



Progression of skills  
KS1 PE at Nine Acres Primary



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>E Y S</b>	<b><u>Dance</u></b> *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.	<b><u>Gymnastics</u></b> *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.	<b><u>Athletics</u></b> *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	<b><u>Games</u></b> *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.	<b><u>Athletics</u></b> *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	<b><u>Games</u></b> *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><b>Y E A R</b></p> <p><b><u>1</u></b></p>	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>*Perform basic body actions; using different parts of the body singly and in combination.</li> <li>*Show some sense of dynamic, expressive and rhythmic qualities in their own dance.</li> <li>*Select movements for different dance ideas and be able to remember and repeat short dance phrases and simple dances.</li> <li>*Move with control and vary the way they use space.</li> <li>*Describe basic body actions and simple expressive and dynamic qualities of movement.</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>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> <li>*Compare running, sending and jumping and understand how to measure.</li> <li>*Attempt to improve on previous performance.</li> </ul>	<p><b><u>Games</u></b></p> <ul style="list-style-type: none"> <li>*Use basic underarm, rolling and hitting skills, sometimes 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>*Choose 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> </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> <li>*Compare running, sending and jumping and understand how to measure.</li> <li>*Attempt to improve on previous performance.</li> </ul>	<p><b><u>Games</u></b></p> <ul style="list-style-type: none"> <li>*Use basic underarm, rolling and hitting skills, sometimes 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>*Choose 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> </ul>
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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>	<b><u>Dance</u></b> *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.	<b><u>Gymnastics</u></b> *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.	<b><u>Cricket</u></b> *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.	<b><u>Handball</u></b> *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.	<b><u>Athletics</u></b> *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.	<b><u>Football</u></b> *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.
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