

# PE Skills Progression KS1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	Team games / Gymnastics	Ball Skills	Gymnastics / team Games 2	Athletics / Bat and Ball	Athletics	Dance / Ball Skills
<b>Year 2</b>	Team games / Gymnastics	Ball Skills	Gymnastics / team Games 2	Athletics / Bat and Ball	Athletics	Dance / Ball Skills

NC Key Stage 1	Year 1	Year 2
Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<p>Introduce:</p> <ul style="list-style-type: none"> <li>games and drills to develop ball skills</li> <li>stamina and Hand/Foot/Eye co-ordination</li> <li>speed, accuracy and striking technique.</li> <li>simple skills to use in invasion games</li> <li>travel, carry, pass, delivery and special awareness</li> <li>basic competitive game skills</li> </ul>	<p>Introduce:</p> <ul style="list-style-type: none"> <li>simple athletic skills and activities</li> <li>games and drills to develop ball skills</li> </ul> <p>Develop:</p> <ul style="list-style-type: none"> <li>Speed, jumping and throwing</li> <li>CV, stamina, Hand/Foot/Eye co-ordination, accuracy and striking technique</li> <li>basic competitive game skills</li> </ul> <p>Help children achieve greater speed, height, distance and accuracy</p>
Participate in team games, developing simple tactics for attacking and defending	<p>Introduce:</p> <ul style="list-style-type: none"> <li>simple team games and invasion games</li> <li>avoiding physical contact with others</li> <li>moving into space independently</li> <li>working with team-mates</li> <li>participating in competitive games.</li> </ul>	<p>Introduce:</p> <ul style="list-style-type: none"> <li>simple skills to use in invasion games</li> <li>basic invasion game playing skills</li> </ul> <p>Develop:</p> <ul style="list-style-type: none"> <li>CV/stamina, travel, carry, pass, delivery and special awareness</li> <li>basic competitive game skills</li> </ul> <p>Children will become more confident and competent in basic competition, and able to play invasion games.</p>

<p>Perform dances using simple movement patterns.</p>	<p>Introduce:</p> <ul style="list-style-type: none"> <li>• Copy and repeat actions</li> <li>• Use simple choreographic devices such as unison, canon and mirroring.</li> <li>• Begin to improvise independently to create a simple dance.</li> </ul>	<p>Introduce:</p> <ul style="list-style-type: none"> <li>• Copy, remember and repeat actions.</li> <li>• Create a short motif inspired by a stimulus.</li> </ul> <p>Develop:</p> <ul style="list-style-type: none"> <li>• Move in time to music.</li> <li>• Change the speed and level of their actions.</li> </ul>
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