



## Maybury Primary School - PE Skills Progression



Key stage 1 pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

### **Pupils should be taught to:**

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

	Year 1	Year 2
Game understanding	Pupils are familiar with a range of different games, they are beginning to understand and apply the rules. Pupils can give feedback to their peers and suggest improvements. Pupils are beginning to understand what it means to be a good sportsperson, showing these qualities in their P.E lessons.	
Agility	<ul style="list-style-type: none"><li>• Move around obstacles fluently</li><li>• Jump over obstacles</li><li>• Run with speed and awareness of others</li><li>• Awareness of body changes after exercise</li></ul>	<ul style="list-style-type: none"><li>• Move around obstacles fluently</li><li>• Jump over obstacles</li><li>• Run with speed and awareness of others</li><li>• Awareness of body changes after exercise</li></ul>
Invasion games	<ul style="list-style-type: none"><li>• Develop simple tactics for attacking and defending</li><li>• Pass a football with some accuracy</li><li>• Use a variety of different passes</li><li>• Moving to avoid being tagged</li><li>• Applying skills to score points</li></ul>	<ul style="list-style-type: none"><li>• Use tactics to defend a goal</li><li>• Strike and kick a football with increasing accuracy</li><li>• Use tactics to defend a goal</li><li>• Manoeuvre in a range of directions to avoid being tagged</li><li>• Show coordination through running and tagging</li></ul>
Fielding and striking	<ul style="list-style-type: none"><li>• Throw and catch a ball with increasing accuracy</li><li>• Hit the ball with a bat</li></ul>	<ul style="list-style-type: none"><li>•</li></ul>

Net games	<ul style="list-style-type: none"> <li>• Throw and catch a range of different balls</li> <li>• Change direction at some speed</li> <li>• Use different types of passes</li> </ul>	<ul style="list-style-type: none"> <li>• Throw and catch a netball with increasing accuracy</li> <li>• Use bounce and chest passes</li> <li>• Have an awareness of the W shape when holding the ball</li> <li>•</li> </ul>
Gymnastics	<ul style="list-style-type: none"> <li>• Compose simple routine to perform</li> <li>• Perform travelling, rolling and jumping</li> <li>• Managing spaces safely (avoiding others)</li> </ul>	<ul style="list-style-type: none"> <li>• Perform various balances with increasing control</li> <li>• Adapt routines to include a partner</li> <li>• Create routines which have a clear beginning and ending</li> </ul>
Dance	<ul style="list-style-type: none"> <li>• Perform simple dance patterns</li> <li>• Learn and follow a taught motif</li> <li>• Respond to different stimuli with a range of actions</li> <li>• Compose and link movements to make simple dances</li> </ul>	<ul style="list-style-type: none"> <li>• Can link several movements together</li> <li>• Respond to stimuli with a range of actions and levels</li> <li>• Remember and perform a short dance routine</li> </ul>
Athletics	<ul style="list-style-type: none"> <li>• Shows skills in jogging, sprinting, jumping and hopping</li> <li>• Throw apparatus (balls, javelin and shotput) showing accuracy and skill</li> <li>• Jumping and landing appropriately</li> </ul>	<ul style="list-style-type: none"> <li>• Shows skills in jogging, sprinting, jumping and hopping</li> <li>• Throw apparatus (balls, javelin and shotput) showing accuracy and skill</li> <li>• Jumping and landing appropriately</li> </ul>
OAA (Outdoor adventurous activity)	<ul style="list-style-type: none"> <li>• Knowing what a map is and being able to identify familiar landmarks</li> <li>• Using a map of the school to show various locations</li> <li>• Working as part of a team</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding which way round to hold a map</li> <li>• Using a simple map to locate objects</li> <li>• Working well as a team, allocating roles to achieve a task</li> <li>• Creating a map for someone else to follow</li> </ul>
Swimming		<ul style="list-style-type: none"> <li>• Walking in water</li> <li>• Water safety</li> <li>• Water confidence</li> <li>• Beginning to swim with aids</li> </ul>