



Progression of Knowledge, Skills and Understanding - PE

	Year 1	Year 2
Fundamental Skills taught through games, gymnastics, dance and Real PE lessons.	Ball bounce Roll Side gallop Skip Kick	Leap Foot dribble Overarm throw Two handed strike Dodge
	Year 1	Year 2
Real PE Personal skills Social skills Cognitive skills Creative skills Physical skills Health and fitness	Keep trying when I don't succeed Ask for help when it is needed Work on tasks alone. Follow instructions and practise safely. Praise and encourage others. Work sensibly, taking turns and sharing. Order instructions, movements and skills. Explain why someone is working well. Recognise similarities and differences in. someone's performance. Name things I am good at. Follow simple rules. Select and link together movements linked to a theme. Explore and describe simple movements. Compare simple movements with others. Perform simple movements with changes. in level, direction and speed. Perform movements with consistency and control. Link 2 movements together.	Stay on task. Stay on task with help. Keep trying. Play games with others, with help. Understand others. Help and encourage each other. Follow instructions. Observe and describe. Recognise and order. Compare and develop. Explore and describe. Observe and copy. Perform simple sequences. Perform single skills. Travel in different ways. Describe simple changes. Practise safely. Explain benefits of exercise.

	<p>Use equipment appropriately and land safely. Explain how the body feels during and after exercise. Be aware of why exercise is good for your health.</p>	
	Year 1	Year 2
<h2>Gymnastics</h2> <p>NC - To master basic movements, developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>To perform dances using simple movement patterns.</p>	<p>Master 10 gym shapes.</p> <ul style="list-style-type: none"> • Check knowledge of gym shapes <p>Perform correct shape on demand.</p> <p>Learn a sequence and link movements .</p> <ul style="list-style-type: none"> • Do the children know what the word sequence means? <p>Perform smooth transitions from one move to next.</p> <ul style="list-style-type: none"> • Check children's understanding of the word perform. <p>Perform a sequence in correct order.</p> <p>Lift and carry equipment safely.</p> <ul style="list-style-type: none"> • Check children know what safely means. <p>To master 10 gymnastics shapes on the apparatus.</p> <p>Adapt sequence from the floor to apparatus.</p> <p>To add a balance into sequence on apparatus.</p>	<p>Master and perform 10 gym shapes.</p> <ul style="list-style-type: none"> • Do the children know the 10 gym shapes? <p>Show new and safe ways of travelling into and out of moves.</p> <p>Work cooperatively with a partner in developing a floor sequence.</p> <ul style="list-style-type: none"> • Check knowledge of sequence. <p>Use mirroring to develop partner work.</p> <ul style="list-style-type: none"> • Check knowledge of the term mirroring. <p>Work cooperatively in a small group, transferring a sequence to benches from floor.</p> <p>Transfer the idea sequence work from floor to benches safely.</p> <p>Show good flow and linking during the sequence</p> <p>Explore levels in equipment.</p> <p>Demonstrate safety when working.</p> <ul style="list-style-type: none"> • Check knowledge of using equipment and setting up in a safe way. • Check safety rules etc
<h2>Games</h2> <p>NC - To participate in team games, developing simple tactics for attacking and defending.</p> <p>To master basic movements including running, jumping,</p>	<p>Demonstrate rolling accurately.</p> <ul style="list-style-type: none"> • Check the knowledge and technique of rolling <p>Work collaboratively with a partner.</p> <ul style="list-style-type: none"> • Check knowledge of collaboration – what does it mean to work collaboratively? <p>Understand the importance of warming up</p> <ul style="list-style-type: none"> • Check knowledge of warming up – why do we warm up? <p>Kick a ball with some accuracy.</p> <ul style="list-style-type: none"> • What does accuracy mean? 	<p>Play sending games with a partner and small group.</p> <p>Show different ways of using a bat and ball by yourself.</p> <p>Demonstrate hitting a ball to a partner.</p> <p>Play a striking and fielding game.</p> <p>Demonstrate throwing and catching in a small group, stationary and moving.</p> <p>Play a throwing and catching game in a small group.</p> <p>Introduce defenders into game.</p> <ul style="list-style-type: none"> • Check children understand what a defender is. • What does the term defend mean?

<p>throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Throw, catch and bounce with developing accuracy to self and partner.</p> <ul style="list-style-type: none"> • Check knowledge of the three skills throw, catch and bounce. • Can the children do each skill with different sized balls? • Can they know demonstrate an underarm throw? • Do they know how to catch with two hands? <p>To begin to identify own next steps. Create games which include developing skills. Hold a bat correctly, use to move a ball. Begin to use a bat and ball/racket and ball with some accuracy. Begin to identify next steps of a partner.</p>	<p>Demonstrate dribbling a ball, by self, with partner, small group and with defender.</p> <ul style="list-style-type: none"> • What does the term dribble mean? What does it look like? <p>Demonstrate throwing and catching a small ball over a net to a partner using bouncing. Show different ways of balancing and tapping a ball into the air by yourself. Demonstrate tapping the ball over the “net” so your partner can catch it.. Know and play a simple cooperative bat and ball game.</p>
<p>Dance</p> <p>NC - To perform dances using simple movement patterns.</p>	<p>Move in different ways to a given beat.</p> <ul style="list-style-type: none"> • Do the children know what a beat is? <p>Develop movement skills using a stimulus. Perform and discover different movements. Discuss and notice changes to body when moving.</p>	<p>Move in different ways to a given beat. Perform and discover different movements, different heights, parts of the body. Respond to music as a stimulus. Develop partner and group work. Use music to remember movements and repetitive sequences.</p> <ul style="list-style-type: none"> • Check knowledge of a repetitive sequence.