



Progression of skills

KS1 PE at Nine Acres Primary



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
E Y S	<p><u>Dance</u></p> <ul style="list-style-type: none"> *Can make single movements and combine these using different parts of the body. *With support remember, repeat and link phases and dances. *Repeat a sequence of moves, 4/8 to a beat and be able to repeat these consistently. 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> *Use the four basic shapes in sports specific gymnastic moves. *Develop 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 & tense muscles to ensure balance, coordination and travel. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> *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 	<p><u>Games</u></p> <ul style="list-style-type: none"> *Use basic underarm, rolling and hitting skills, occasionally 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. *Decide 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. *Awareness of the importance for good health of physical exercise and diet. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> *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 	<p><u>Games</u></p> <ul style="list-style-type: none"> *Use basic underarm, rolling and hitting skills, occasionally 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. *Decide 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. *Awareness of the importance for good health of physical exercise and diet.

<p>Y E A R 1</p>	<p><u>Dance</u></p> <ul style="list-style-type: none"> *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><u>Gymnastics</u></p> <ul style="list-style-type: none"> *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 & tense muscles to ensure balance, coordination and travel *Describe the importance of a start and finish. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> *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><u>Games</u></p> <ul style="list-style-type: none"> *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><u>Athletics</u></p> <ul style="list-style-type: none"> *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><u>Games</u></p> <ul style="list-style-type: none"> *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.
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<p>Y E A R 2</p>	<p><u>Dance</u> *Perform body actions with control and coordination. *Choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling. *Perform short dances linking actions. Remember and repeat dance phases using dynamic and expressive qualities clearly. *Work well in groups and describe the mood, feelings and expressive qualities of dance. *Suggest ways they could improve their work.</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 & tense muscles to ensure balance, coordination and travel *Describe the importance of a start and finish.</p>	<p><u>Cricket</u> *Use a few skills with control and reasonable accuracy. *Hit a stationary ball, retrieve and send it when fielding. *Use a small range of skills and tactics in games, putting forward up with sensible solutions to improve. *Describe what they need to do to get ready to play games. *Follow warm ups and have some understanding what happens to their bodies as they take part. *Carry out activities to improve their work and understand why they are useful.</p>	<p><u>Handball</u> *Show awareness of teammates and opponents when playing games. *With increasing confidence perform basic skills of rolling, sending, receiving, striking. *Make appropriate choices in applying skills in variety of games. *Work well collaboratively to improve their skills. *Describe how their body works and feels during games. *Use a variety of simple tactics.</p>	<p><u>Athletics</u> *Individually and in teams perform slow, medium and fast activities *Show an understanding and decide when to run in relay activities *With some fluency, control and consistency link running and jumping activities. *Being able to repeat and refine these. *Send a variety of objects, showing an understanding how to change action for accuracy and distance. *Be able to describe how to run, send and jump. *Explain how to use different means of measure to improve on previous performance.</p>	<p><u>Football</u> *Show awareness of teammates and opponents when playing games. *With increasing confidence perform basic skills of rolling, sending, receiving, striking. *Make appropriate choices in applying skills in variety of games. *Work well collaboratively to improve their skills. *Describe how their body works and feels during games. *Use a variety of simple tactics.</p>
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