

## PE Skills Progression Year 1

Year 1	Invasion Games (Competitive Sports)	Gymnastics	Dance	Net and Wall	Striking and Fielding	Multiskills and athletics	Outdoor/Forest School
Key Skills	<p>To be confident and keep themselves safe in the space in which an activity/game is being played.</p> <ul style="list-style-type: none"> <li>• Explore and use skills, actions and ideas individually and in combination to suit the game that is being played.</li> <li>• Show ability to work with a partner in throwing and catching games.</li> <li>• Choose and use skills effectively for particular games:               <ul style="list-style-type: none"> <li>-Throw a ball accurately to a target using increasing control.,</li> <li>-Explore throwing</li> </ul> </li> </ul>	<p>Explore and perform gymnastic actions (pencil/straight, tuck, star, pike, dish and arch) and still shapes.</p> <ul style="list-style-type: none"> <li>• Move confidently and safely in their own and general space, using change of speed and direction.</li> <li>• Copy, create and link movement phrases with beginnings, middles and ends.</li> <li>• Perform movement phrases using a range of body actions and body parts.</li> <li>• Explore making their body tense, relaxed, stretched and curled.</li> <li>• Can they explore different ways of stretching,</li> </ul>	<p>Explore movement ideas and respond imaginatively to a range of stimuli.</p> <ul style="list-style-type: none"> <li>• Move confidently and safely in their own general space using changes of speed level and direction.</li> <li>• Compose and link movements to make simple beginnings, middles and ends.</li> </ul> <p>Perform movement phrases using a range of body actions and body parts.</p>	<p>To be confident and keep themselves safe in the space in which an activity/game is being played. Explore and use skills, actions and ideas individually and in combination to suit the game that is being played. Show ability to work with a partner in throwing and catching games. .</p> <ul style="list-style-type: none"> <li>• Hit a ball with control using an appropriate object.</li> </ul>	<p>To be confident and keep themselves safe in the space in which an activity/game is being played.</p> <ul style="list-style-type: none"> <li>• Explore and use skills, actions and ideas individually and in combination to suit the game that is being played.</li> <li>• Show ability to work with a partner in throwing and catching games.</li> <li>• Choose and use skills effectively for particular games:               <ul style="list-style-type: none"> <li>-Throw a ball accurately underarm to a target using increasing control.</li> <li>-Show increasing control when rolling an object, using a technique.</li> </ul> </li> </ul>	<p>Remember, repeat and link combinations of actions. Use their bodies and a variety of equipment with greater control and co-ordination.</p> <ul style="list-style-type: none"> <li>• Develop the following skills with increasing accuracy and velocity:               <ul style="list-style-type: none"> <li>-Explore and throw a variety of objects with one hand.</li> <li>-Jump from a stationary position with control.</li> <li>-Change speed and direction whilst running</li> </ul> </li> </ul>	<p>Observational sessions to see how children interact with each other and become curious around the natural world. Den building, imagination through play with sticks, mud, leaves etc. Leaf I.D.</p>

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	and catching in different ways. -Explore kicking in different ways with increasing control	balancing, rolling, and travelling			-Hit a ball with control using an appropriate object Explore throwing and catching in different ways		
When Taught and who by (black - sports coach) (green - class teacher)	Summer 2 Invasion games  Autumn 1 Football  Autumn 2 Basketball  Summer 2 Tag Rugby	Autumn 2 Gymnastics	Spring 1 Dance  Spring 2 Yoga	Autumn 1 - ball skills - throwing and catching	Spring 1 Ball skills & Games	Summer 1 Circuit training  Spring 2 Athletics  Summer 1 Athletics (running)	Autumn 1 & 2 Spring 1 & 2 Wednesdays PM Thursdays Am
Key Vocab	All children should engage in competitive sports and activities and demonstrate positive 'sportsmanship' skills and values.	Children should master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin	Children should perform dances using simple movement patterns. Respond to different music showing a range	Throwing safely. Listening to key rules. Underarm/overarm.	Children should use a range of communication skills to enhance Teamwork. Cricket, rounders,baseball, softball, kickball,golf)	Vary speed of running based on commands given. Use comparative language i.e. faster, longer, and be able to physically	Children encouraged to 'manage their own risk', make safety decisions independently and in groups. Fire safety.



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	Participation in team games, developing simple tactics for attacking and defending.	to apply these in a range of activities	of emotions and stimulus.				
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