



Progression in PE 2021

Being a Sports Person

	F2	Key Stage 1	
SKILLS			
Multi-skills	<p>To begin to explore different ways of balancing.</p> <p>To practise short distance running.</p> <p>To show an increased control over an object by throwing, catching, kicking, passing, batting and aiming it.</p> <p>To bounce and catch own ball.</p>	<p>To explore different balances and understand the concept of bases.</p> <p>To combine a number of co-ordination drills, using upper and lower body movements.</p> <p>To aim a variety of balls and equipment accurately.</p> <p>To time running to stop or intercept the path of a ball.</p> <p>To travel in different ways.</p> <p>To travel in different directions with control and care.</p> <p>To practise ABC – agility, balance and coordination at circuit stations.</p>	<p>To explore static balancing and understand the concept of bases.</p> <p>To combine a number of co-ordination drills, using upper and lower body movements.</p> <p>To aim a variety of balls and equipment with increased accuracy.</p> <p>To time running to stop or intercept the path of a ball.</p> <p>To travel in different ways, showing clear transitions between movements.</p> <p>To travel in different with control and fluency.</p> <p>To practise ABC - agility, balance and coordination at circuit stations.</p>
Gymnastics	<p>To experiment with different ways of moving.</p> <p>To jump off an object and land appropriately.</p> <p>To travel with confidence around, under, over and through balancing and climbing equipment.</p> <p>To develop overall body-strength, balance, co-ordination and agility.</p>	<p>To explore movement actions with control and link them together with flow.</p> <p>To explore gymnastic movements and shapes.</p> <p>To explore different movements with control and link together with flow.</p> <p>To choose and use simple shapes and balances by creating and performing sequences.</p> <p>To repeat and link combinations of gymnastic movements.</p>	<p>To remember and repeat simple gymnastic actions with control.</p> <p>To balance on isolated parts of the body using the floor and hold balance.</p> <p>To develop a range of gymnastic moves, particularly balancing.</p> <p>To link together a number of gymnastic actions into a sequence.</p> <p>To explore ways of travelling around on large apparatus.</p>



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<p>Dance</p>	<p>To represent their own ideas, thoughts and feelings through dance.</p> <p>To make music and dance and experiment with ways of changing them.</p> <p>To begin to explore travelling in different ways.</p> <p>To negotiate space safely.</p>	<p>To change direction during travelling moves.</p> <p>To link travelling moves that change direction to level.</p> <p>To use a variety of moves that change speed and direction.</p> <p>To link moves together.</p> <p>To explore basic body patterns and movements to music.</p>	<p>To explore different levels and speeds of movements.</p> <p>To compose and perform simple dance sequences.</p> <p>To show contracts in simple dances with good body shape and position.</p> <p>To develop a range of dance movements and improve timing.</p> <p>To work to music, creating movements that show rhythm and control</p>
<p>Athletics</p>	<p>To begin to travel with speed.</p> <p>To use varying speeds when running.</p> <p>To negotiate space when racing.</p>	<p>To use varying speeds when running.</p> <p>To explore footwork patterns.</p> <p>To explore different jumping and throwing techniques.</p> <p>To practise short distance running.</p>	<p>To run with confidence.</p> <p>To learn the best jumping techniques for distance.</p> <p>To throw different objects in a variety of ways.</p> <p>To hurdle an obstacle and maintain effective running style.</p> <p>To run for distance.</p> <p>To complete and obstacle course with control and agility.</p>
<p>Game Skills</p>	<p>To negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>To be able to throw underarm.</p> <p>To roll a piece of equipment.</p> <p>To travel and stop safely.</p> <p>To catch with both hands.</p>	<p>To negotiate space successfully within a game.</p> <p>To develop basic sending and receiving techniques.</p> <p>To make use of coordination, accuracy and weight transfer.</p> <p>To develop receiving skills.</p> <p>To use ball skills in game-based activities</p>	<p>To decide the best space to be in a space.</p> <p>To use hand-eye coordination to control a ball.</p> <p>To catch a variety of objects.</p> <p>To vary types of throw.</p> <p>To kick / travel with a ball.</p> <p>To develop catching and dribbling skills.</p> <p>To use hitting, kicking and/or rolling in a game.</p>



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<p>Striking + Fielding</p>	<p>To show an increased control over an object by throwing, catching, kicking, passing, batting and aiming it.</p> <p>To be able to throw and catch a large ball.</p>	<p>To practise basic striking, sending and receiving.</p> <p>To explore different methods of throwing.</p> <p>To use throwing and catching skills in a game.</p> <p>To strike with a racket or bat.</p> <p>To play a game fairly and in a sporting manner.</p> <p>To use fielding skills to play a game.</p>	<p>To position the body to strike a ball.</p> <p>To further develop throwing and catching skills within a game.</p> <p>To practise accuracy of throwing and consistent catching.</p> <p>To develop racket or bat skills.</p> <p>To play a game fairly and in a sporting manner.</p> <p>To use fielding skills to play a game.</p>
<p>KEY KNOWLEDGE</p>	<p>To know why and how to jump and land safely.</p> <p>To know how to keep safe when running around a space.</p> <p>To know what happens to our body when we exercise.</p>	<p>To know why to jump and land safely.</p> <p>To know how to keep safe when running around a space.</p> <p>To know what happens to our body when we exercise.</p> <p>To know different throwing techniques.</p> <p>To know how to receive a ball correctly.</p> <p>To know the different shapes and movements in gymnastics.</p> <p>To know why balance and control is important during movements.</p> <p>To know and understand how to work in a team and to display sportsmanship.</p>	<p>To know how to stay safe when doing physical activity including warm-ups and cool – downs.</p> <p>To know different throwing and catching techniques.</p> <p>To know what techniques to use to stop a ball with your feet.</p> <p>To know the different shapes and movements in gymnastics.</p> <p>To know why balance and control is important during movements.</p> <p>To know and understand how to work in a team and to display sportsmanship.</p>
<p>Key Vocabulary</p>	<p>Levels, speed, direction, shapes, running, jumping, throw, catch</p>	<p>control, shapes, agility, balance, co-ordination, tuck, straddle, pike, roll, throw, catch</p>	<p>Control, Shapes, Agility, Balance, Co-ordination, Tuck, straddle, pike, roll, tactics, counter-balance.</p>
<p>Links with Learning Powers</p>	<p>Resilience: Building resilience through competitive games and competitions. Physically challenging activities.</p> <p>Respect: Showing respect through working with and against others in a competitive environment, watching, performing and giving feedback to others.</p> <p>Reciprocity: Opportunities to work in pairs or teams to sequence dances, play games, balances or performances.</p> <p>Reflectiveness: Opportunities to think back to previous learning, apply their skills in other areas or sport or performance. A range of peer and self-assessment opportunities.</p> <p>Resourcefulness: Being resourceful by finding solutions to problems during games or performing routines</p>		