

## Year 1 - Progression of Knowledge and Skills- PE

| Term  | Knowledge   | Skills  |
|---|---|---|
| <p style="text-align: center;"><b>Autumn 1</b></p> <p style="text-align: center;"><b>Topic: Fundamental Movement Skills Games (Ball Control)</b></p> <p style="text-align: center;"><b>Motor Competence Rules, Strategies and Tactics</b></p> <p style="text-align: center;"><b>Healthy Participation</b></p> | <p><b>Running:</b> understand that bending my knees will help me to change direction. Understand that if I swing my arms it will help me to run faster.</p> <p><b>Balancing:</b> know that looking ahead will help me to balance. Know that landing on my feet helps me to balance.</p> <p><b>Jumping:</b> know that landing on the balls of my feet helps me to land with control.</p> <p><b>Hopping:</b> know that I should hop with a soft bent knee.</p> <p><b>Skipping:</b> know that I should use the opposite arm to leg when I skip. Know that jumping on the balls of my feet helps me to keep a consistent rhythm.</p> <p><b>Games:</b></p> <p><b>Sending:</b> know to face my body towards my target when rolling and throwing underarm to help me to balance.</p> <p><b>Catching:</b> know to watch the ball as it comes towards me.</p> <p><b>Tracking:</b> know to move my feet to get in the line with the ball.</p> <p><b>Dribbling:</b> know that moving with a ball is called dribbling.</p> <p><b>Rules:</b> Understand and follow simple rules to play games, including team games.</p> | <p><b>Running:</b> explore changing direction and dodging. Discover how the body moves at different speeds.</p> <p><b>Balancing:</b> move with some control and balance. Explore stability and landing safely.</p> <p><b>Jumping:</b> demonstrate control in take off and landing when jumping.</p> <p><b>Hopping:</b> begin to explore hopping in different directions.</p> <p><b>Skipping:</b> show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.</p> <p><b>Games:</b></p> <p><b>Sending:</b> roll and throw with some accuracy towards a target. Throw underarm and overarm. Pass the ball to another player in a game</p> <p><b>Catching:</b> Catch with two hands. Catch after a bounce. Practise accurate throwing and consistent catching.</p> <p><b>Tracking:</b> track a ball being sent directly.</p> <p><b>Dribbling:</b> explore dribbling with hands and feet. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</p> <p><b>Health and fitness:</b> Describe how the body feels before, during and after exercise. Carry and place equipment safely. Move safely around the space and equipment.</p> |



## Year 1 - Progression of Knowledge and Skills- PE

| Term   | Knowledge  | Skills   |
|--|--|--|
| <p data-bbox="275 458 443 494">Autumn 2</p> <p data-bbox="206 576 512 675">Topic: Gymnastics<br/>(Balance &amp; Agility)</p> <p data-bbox="188 753 537 968">Motor Competence<br/>Rules, Strategies and<br/>Tactics<br/>Healthy Participation</p> | <p data-bbox="698 396 1411 486"><b>Shapes:</b> understand that I can improve my shapes by extending parts of my body.</p> <p data-bbox="698 501 1411 591"><b>Balances:</b> know that balances should be held for 5 seconds.</p> <p data-bbox="698 605 1411 695"><b>Rolls:</b> understand that there are different teaching points for different types of rolls.</p> <p data-bbox="698 709 1411 799"><b>Jumps:</b> know that landing on the balls of my feet helps me to land with control.</p> <p data-bbox="698 813 1411 948"><b>Strategy:</b> know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.</p> | <p data-bbox="1437 396 2252 531"><b>Shapes:</b> explore using shapes in different gymnastic balances. Explore basic shapes straight, tuck, straddle, pike</p> <p data-bbox="1437 545 2226 694"><b>Balances:</b> remember, repeat and link combinations of gymnastic balances. Perform balances making my body tense, stretched and curled.</p> <p data-bbox="1437 708 2099 798"><b>Rolls:</b> explore barrel, straight and forward roll progressions.</p> <p data-bbox="1437 812 2226 902"><b>Jumps:</b> explore shape jumps including jumping off low apparatus</p> <p data-bbox="1437 916 2175 1051"><b>Health and fitness:</b> Describe how the body feels before, during and after exercise. Carry and place equipment safely.</p> |



## Year 1 - Progression of Knowledge and Skills- PE

| Term   | Knowledge   | Skills  |
|--|---|---|
| <p style="text-align: center;"><b>Spring 1</b></p> <p style="text-align: center;"><b>Topic: Dance Celebrations</b></p> <p style="text-align: center;">Motor Competence<br/>Rules, Strategies and Tactics<br/>Healthy Participation</p> | <p><b>Actions:</b> understand that actions can be sequenced to create a dance.</p> <p><b>Dynamics:</b> understand that I can create fast and slow actions to show an idea.</p> <p><b>Space:</b> understand that there are different directions and pathways within space.</p> <p><b>Relationships:</b> understand that when dancing with a partner it is important to be aware of each other and keep in time.</p> <p><b>Performance:</b> know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished.</p> <p><b>Strategy:</b> know that if I use exaggerated actions it helps the audience to see them clearly</p> | <p><b>Actions:</b> copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme.</p> <p><b>Dynamics:</b> explore varying speeds to represent an idea.</p> <p><b>Space:</b> explore pathways within my performance.</p> <p><b>Relationships:</b> begin to explore actions and pathways with a partner.</p> <p><b>Performance:</b> perform on my own and with others to an audience.</p> <p><b>Health and Fitness:</b> Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p> |



## Year 1 - Progression of Knowledge and Skills- PE

| Term   | Knowledge   | Skills   |
|--|---|--|
| <p style="text-align: center;">Spring 2</p> <p style="text-align: center;">Topic: Games<br/>Throwing &amp; Catching<br/>Net &amp; Wall</p> <p style="text-align: center;">Motor Competence<br/>Rules, Strategies and<br/>Tactics<br/>Healthy Participation</p> | <p><b>Hitting:</b> know to use the centre of the racket for control. Know how to throw underarm and overarm.</p> <p><b>Feeding:</b> know to use an underarm throw to feed to a partner. Know how to perform an overarm throw.</p> <p><b>Rallying:</b> know that throwing/hitting to my partner with not too much power will help them to return the ball.</p> <p><b>Footwork:</b> know that using a ready position will help me to move in any direction.</p> <p><b>Tactics:</b> know that tactics can help us to be successful when playing games.</p> <p><b>Rules:</b> know that rules help us to play fairly</p> <p><b>Health &amp; Safety:</b> Know how to use badminton rackets and shuttles safely.</p> | <p><b>Hitting:</b> explore hitting a dropped ball with a racket. Use hitting skills in a game.</p> <p><b>Feeding:</b> throw a ball over a net to land into the court area. Throw underarm and overarm.</p> <p><b>Rallying:</b> explore sending a ball with hands and a racket. Practise accurate throwing and consistent catching.</p> <p><b>Footwork:</b> use the ready position to move towards a ball. Run at different speeds. Begin to use space in a game.</p> <p><b>Health and Fitness:</b> Describe how the body feels before, during and after exercise. Carry and place equipment safely. Use badminton rackets and shuttles safely.</p> |



## Year 1 - Progression of Knowledge and Skills- PE

| Term  | Knowledge  | Skills   |
|---|--|--|
| <p style="text-align: center;"><b>Summer 1</b></p> <p style="text-align: center;"><b>Topic: Athletics</b></p> <p style="text-align: center;">Motor Competence<br/>Rules, Strategies and<br/>Tactics<br/>Healthy Participation</p> | <p><b>Running:</b> understand that if I swing my arms it will help me to run faster. <b>Jumping:</b></p> <p><b>Jumping:</b> know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees it will help me to jump further.</p> <p><b>Throwing:</b> know that stepping forward with my opposite foot to hand will help me to throw further.</p> <p><b>Rules:</b> know that rules help us to play fairly.</p> <p><b>Strength:</b> know that when completing strength activities they need to be performed slowly and with control to help me to stay safe.</p> <p><b>Stamina:</b> understand that I may need to pace myself.</p> | <p><b>Running:</b> explore running at different speeds.</p> <p><b>Jumping:</b> develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance.</p> <p><b>Throwing:</b> explore throwing for distance and accuracy.</p> <p><b>Health and fitness:</b> Explain why it is important to warm up and cool down.</p> <p><b>Compete/Perform:</b> Compete against self and others in a controlled manner.</p> |



## Year 1 - Progression of Knowledge and Skills- PE

| Term   | Knowledge  | Skills  |
|--|--|---|
| <p style="text-align: center;"><b>Summer 2</b></p> <p style="text-align: center;"><b>Topic:</b><br/>Ball Games<br/>Outdoor Adventure</p> <p style="text-align: center;">Motor Competence<br/>Rules, Strategies and<br/>Tactics<br/>Healthy Participation</p> | <p><b>Sending:</b> know that stepping with opposite foot to throwing arm will help me to balance.</p> <p><b>Catching:</b> know to use wide fingers and pull the ball into my chest to help to securely catch.</p> <p><b>Tracking:</b> know that it is easier to move towards a ball to track it than chase it.</p> <p><b>Dribbling:</b> know to keep my head up when dribbling to see space/opponents.</p> <p><b>Problem solving:</b> know that listening to each other's ideas might give us an idea we hadn't thought of.</p> <p><b>Navigational skills:</b> understand that the map tells us what to do</p> <p><b>Communication:</b> know to use encouraging words when speaking to a partner or group to help them to trust me.</p> <p><b>Reflection:</b> verbalise when I am successful and areas that I could improve.</p> <p><b>Rules:</b> know how to follow and apply simple rules.</p> | <p><b>Sending:</b> roll, throw and kick a ball to hit a target.</p> <p><b>Catching:</b> develop catching a range of objects with two hands. Catch with and without a bounce.</p> <p><b>Tracking:</b> consistently track and collect a ball being sent directly.</p> <p><b>Dribbling:</b> explore dribbling with hands and feet with increasing control on the move.</p> <p><b>Health and fitness:</b> Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.</p> <p><b>Problem solving:</b> begin to plan and apply strategies to overcome a challenge.</p> <p><b>Navigational skills:</b> follow and create a simple diagram/map.</p> <p><b>Communication:</b> work cooperatively with a partner and a small group.</p> |