulary:</p> <p>Agility</p> <p>Balance</p> <p>Coordination</p> <p>Distance</p> <p>Exercise</p> <p>Jogging</p> <p>Race</p> <p>Running</p> <p>Time</p> <p>Warm Up</p>	<p>Vocabulary:</p> <p>Balancing</p> <p>Combination</p> <p>Control</p> <p>Finishing Position</p> <p>Formations</p> <p>Patches</p> <p>Points</p> <p>Sequence</p> <p>Spinning</p> <p>Transition</p>	<p>Vocabulary:</p> <p>Accuracy</p> <p>Aiming</p> <p>Bounce</p> <p>Force</p> <p>Overarm</p> <p>Punt</p> <p>Strike</p> <p>Target</p> <p>Throwing</p> <p>Underarm</p>	<p>Vocabulary:</p> <p>Attacking</p> <p>Avoiding</p> <p>Defending</p> <p>Invasion</p> <p>Tactics</p> <p>Passing</p> <p>Spatial Awareness</p> <p>Dodging</p> <p>Travelling</p> <p>Control</p>	<p>Vocabulary:</p> <p>Accuracy</p> <p>Strike</p> <p>Throwing</p> <p>Catching</p> <p>Bowling</p> <p>Stance</p> <p>Wicketkeeper</p> <p>Back peddle</p> <p>Batting</p> <p>Concentration</p>
<b>Year 2</b>					
Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Theme: Target Games 3	Theme: Athletics	Theme: Gymnastics – Spinning, Turning and Twisting	Theme: Gymnastics – pathways	Theme: Net and Wall Game Skills 2	Theme: Invasion Game Skills 2
<p>NC Reference:</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>NC Reference:</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination,</p>	<p>NC Reference:</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and</p>	<p>NC Reference:</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</p>	<p>NC Reference:</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>NC Reference:</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>

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	and begin to apply these in a range of activities	co-ordination, and begin to apply these in a range of activities	begin to apply these in a range of activities		
<p>Skills: Can link 3 or more movements.</p> <p>Can articulate two or more parts of a success criteria for a skill.</p> <p>Demonstrates mastery of the overwhelming majority of the FMS</p> <p><u>Batting</u> Pull shot off a tee perched on a stump</p> <p>Straight drive off tee then from bounce</p> <p>Calling and running between wickets touching bat over and sliding on final run</p> <p>Batting stance and how to call for a run</p> <p><u>Ground fielding</u> Catching on the move</p> <p>Getting in line with the ball and taking in line with the nose</p>	<p>Skills: Joins in warm ups enthusiastically and can work hard without needing to take a break</p> <p>Talks purposefully about others' work explaining in simple terms why they like their work and what they could do even better.</p> <p>Needs no encouragement to join in and works determinedly</p> <p><u>SAQ</u> Simple foot drills in ladders</p> <p>Knows how to cushion impact on knees</p> <p>Skip using a rope in a variety of ways</p> <p><u>Jumps</u> Jump for height</p> <p>Standing long jump</p> <p>Run and jump over low hurdles</p>	<p>Skills: Is able to change direction without prompting and can perform a wide range of fundamental movement skills accurately and consistently.</p> <p>Is keen and performs without inhibition.</p> <p>Can refocus quickly after a disappointment</p> <p>Knows a variety of exercises which target different areas of the body</p> <p><u>Floor work</u> Can use a range of gymnastic techniques with control and good technique</p> <p>Can articulate the technical process involved in executing movements</p> <p><u>Apparatus</u> Can change direction, work at different levels and use the floor space imaginatively.</p>	<p>Skills: Is able to travel around and change direction frequently without colliding with others</p> <p>Is considerate to others and their ability level.</p> <p>Plays with consideration for others</p> <p>Knows a variety of exercises which target different areas of the body</p> <p><u>Floor work</u> Can use a range of gymnastic techniques with control and good technique</p> <p>Can articulate the technical process involved in executing movements</p> <p><u>Apparatus</u> Can change direction, work at different levels and use the floor space imaginatively.</p> <p>Knows how to work safely alongside others whilst</p>	<p>Skills: Can work creatively to show different dynamics without prompting.</p> <p>Engages with others and contributes to the group</p> <p>Plays fairly and shows respect for opponents and decisions made</p> <p><u>Moving around court</u> Ready position with rackets</p> <p>Moving forward, backwards and sideways</p> <p>Knows the importance quickly of getting into the right position to hit the ball back</p> <p><u>Racket control</u> Can keep ball balanced on racket and keep the ball under control.</p> <p>Knows what height to strike the ball at</p> <p><u>Range of shots</u></p>	<p>Skills: Times runs to avoid being caught</p> <p>Is able to show clear direction and a sense of purpose.</p> <p>Moves to space without prompting to receive a ball</p> <p><u>Sending</u> Pass and move accurately; one-twos</p> <p>Can move into space to receive from a teammate</p> <p><u>Receiving</u> Cushioning</p> <p>Catch objects consistently</p> <p>Moves in line with the ball and absorbs the impact</p> <p><u>Attacking</u></p>

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<p>One handed swoop, pick up and underarm throw</p> <p>Walking in and being in a position of readiness.</p> <p><u>Bowling</u></p> <p>Bound and coil</p> <p>Knows which foot to take off from and with foot on or behind the crease line.</p> <p><u>Wicket keeping</u></p> <p>Rising as ball hits the ground</p> <p>When to rise and how to cushion the impact</p>	<p>Knows to use arms to drive forward</p> <p><u>Running</u></p> <p>Longer sprints - 60m</p> <p>Knows how to start and dip at finish.</p> <p>Relay – transfer baton over short distances</p> <p><u>Throwing</u></p> <p>Standing overarm throw for distance</p> <p>Knows importance of non-throwing arm in achieving elevation in trajectory</p>	<p>Knows how to work safely alongside others whilst travelling in different directions</p>	<p>travelling in different directions</p>	<p>Strike forehand and backhand from self</p> <p>Can strike from own feed on forehand</p> <p><u>Game play</u></p> <p>One on one hand tennis passive rallies</p> <p>Knows to move forwards or backwards depending on the depth of the ball</p>	<p>Dribbling and can change direction on command</p> <p>Shooting for accuracy</p> <p>Knows how to turn in different ways</p> <p><u>Defending</u></p> <p>How to jockey and slow an attack down</p>
<p>Vocabulary:</p> <p>Target</p> <p>Throw</p> <p>Catch</p> <p>Pull shot</p> <p>Drive</p> <p>Rolling</p> <p>Punt</p> <p>Strike</p> <p>Racket</p> <p>Bat</p> <p>Stance</p>	<p>Vocabulary:</p> <p>Agility</p> <p>Balance</p> <p>Coordination</p> <p>Distance</p> <p>Exercise</p> <p>Jogging</p> <p>Race</p> <p>Running</p> <p>Time</p> <p>Warm Up</p>	<p>Vocabulary:</p> <p>Asymmetrical</p> <p>Balance</p> <p>Control</p> <p>Limbs</p> <p>Patches</p> <p>Points</p> <p>Routine</p> <p>Spin</p> <p>Symmetrical</p> <p>Twisting</p>	<p>Vocabulary:</p> <p>Canon</p> <p>Unison</p> <p>Straight</p> <p>Pathways</p> <p>Curving</p> <p>Turning</p> <p>Patterns</p> <p>Sequence</p> <p>Zigzag</p> <p>Direction</p>	<p>Vocabulary:</p> <p>Accuracy</p> <p>Catching</p> <p>Forearms</p> <p>Overarm</p> <p>Rally</p> <p>Strike</p> <p>Target</p> <p>Throwing</p> <p>Underarm</p> <p>Volley</p>	<p>Vocabulary:</p> <p>Advantage</p> <p>Anticipate</p> <p>Area</p> <p>Attacking</p> <p>Control</p> <p>Defending</p> <p>Intercept</p> <p>Invasion</p> <p>Possession</p> <p>Technique</p>





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Control

Control