

PE Progression Overview Key Stage 1

Cycle A and B



Year Groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><u>Dance: Fire dance</u></p> <p>Link movement to sound and music Copies and explores basic movements and body patterns</p> <p>Cycle A outcome: Great Fire of London Dance</p> <p>Cycle B outcome: Perform dance to Katy Perry 'Firework'</p>	<p><u>Gym: Balance and travelling</u> Floor work, mats Copies and explores basic movements with some control and coordination</p> <p>Balances with some control</p> <p>Perform a jump and roll</p> <p>Can use equipment safely</p> <p><i>PB: Time can balance on one leg and hopping a set distance timed</i></p>	<p><u>Gym: sequence travelling using mat, bench and box</u></p> <p>Performs at different levels: mat, bench, lower boxes Can mount travel and dismount On low apparatus with balance and control with different body shapes: 5 basics</p> <p>Can link 2-3 simples movements individually</p> <p><i>PB: Jumping with two feet together for a distance of 4 metres and balancing on bottom with arms and legs straight and up in the air</i></p>	<p><u>Dance: Country dancing/ Story telling through dance</u></p> <p>Copies and explores basic movements and body patterns Remembers simple movements and dance steps Responds to range of stimuli</p>	<p><u>Dance May dancing</u></p> <p>Copies and explores basic movements and body patterns Remembers simple movements and dance steps Responds to range of stimuli Skipping in rhythm</p>	<p><u>Skills: Sports day skills</u></p> <p>Can start and finish a race correctly Can run at different speeds Can jump from a standing position Performs a variety of throws with basic control</p> <p><i>PB: Can demonstrate jumping forward with power to land with balance and control</i></p>
Year 2	<p><u>Dance</u></p> <p>Can demonstrate a start and stop position and repeat several motifs to a beat of 8.</p> <p>Explore movements and body patterns.</p> <p>Respond through dance to a piece of music.</p>	<p><u>Gym</u></p> <p>Can demonstrate the 4 body shapes linking them together with fluidity.</p> <p>Explore movements with increased control and co-ordination.</p> <p>Perform balances with increasing control.</p> <p><u>Outcome: Perform sequence with beginning middle and end with a range of shapes – tuck, pike, straddle etc.</u></p>	<p><u>Dance</u></p> <p>Can tell a story and using face and body to show emotion and how they are feeling.</p> <p>Begin to link dance movements together.</p>	<p><u>Gym</u></p> <p>Can perform a range of simple jumps eg. Hopping, straight jump, 1 to 2 feet, 2 – 1 foot</p> <p>Can perform a travelling movement.- hopping, sliding, marching</p> <p>Can incorporate all the body shapes on low apparatus.</p> <p><u>Outcome: To perform a range of shaped jumps off a range of low apparatus.</u></p>	<p><u>Dance – May Dancing</u></p> <p>Copies and explores movements and body patterns</p> <p>Remembers movements and dance steps</p> <p>Responds to a range of stimuli</p> <p>Can perform to an audience.</p>	<p><u>Gym</u></p> <p>Can perform and repeat a sequence of moves linked together individually and a small group.</p> <p>Can perform and repeat a sequence of moves linked together with balance and control.</p> <p><u>Outcome: Perform a sequence in response to a piece of music using travelling, and a range of simple jumps and shapes.</u></p>

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<u>Games - Football</u>	<u>Games - Netball</u>	<u>Games - Basketball</u>	<u>Games - Tennis</u>	<u>Dance May Dancing</u>	<u>Skills – Sports Day</u>
<p>Can send a ball down to receive and travel individually (basketball dribble).</p> <p>Can send to a group member with accuracy and travel to make forward progress.</p> <p>Can send and receive a ball in a small group to keep away from an opponent.</p>	<p>Can send a small ball in a variety of ways to themselves or a peer.</p> <p>Can receive a small ball in a variety of ways from themselves or a peer.</p> <p>Can send with accuracy and develop technique/power accordingly.</p>	<p>Can change direction and dodge effectively with fluidity.</p> <p>Can identify the difference between defending and attacking and principles needed for both.</p> <p>Can apply very simple tagging (defending) tactics as part of a small team.</p>	<p>Can strike a tennis ball from own hand with other hand towards a target.</p> <p>Can strike a large and small ball forward when sent towards them and travel.</p> <p>Can receive and retrieve a ball high or low that has been struck, sending quickly to a target.</p>	<p>Can perform as part of a small group to a small audience and highlight positive movements and evaluate others performance.</p>	<p>Can demonstrate a variety of speeds for different running lengths.</p> <p>Can stand and jump and run and jump forward to land with balance and control.</p> <p>Can apply FOM's & FMS's to tasks in relay activities.</p>