



Progression of skills  
KS1 PE at Nine Acres Primary



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>E Y F S</b>	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>*Can make single movements and combine these using different parts of the body.</li> <li>*With support remember, repeat and link phases and dances.</li> <li>*Repeat a sequence of moves, 4/8 to a beat and be able to repeat these consistently.</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>*Use the four basic shapes in sports specific gymnastic moves.</li> <li>*Develop basic balance, control and coordination when still and travelling.</li> <li>*Choose, link and remember actions, repeat accurately and consistently.</li> <li>*Find and use space safely</li> <li>*Use body to stretch &amp; tense muscles to ensure balance, coordination and travel.</li> </ul>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>*Run at different speeds whilst changing direction.</li> <li>*Take part in relays, knowing when to run and what to do.</li> <li>*Link running and jumping activities with some fluency, control and consistency.</li> <li>*Send a variety of objects, changing their action for accuracy and distance.</li> <li>*Create and repeat short sequence of linked jumps</li> </ul>	<p><b><u>Games</u></b></p> <ul style="list-style-type: none"> <li>*Use basic underarm, rolling and hitting skills, occasionally overarm.</li> <li>*Intercept, retrieve, stop, receive, track different equipment.</li> <li>*Move in line with ball to collect it.</li> <li>*Send, receive and strike a ball in variety of ways depending on game.</li> <li>*Decide where to stand to make it difficult for the opponent.</li> <li>*Describe how their body feels during games.</li> <li>*Describe what they and others are doing through peer and self-assessment.</li> <li>*Awareness of the importance for good health of physical exercise and diet.</li> </ul>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>*Run at different speeds whilst changing direction.</li> <li>*Take part in relays, knowing when to run and what to do.</li> <li>*Link running and jumping activities with some fluency, control and consistency.</li> <li>*Send a variety of objects, changing their action for accuracy and distance.</li> <li>*Create and repeat short sequence of linked jumps</li> </ul>	<p><b><u>Games</u></b></p> <ul style="list-style-type: none"> <li>*Use basic underarm, rolling and hitting skills, occasionally overarm.</li> <li>*Intercept, retrieve, stop, receive, track different equipment.</li> <li>*Move in line with ball to collect it.</li> <li>*Send, receive and strike a ball in variety of ways depending on game.</li> <li>*Decide where to stand to make it difficult for the opponent.</li> <li>*Describe how their body feels during games.</li> <li>*Describe what they and others are doing through peer and self-assessment.</li> <li>*Awareness of the importance for good health of physical exercise and diet.</li> </ul>

<p>Y E A R  1</p>	<p><u>Dance</u>  *Perform basic body actions; using different parts of the body singly and in combination.  *Show some sense of dynamic, expressive and rhythmic qualities in their own dance.  *Select movements for different dance ideas and be able to remember and repeat short dance phrases and simple dances.  *Move with control and vary the way they use space.  *Describe basic body actions and simple expressive and dynamic qualities of movement.</p>	<p><u>Gymnastics</u>  *Use the four basic shapes in sports specific gymnastic moves.  *Show basic balance, control and coordination when still and travelling.  *Choose, link and remember actions, repeat accurately and consistently.  *Find and use space safely  *Use body to stretch &amp; tense muscles to ensure balance, coordination and travel  *Describe the importance of a start and finish.</p>	<p><u>Athletics</u>  *Run at different speeds whilst changing direction.  *Take part in relays, knowing when to run and what to do.  *Link running and jumping activities with some fluency, control and consistency.  *Send a variety of objects, changing their action for accuracy and distance.  *Create and repeat short sequence of linked jumps.  *Compare running, sending and jumping and understand how to measure.  *Attempt to improve on previous performance.</p>	<p><u>Games</u>  *Use basic underarm, rolling and hitting skills, sometimes overarm.  *Intercept, retrieve, stop, receive, track different equipment.  *Move in line with ball to collect it.  *Send, receive and strike a ball in variety of ways depending on game.  *Choose where to stand to make it difficult for the opponent.  *Describe how their body feels during games.  *Describe what they and others are doing through peer and self-assessment.</p>	<p><u>Athletics</u>  *Run at different speeds whilst changing direction.  *Take part in relays, knowing when to run and what to do.  *Link running and jumping activities with some fluency, control and consistency.  *Send a variety of objects, changing their action for accuracy and distance.  *Create and repeat short sequence of linked jumps.  *Compare running, sending and jumping and understand how to measure.  *Attempt to improve on previous performance.</p>	<p><u>Games</u>  *Use basic underarm, rolling and hitting skills, sometimes overarm.  *Intercept, retrieve, stop, receive, track different equipment.  *Move in line with ball to collect it.  *Send, receive and strike a ball in variety of ways depending on game.  *Choose where to stand to make it difficult for the opponent.  *Describe how their body feels during games.  *Describe what they and others are doing through peer and self-assessment.</p>
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<b><u>Y</u></b> <b><u>E</u></b> <b><u>A</u></b> <b><u>R</u></b>  <b><u>2</u></b>	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>*Perform body actions with control and coordination.</li> <li>*Choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling.</li> <li>*Perform short dances linking actions. Remember and repeat dance phases using dynamic and expressive qualities clearly.</li> <li>*Work well in groups and describe the mood, feelings and expressive qualities of dance.</li> <li>*Suggest ways they could improve their work.</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>*Use the four basic shapes in sports specific gymnastic moves.</li> <li>*Show basic balance, control and coordination when still and travelling.</li> <li>*Choose, link and remember actions, repeat accurately and consistently.</li> <li>*Find and use space safely</li> <li>*Use body to stretch &amp; tense muscles to ensure balance, coordination and travel</li> <li>*Describe the importance of a start and finish.</li> </ul>	<p><b><u>Cricket</u></b></p> <ul style="list-style-type: none"> <li>*Use a few skills with control and reasonable accuracy.</li> <li>*Hit a stationary ball, retrieve and send it when fielding.</li> <li>*Use a small range of skills and tactics in games, putting forward up with sensible solutions to improve.</li> <li>*Describe what they need to do to get ready to play games.</li> <li>*Follow warm ups and have some understanding what happens to their bodies as they take part.</li> <li>*Carry out activities to improve their work and understand why they are useful.</li> </ul>	<p><b><u>Handball</u></b></p> <ul style="list-style-type: none"> <li>*Show awareness of teammates and opponents when playing games.</li> <li>*With increasing confidence perform basic skills of rolling, sending, receiving, striking.</li> <li>*Make appropriate choices in applying skills in variety of games.</li> <li>*Work well collaboratively to improve their skills.</li> <li>*Describe how their body works and feels during games.</li> <li>*Use a variety of simple tactics.</li> </ul>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>*Individually and in teams perform slow, medium and fast activities</li> <li>*Show an understanding and decide when to run in relay activities</li> <li>*With some fluency, control and consistency link running and jumping activities.</li> <li>*Being able to repeat and refine these.</li> <li>*Send a variety of objects, showing an understanding how to change action for accuracy and distance.</li> <li>*Be able to describe how to run, send and jump.</li> <li>*Explain how to use different means of measure to improve on previous performance.</li> </ul>	<p><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>*Show awareness of teammates and opponents when playing games.</li> <li>*With increasing confidence perform basic skills of rolling, sending, receiving, striking.</li> <li>*Make appropriate choices in applying skills in variety of games.</li> <li>*Work well collaboratively to improve their skills.</li> <li>*Describe how their body works and feels during games.</li> <li>*Use a variety of simple tactics.</li> </ul>
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