### Core Skills (to be covered throughout all units)

Year 1	Year 2
Participate in warm up activities.	<ul> <li>Copy / follow warm up activities correctly.</li> </ul>
Exercise safely and with some control.	<ul> <li>Exercise safely by finding appropriate spaces and using apparatus safely.</li> </ul>
<ul> <li>Follow rules and demonstrate 'fair play'.</li> </ul>	<ul> <li>Follow a number of rules and routinely show 'fair play'.</li> </ul>
<ul> <li>Show awareness of good sportsmanship.</li> </ul>	<ul> <li>Show an understanding of good sportsmanship.</li> </ul>
Discuss own performance.	<ul> <li>Describe own performance as well as what others have done.</li> </ul>
<ul> <li>Begin to describe how the body feels during and after activities.</li> </ul>	<ul> <li>Describe how the body feels during and after activities.</li> </ul>

### **Cluster events**

Gymnastics

Tri-Golf

**Key Stage 1 – Curriculum and Progression of Skills** 

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

#### Year A

Running and Jumping
Use different ways of
travelling in different
directions or pathways.
Run at different speeds.
Begin to use space in a game.
Use different ways of
travelling at different speeds,
and following different
pathways, directions or
courses.

Change speed and direction whilst running.
Begin to choose and use the best space in a game.

Attacking and Defending
Begin to move at different

Begin to move at differen 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.

**Invasion Games 1** 

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.

**Invasion Games 2** 

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.

Strike and Field

Is beginning to demonstrate eye/hand and eye/foot coordination.

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 pf 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.

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

Year B	Running and Jumping	Attacking and Defending	Invasion Games 1	Invasion Games 2	Strike and Field
	Use different ways of	Begin to move at different	Begin to move at different	Begin to move at different	Is beginning to demonstrate
	travelling in different	speeds.	speeds.	speeds.	eye/hand and eye/foot co-
	directions or pathways.	Starts and stops quickly.	Starts and stops quickly.	Starts and stops quickly.	ordination.
	Run at different speeds.	Tap/kick a ball accurately.	Tap/kick a ball accurately.	Tap/kick a ball accurately.	Roll or throw a ball
	Begin to use space in a game.	Stop a rolling ball with one or	Stop a rolling ball with one or	Stop a rolling ball with one or	accurately.
	Use different ways of	two hands.	two hands.	two hands.	Begin to catch larger balls
	travelling at different speeds,	Begin to change speed and	Begin to change speed and	Begin to change speed and	with one or two hands.
	and following different	direction to gain an	direction to gain an	direction to gain an	Begin to show control and
	pathways, directions or	advantage.	advantage.	advantage.	accuracy with apparatus.
	courses.	Follow simple tactics.	Follow simple tactics.	Follow simple tactics.	Is aware pf personal space
	Change speed and direction	Show control and	Show control and	Show control and	and can identify personal
	whilst running.	coordination when moving at	coordination when moving at	coordination when moving at	space to move into.
	Begin to choose and use the	different speeds.	different speeds.	different speeds.	Demonstrates eye/hand and
	best space in a game.	Maintains balance whilst	Maintains balance whilst	Maintains balance whilst	eye/foot co-ordination.
		changing direction quickly.	changing direction quickly.	changing direction quickly.	Throw a ball underarm.
		Show control and accuracy in	Show control and accuracy in	Show control and accuracy in	Catch a large ball with one or
		order to keep possession.	order to keep possession.	order to keep possession.	two hands.
		Combine changes in speed	Combine changes in speed	Combine changes in speed	Is aware of the space around
		and direction to gain an	and direction to gain an	and direction to gain an	them and the space of others
		advantage.	advantage.	advantage.	and is beginning to use this
		Use simple tactics to attack or	Use simple tactics to attack or	Use simple tactics to attack or	information to choose
		defend.	defend.	defend.	suitable spaces to move to.