$\label{eq:KeyStage} \textbf{Key Stage I} = \textbf{Physical Education Progression}$



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 Beha	iviours: General Overview		
	Acquiring Skills		Personal and Social Development		Applying Skills	
Ι.	1. Can warm up safely prior to exercise and can sustain		I. Communicates effectiv	vely and works well with others	I. Applies basic skills competently in	a range of physical
	performance over periods of tim	e	2. Manages feelings and	behaviour well	activities	
2	. Able to work safely within a det	•	3. Self-motivated and di		2. Applies attacking and defending s	skills within activities which
3.	J J'		4. Knows what success loo		require them	
4	I I			work of others using some	3. Is physically confident and makes	
	speeds and through a variety of		technical language		4. Shows awareness of boundaries a	
5.	i i		6. Demonstrates leadersh	ip skills	5. Demonstrates understanding and	interpretation of rules
6	. Has started to link skills to perf	orm actions and			and accepts decisions given	
	sequences of movement				6. Demonstrates sporting values	
	Acquiring S			l Social Development	Applying Sk	
	Year I	Year 2	Year I	Year 2	Year I	Year 2
	Joins in warm ups	Joins in warm ups	Listens to others and	Engages with others and	Demonstrates an ability to move	Demonstrates mastery of
	enthusiastically and can	enthusiastically and	can express an opinion	contributes to the group	fluidly across a range of disciplines	the overwhelming
	sustain energy levels.	can work hard				majority of the FMS
		without needing to				
		take a break				
	Is able to find a space and	Is able to travel	Keeps control of their	Is considerate to others and	Can sense danger and move to	Moves to space without
	move away when people	around and change	emotions whilst	their ability level.	intercept a ball	prompting to receive a
	invade their space	direction frequently	participating		'	ball
	'	without colliding with				
2		others				

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

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$\label{eq:KeyStage} \textbf{Key Stage I-Physical Education Progression}$

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How we achieve these

Year I

		/eur 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 I	Theme: Striking and Fielding Game Skills 2		
NC Reference:	NC Reference:	NC Reference:	NC Reference:	NC Reference:	NC Reference:		
Master basic movements	Master basic movements	Master basic movements	Participate in team games,	Participate in team games,	Participate in team		
including running, jumping,	including running, jumping,	including running, jumping,	developing simple tactics for	developing simple tactics for	games, developing		
throwing and catching, as	throwing and catching, as	throwing and catching, as well	attacking and defending	attacking and defending	simple tactics for		
well as developing balance,	well as developing balance,	as developing balance, agility and			attacking and		
agility and co-ordination,	agility and co-ordination,	co-ordination, and begin to apply			defending		
and begin to apply these in	and begin to apply these in	these in a range of activities					
a range of activities	a range of activities						
-							
Skills:	Skills:	Skills:	Skills:	Skills:	Skills:		
Is able to find a space and	Joins in warm ups	Can perform movements at	Can move from one action to	Can use evading skills to	Is able to change		
move away when people	enthusiastically and can	different levels when prompted	another seamlessly	avoid being caught	direction and can		
invade their space	sustain energy levels.	Can articulate what they need	Approaches the ma jority of	Listens to others and can	perform a range of basic fundamental		
Keeps control of their	Can say what they liked	to do to accomplish a simple task	tasks with confidence	express an opinion	skills accurately and		
emotions whilst participating	about somebody's work and			1 1	consistently.		
· · · · ·	use some technical language	Demonstrates an ability to move	Can conduct him/herself and	Can sense danger and move	-		
Can enjoy sport and allows	N. I. I. I.	fluidly across a range of	accepts decisions	to intercept a ball	Is able to direct		
others to enjoy it too	Needs little encouragement	disciplines	Marina anarrad arrat	Con dia a	others to achieve a		
SAQ	to join in and works determinedly	Knows a variety of exercises	Moving around court	Sending	common goal		
	actor introducy	which target different areas of	Ready position with rackets	Pass and move accurately;	Can play fairly		
Simple foot drills in ladders	SAQ	the body	Moving forward, backwards	one-twos	without looking to		
Knows how to cushion	Simple foot drills in ladders		and sideways	Can move into space to	gain an unfair		
impact on knees	1	Floor work		receive from a teammate	advantage		
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Sup using a repe in a variety of wage on loses somewhat he subtion impact on loses of lose of loses on los but the ball balanced on racket and keep the ball under central. Knows have to start and dip at finish. Knows how to start and dip at finish. Knows how to start and dip at finish. Radag — transfer batton over short distances Throwing Throwing Stonding overarm throw for distances Knows new to start and dip at finish on the finish of loses of loses on the lose of loses on lose with the lose of loses on loses on loses on lose with the lose of loses on lose with the lose of loses on los on loses on los on loses on loses on los start on loses on los on loses on los on loses on los on los on los batt the lose of loses on loses on loses on loses on los on loses on loses on los on los batt the lose of loses on loses on los on loses on los on loses on loses on loses on loses on loses on los on l						
	Jumps Jump for height Standing long jump Run and jump over low hurdles Knows to use arms to drive forward Running Longer sprints - 60m Knows how to start and dip at finish. Relay — transfer baton over	on knees Skip using a rope in a variety of ways Jumps Jump for height Standing long jump Run and jump over low hurdles Knows to use arms to drive forward Running Longer sprints - 60m Knows how to start and dip at finish. Relay — transfer baton over short distances Throwing Standing overarm throw for distance Knows importance of non—throwing arm in achieving	techniques with control and good technique Can articulate the technical process involved in executing movements Apparatus Can change direction, work at different levels and use the floor space imaginatively. Knows how to work safely alongside others whilst travelling	of getting into the right position to hit the ball back Racket control Can keep ball balanced on racket and keep the ball under control. Knows what height to strike the ball at Range of shots Strike forehand and backhand from self Can strike from own feed on forehand Game play One on one hand tennis passive rallies Knows to move forwards or backwards depending on the	Cushioning Catch objects consistently Moves in line with the ball and absorbs the impact Attacking Dribbling and can change direction on command Shooting for accuracy Knows how to turn in different ways Defending How to jockey and slow an	Pull shot off a tee perched on a stump Straight drive off tee then from bounce Calling and running between wickets touching bat over and sliding on final run Batting stance and how to call for a run Ground fielding Catching on the move Getting in line with the ball and taking in line with the nose One handed swoop, pick up and underarm throw Walking in and being in a position of readiness. Bowling Bound and coil Knows which foot to

					behind the crease line.
					Wicket keeping
					Rising as ball hits the ground
					When to rise and how to cushion the impact
Vocabulary:	Vocabulary:	Vocabulary:	Vocabulary:	Vocabulary:	Vocabulary:
Skipping	Agility	Balancing	Accuracy	Attacking	Accuracy
Bouncing	Balance	Combination	Aiming	Avoiding	Strike
Travelling	Coordination	Control	Bounce	Defending	Throwing
Catching	Distance	Finishing Position	Force	Invasion	Catching
Receiving	Exercise	Formations	Overarm	Tactics	Bowling
Trapping	Jogging	Patches	Punt	Passing	Stance
Accuracy	Race	Points	Strike	Spatial Awareness	Wicketkeeper
Running	Running	Sequence	Target	Dodging	Back peddle
Height	Time	Spinning	Throwing	Travelling	Batting
Jumping	Warm Up	Transition	Underarm	Control	Concentration
		Year 2			
Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Theme: Target Games 3	Theme: Athletics	Theme: Gymnastics — Spinning,	Theme: Gymnastics –	Theme: Net and Wall Game	Theme: Invasion
Ü		Turning and Twisting	pathways	Skills 2	Game Skills 2
NC Reference:	NC Reference:	NC Reference:	NC Reference:	NC Reference:	NC Reference:
Participate in team games,	Master basic movements	Master basic movements	Master basic movements	Participate in team games,	Participate in team
developing simple tactics for	including running, jumping,	including running, jumping,	including running, jumping,	developing simple tactics for	games, developing
attacking and defending	throwing and catching, as	throwing and catching, as well	throwing and catching, as	attacking and defending	simple tactics for
J		as developing balance, agility and	well as developing balance,		attacking and
	well as developing balance,	and the state of t	agility and co-ordination, and		defending
	agility and co-ordination,		agining aria co-orainanion, ana		deteriaining

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	and begin to apply these in	co-ordination, and begin to apply	begin to apply these in a		
	a range of activities	these in a range of activities	range of activities		
Skills:	Skills:	Skills:	Skills:	Skills:	Skills:
Can link 3 or more	Joins in warm ups	Is able to change direction	Is able to travel around and	Can work creatively to show	Times runs to avoid
movements.	enthusiastically and can	without prompting and can	change direction frequently	different dynamics without	being caught
	work hard without needing	perform a wide range of	without colliding with others	prompting.	
Can articulate two or more	to take a break	fundamental movement skills			Is able to show clear
parts of a success criteria		accurately and consistently.	Is considerate to others and	Engages with others and	direction and a sense
for a skill.	Talks purposefully about		their ability level.	contributes to the group	of purpose.
	others' work explaining in	Is keen and performs without			
Demonstrates mastery of the	simple terms why they like	inhibition.	Plays with consideration for	Plays fairly and shows respect	Moves to space
overwhelming majority of	their work and what they		others	for opponents and decisions	without prompting to
the FMS	could do even better.	Can refocus quickly after a		made	receive a ball
		disappointment	Knows a variety of exercises		
Batting	Needs no encouragement to		which target different areas	Moving around court	Sending
Pull shot off a tee perched	join in and works	Knows a variety of exercises	of the body	Ready position with rackets	Pass and move
on a stump	determinedly	which target different areas of			accurately; one-twos
Straight drive off tee then	640	the body	Floor work	Moving forward, backwards and sideways	
from bounce	SAQ				Can move into space to receive from a
	Simple foot drills in ladders	Floor work	Can use a range of gymnastic	Knows the importance quickly	teammate
Calling and running	Knows how to cushion impact		techniques with control and	of getting into the right	teammate
between wickets touching bat	on knees	Can use a range of gymnastic	good technique	position to hit the ball back	
over and sliding on final		techniques with control and good	Can articulate the technical		Receiving
run	Skip using a rope in a	technique	process involved in executing	Racket control	Cushioning
Batting stance and how to	variety of ways	Can articulate the technical	movements		
call for a run		process involved in executing		Can keep ball balanced on	Catch objects
	Jumps	movements		racket and keep the ball	consistently
	1		Apparatus	under control.	Moves in line with
Ground fielding	Jump for height		Can change direction, work	Knows what height to strike	the ball and absorbs
Catching on the move	Standing long jump	Apparatus	at different levels and use the	the ball at	the impact
Getting in line with the ball	Run and jump over low	Can change direction, work at	floor space imaginatively.		,
and taking in line with the	hurdles	different levels and use the floor	Knows how to work safely		
nose	Trum wies	space imaginatively.	alongside others whilst	Range of shots	Attacking

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



Additional units taught by class teachers

Year I — Summer A	Year 2 – Spring A	
Theme: Dance — Under the Sea	Theme: Dance — Fire of London	
NC Reference: Perform dances using simple movement patterns.	NC Reference: Perform dances using simple movement patterns.	
Skills:	Skills:	
Can move from one action to another seamlessly. Can move from one action to another seamlessly. Can say what they liked about somebody's work and use some technical language Demonstrates an ability to move fluidly across a range of disciplines.	Can link 3 or more movements. Can articulate two or more parts of a success criteria for a skill. Needs no encouragement to join in and works determinedly. Choreography	
Choreography Can create a short series actions/movements from a range of stimuli including pictures,	Can create a short series actions/movements from a range of stimuli including pictures, poems, props or pieces of music.	
poems, props or pieces of music.	ACTION: travel, stillness and gesture	
ACTION: travel, stillness and gesture	SPACE: changes in level and direction	
SPACE: changes in level and direction	RELATIONSHIP: individually and with others with unison and mirror	
RELATIONSHIP: individually and with others with unison and mirror	DYNAMICS: changes in speed and weight of movement	
DYNAMICS: changes in speed and weight of movement	The state of the s	
	Performance	
Performance	Can perform individually and with others	
Can perform individually and with others	Enjoys dance and is engaged and motivated whilst dancing	
En joys dance and is engaged and motivated whilst dancing	Cam improve dance through timing and contro	
Cam improve dance through timing and control		
Vocabulary:	Vocabulary:	
Travel	Travel	
Stillness	Stillness	
Gesture	Gesture	
Direction	Direction	
Level	Level	
Unison	Unison	
Mirror	Mirror	

$\label{eq:Key-Stage-L-Physical} \textbf{Key Stage I-Physical Education Progression}$



Control