

Progression of Skills and Knowledge KS1 PE

Name:

Notes:

	Year 1	Year 2
Dance	- perform own dance moves - copy or make up a short dance - move safely in a space - start and stop movement using music	- change rhythm, speed, level and direction in dance - make a sequence by linking sections together - use dance to show a mood or feeling - perform in a small group to others
Gymnastics	- make their body curled, tense, stretched and relaxed - control body when travelling and balancing - copy sequences and repeat them - roll, curl, travel and balance in different ways - use under and over to move differently	- plan and perform a sequence of movements - improve sequence based on feedback - think of more than one way to create a sequence which follows some 'rules' - start and finish using a gymnast position - safely attempt a variety of jumps with moderate control
Basic movement and team games	In Football children will: - kick in different ways using different objects - coordinate their body with control - move around an area without collision and stop in a space - be able to change direction on command - move in different directions copying various movements In Dodgeball children will: - throw underarm towards a target - throw in different ways using different objects - coordinate their body with control - move around an area without collision and stop in a space - move in different directions copying various movements In Rounders children will: - throw underarm towards a target - coordinate their body with control - move around an area without collision and stop in a space - be able to change direction on command	In Badminton children will: - use hitting in a game - decide the best space to be in during a game - use a tactic in a game - follow rules - aim towards a target with moderate accuracy - Move in different ways, identify these and know how they look - Show fairness and respect to others In Football children will: - use kicking in a game - decide the best space to be in during a game - use a tactic in a game - follow rules In Dodgeball children will: - use throwing and/or rolling in a game - decide the best space to be in during a game - use a tactic in a game - follow rules - be able to catch from a low height and a close throw - throw towards a target with moderate accuracy - move in different ways, identify these and know how they look - show fairness and respect to others
Athletics	- throw underarm towards a target - throw in different ways using different objects - coordinate their body with control - move around an area without collision and stop in a space - be able to change direction on command - jump and land with control - move in different directions copying various movements	- use hitting, throwing and/or rolling in an activity - follow rules - be able to catch from a low height and a close throw - throw towards a target with moderate accuracy - move in different ways, identify these and know how they look - agility - change direction at speed to avoid chasers - show fairness and respect to others