

Year 1 - Progression of Knowledge and Skills PE

Term	Children can:
AUT 1	▪ Perform basic skills of rolling, striking, kicking, catching and gathering skills with more confidence ▪ Show awareness of teammates and opponents when playing games ▪ Apply skills in a variety of simple games ▪ Make choices about appropriate targets, space and equipment ▪ Use a variety of simple tactics ▪ Work well with partners and in small groups to improve skills

Year 1 - Progression of Knowledge and Skills PE

Term	Children can:
AUT 2	▪ Dodge a defender using a variety of different techniques ▪ Dribble the ball with their feet, keeping it under control ▪ Dribble a ball with their hands in a stationary position ▪ Use their bodies to protect the ball against the defender ▪ Know what technique is needed depending on the game and/or ball ▪ Dodge and avoid players on the opposite teams ▪ Understand basic rules of games and follow them

Year 1 - Progression of Knowledge and Skills PE

Term	
SPR 1	Children can: ▪ Explore shapes, balances, rolls, and jumps through toy themes. ▪ Use small apparatus to travel like toys moving in a toy shop. ▪ Practise safe climbing, stepping, and jumping. ▪ Link 2 moves into mini toy-inspired stories. ▪ Share and celebrate their performances.

Year 1 - Progression of Knowledge and Skills PE

Term	
SPR 2	Children can: ▪ Understand the difference between rolling, bouncing and throwing ▪ Dribble the ball with their feet, keeping it under control ▪ Dribble a ball with their hands in small game situations ▪ Pass the ball over a short distance using a variety of techniques ▪ Use their bodies to protect the ball against the defender ▪ Dodge a defender using a variety of different techniques ▪ Know what technique is needed depending on the game and/or ball ▪ Understand basic rules of games and can follow them

Year 1 - Progression of Knowledge and Skills PE

Term	Children can:
SUM 1	▪ Bounce a ball and catch it on its way up ▪ Show when a ball is at the top of its flight ▪ Hold the variety of bats safely and can contact a ball ▪ Judge the path of a ball that is bouncing towards them ▪ Get their body in line with the ball early and stop the travelling ball from going past them ▪ Make contact/strike a ball that has been thrown towards them ▪ Move their body depending on where the ball is travelling and contact the ball ▪ Use the skills taught and put into practice in a modified game

Year 1 - Progression of Knowledge and Skills PE

Term	Children can:
SUM 2	▪ Perform basic body actions and movements ▪ Vary how they move depending on what body parts they are using ▪ Show a range of different body shapes ▪ Move confidently and safely in their own and general space, using changes of speed, level and direction ▪ Be creative in how they move around ▪ Choose some of the movements they have already explored and use them to make their own movement patterns