

Key Stage 1 – Curriculum and Progression of Skills

Core Skills (to be covered throughout all units)

Year 1	Year 2
<ul style="list-style-type: none">• Participate in warm up activities.• Exercise safely and with some control.• Follow rules and demonstrate 'fair play'.• Show awareness of good sportsmanship.• Discuss own performance.• Begin to describe how the body feels during and after activities.	<ul style="list-style-type: none">• Copy / follow warm up activities correctly.• Exercise safely by finding appropriate spaces and using apparatus safely.• Follow a number of rules and routinely show 'fair play'.• Show an understanding of good sportsmanship.• Describe own performance as well as what others have done.• Describe how the body feels during and after activities.

Cluster events

Gymnastics

Tri-Golf

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	1	2	3	4	5
Year A	<u>Throwing and Catching</u> <i>Throw underarm and overarm.</i> <i>Catch and bounce a ball.</i> <i>Use rolling skills in a game.</i> <i>Practise accurate throwing and consistent catching.</i> <i>Throw different types of equipment in different ways, for accuracy and distance.</i> <i>Throw, catch and bounce a ball with a partner.</i> <i>Use throwing and catching skills in a game.</i> <i>Throw a ball for distance.</i> <i>Use hand-eye coordination to control a ball.</i> <i>Vary the type of throw used.</i>	<u>Bat and Ball</u> <i>Use hitting skills in a game.</i> <i>Practice basic striking sending and receiving.</i> <i>Strike or hit a ball with increasing control.</i> <i>Learn skills for playing striking and fielding games.</i> <i>Position the body to strike a ball.</i>	<u>Gymnastics</u> <i>Jumps off from one or two feet and land on one or two feet.</i> <i>Show control and co-ordination when moving.</i> <i>Copy simple actions/movements.</i> <i>Holds body weight / position of stillness for short periods of time.</i> <i>Jump off from one of two feet and land on one or two feet with control.</i> <i>Holds individual balances using a variety of body parts.</i> <i>Is developing postural control when performing physical actions.</i>	<u>Dance</u> <i>Explore different body shapes.</i> <i>Use movements to communicate ideas.</i> <i>Move smoothly from a position of stillness to a travelling movement with some control.</i> <i>Copy simple sequences of movement.</i> <i>Begin to show improvements in an action or movement.</i> <i>Begin to engage in a group performance.</i> <i>Move smoothly from a position of stillness to a travelling movement.</i> <i>Change height and direction with control.</i> <i>Use dance movements to communicate ideas.</i> <i>Copy longer sequences of actions / movements.</i> <i>Put together simple dance steps to perform a sequence.</i> <i>Make changes to an action or movement to make simple improvements.</i>	<u>Athletics</u> <i>Understands speed in simple terms.</i> <i>Performs basic components of movement e.g. run, jump, hop.</i> <i>Adopt a basic technique for running long and short distances.</i> <i>Performs movement skills in simple activities e.g. skipping</i>

Year 1 objectives in red

Year 2 objectives in blue

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Year A	<p><u>Running and Jumping</u> <i>Use different ways of travelling in different directions or pathways.</i> <i>Run at different speeds.</i> <i>Begin to use space in a game.</i> <i>Use different ways of travelling at different speeds, and following different pathways, directions or courses.</i> <i>Change speed and direction whilst running.</i> <i>Begin to choose and use the best space in a game.</i></p>	<p><u>Attacking and Defending</u> Begin to move at different speeds. Starts and stops quickly. Tap/kick a ball accurately. Stop a rolling ball with one or two hands. Begin to change speed and direction to gain an advantage. Follow simple tactics. Show control and coordination when moving at different speeds. Maintains balance whilst changing direction quickly. Show control and accuracy in order to keep possession. Combine changes in speed and direction to gain an advantage. Use simple tactics to attack or defend.</p>	<p><u>Invasion Games 1</u> Begin to move at different speeds. Starts and stops quickly. Tap/kick a ball accurately. Stop a rolling ball with one or two hands. Begin to change speed and direction to gain an advantage. Follow simple tactics. Show control and coordination when moving at different speeds. Maintains balance whilst changing direction quickly. Show control and accuracy in order to keep possession. Combine changes in speed and direction to gain an advantage. Use simple tactics to attack or defend.</p>	<p><u>Invasion Games 2</u> Begin to move at different speeds. Starts and stops quickly. Tap/kick a ball accurately. Stop a rolling ball with one or two hands. Begin to change speed and direction to gain an advantage. Follow simple tactics. Show control and coordination when moving at different speeds. Maintains balance whilst changing direction quickly. Show control and accuracy in order to keep possession. Combine changes in speed and direction to gain an advantage. Use simple tactics to attack or defend.</p>	<p><u>Strike and Field</u> Is beginning to demonstrate eye/hand and eye/foot co-ordination. Roll or throw a ball accurately. Begin to catch larger balls with one or two hands. Begin to show control and accuracy with apparatus. Is aware of personal space and can identify personal space to move into. Demonstrates eye/hand and eye/foot co-ordination. Throw a ball underarm. Catch a large ball with one or two hands. Is aware of the space around them and the space of others and is beginning to use this information to choose suitable spaces to move to.</p>
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Year B	<p><u>Throwing and Catching</u> <i>Throw underarm and overarm.</i> <i>Catch and bounce a ball.</i> <i>Use rolling skills in a game.</i> <i>Practise accurate throwing and consistent catching.</i> <i>Throw different types of equipment in different ways, for accuracy and distance.</i> <i>Throw, catch and bounce a ball with a partner.</i> <i>Use throwing and catching skills in a game.</i> <i>Throw a ball for distance.</i> <i>Use hand-eye coordination to control a ball.</i> <i>Vary the type of throw used.</i></p>	<p><u>Bat and Ball</u> <i>Use hitting skills in a game.</i> <i>Practice basic striking sending and receiving.</i> <i>Strike or hit a ball with increasing control.</i> <i>Learn skills for playing striking and fielding games.</i> <i>Position the body to strike a ball.</i></p>	<p><u>Gymnastics</u> <i>Jumps off from one or two feet and land on one or two feet.</i> <i>Show control and co-ordination when moving.</i> <i>Copy simple actions/movements.</i> <i>Holds body weight / position of stillness for short periods of time.</i> <i>Jump off from one of two feet and land on one or two feet with control.</i> <i>Holds individual balances using a variety of body parts.</i> <i>Is developing postural control when performing physical actions.</i></p>	<p><u>Dance</u> <i>Explore different body shapes.</i> <i>Use movements to communicate ideas.</i> <i>Move smoothly from a position of stillness to a travelling movement with some control.</i> <i>Copy simple sequences of movement.</i> <i>Begin to show improvements in an action or movement.</i> <i>Begin to engage in a group performance.</i> <i>Move smoothly from a position of stillness to a travelling movement.</i> <i>Change height and direction with control.</i> <i>Use dance movements to communicate ideas.</i> <i>Copy longer sequences of actions / movements.</i> <i>Put together simple dance steps to perform a sequence.</i> <i>Make changes to an action or movement to make simple improvements.</i></p>	<p><u>Athletics</u> <i>Understands speed in simple terms.</i> <i>Performs basic components of movement e.g. run, jump, hop.</i> <i>Adopt a basic technique for running long and short distances.</i> <i>Performs movement skills in simple activities e.g. skipping</i></p>
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