

PE Progression of Skills and Knowledge (KS1)



EYFS

Year 1 and 2

Dance

Children use what they have learnt about media and materials in original ways, thinking about uses and purposes. They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.

Copies and explores basic movements and body patterns
Remembers simple movements and dance steps
Links movements to sounds and music.
Responds to range of stimuli.

Copies and explores basic movements with clear control.
Varies levels and speed in sequence
Can vary the size of their body shapes
Add change of direction to a sequence
Uses space well and negotiates space clearly.
Can describe a short dance using appropriate vocabulary.
Responds imaginatively to stimuli.

Gym

Copies and explores basic movements with some control and coordination.
Can perform different body shapes
Performs at different levels
Can perform 2 footed jump
Can use equipment safely
Balances with some control
Can link 2-3 simple movements

Explores and creates different pathways and patterns.
Uses equipment in a variety of ways to create a sequence
Link movements together to create a sequence

Games

Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Can travel in a variety of ways including running and jumping.
Beginning to perform a range of throws.
Receives a ball with basic control
Beginning to develop hand-eye coordination

Confident to send the ball to others in a range of ways.
Beginning to apply and combine a variety of skills (to a game situation)
Develop strong spatial awareness.
Beginning to develop own games with

	Children can hop confidently and skip in time to music. They hold paper in position and use their preferred hand for writing, using a correct pencil grip. They are beginning to be able to write on lines and control letter size.	Participates in simple games	<p>peers.</p> <p>Understand the importance of rules in games.</p> <p>Develop simple tactics and use them appropriately.</p> <p>Beginning to develop an understanding of attacking/ defending</p>
Athletics		<p>Can run at different speeds.</p> <p>Can jump from a standing position</p> <p>Performs a variety of throws with basic control.</p>	<p>Can change speed and direction whilst running.</p> <p>Can jump from a standing position with accuracy.</p> <p>Performs a variety of throws with control and co-ordination.</p> <p><i>preparation for shot put and javelin</i></p> <p>Can use equipment safely</p>
Outdoor Adventurous Activities		-	-
Swimming			
Evaluation		<p>Can comment on own and others performance</p> <p>Can give comments on how to improve performance.</p> <p>Use appropriate vocabulary when giving feedback.</p>	
Healthy Lifestyles	<p>Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p> <ul style="list-style-type: none"> • Children know about, and can make healthy choices in relation to, healthy eating and exercise. They can dress and undress independently, successfully managing fastening buttons or laces. 	<p>Can describe the effect exercise has on the body</p> <p>Can explain the importance of exercise and a healthy lifestyle.</p>	