



'Let your light shine as you grow'

Subject Leader Skills Progression Key Stage 1	
Subject: PE	Subject Leader: Katie McInnes

GAMES						
Foundation Stage	<u>Locomotion: Walking</u> Explore walking Develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game	<u>Locomotion: Jumping</u> Explore jumping Develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping	<u>Ball Skills: Hands 1</u> Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing	<u>Ball Skills: Feet 1</u> Explore moving with a ball using our feet Develop moving with a ball using our feet Develop dribbling Understand dribbling Develop dribbling against an opponent Dribbling competitions	<u>Ball Skills: Hands 2</u> Explore throwing Explore throwing (underarm) Explore throwing (overarm) Explore rolling Explore stopping a ball (small ball) Explore catching	<u>Games For Understanding</u> Taking Turns Keeping the Score Understanding rules: Playing by the rules Avoiding a defender Preventing an attacker from scoring Applying attacking and defending into a game
	Year 1	<u>Locomotion: Running</u> Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running: Apply running into a competitive game	<u>Locomotion: Jumping</u> Recap jumping Developing jumping Jumping circuits: Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game	<u>Ball Skills Hands 1</u> Develop bouncing: Introduce sending with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce stopping a ball Develop stopping, combining sending skills Combine sending and receiving skills	<u>Ball Skills: Feet 1</u> Recap moving with a ball using our feet Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point	<u>Ball Skills: Hands 2</u> Introduce throwing with accuracy (beanbags) Apply throwing with accuracy in a team (beanbags) Extend throwing with accuracy Introduce stopping a ball (small ball) Develop sending (rolling) skills to score a point Consolidation of sending (rolling) and stopping skills to win a game



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Year 2	Locomotion: Dodging	Locomotion: Jumping	Ball Skills: Hands 1	Ball Skills: Feet 1	Ball Skills: Hands 2	Games For Understanding
	Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams Consolidate dodging	Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations	Develop dribbling: Keeping possession Develop passing and receiving: Keeping possession Combine dribbling, passing and receiving, keeping possession Develop dribbling to score a point Develop passing and receiving to score a point Combine dribbling, passing and receiving to score a point	Develop dribbling: Keeping possession Develop passing and receiving: Keeping possession Combine dribbling, passing and receiving, keeping possession Develop dribbling to score a point Combine dribbling, passing and receiving to score a point Apply dribbling, passing and receiving as a team to score a point	Develop pupils application and understanding of underarm throwing Consolidate pupils application and understanding of underarm throwing Applying the underarm throw to win a game Applying the underarm throw to beat an opponent Introduce overarm throwing: Applying overarm throwing to win a game	Attacking as a team Defending as a team Understanding the transition between defence and attack Create and apply attacking tactics Create and apply defensive tactics



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Overview of Learning	Dance		Gymnastics	
Foundation Stage	<p><u>Ourselves</u> Ourselves: Moving in sequence Ourselves: Responding in movement to words and music Ourselves: Moving with props and contrasting tempos Ourselves: Creating their own movements Ourselves: Exploring opposites and creating simple movement sequences Ourselves: Working with a partner exploring character movements</p>	<p><u>Nursery Rhymes</u> Humpty Dumpty: Moving in sequence Jack and Jill: Creating our own movements Hickory, dickory, dock: Creating simple movement sequences Three little pigs: Responding in movement to words and music The big bad wolf: Exploring contrasting tempos Little Miss Muffet: Working with a partner exploring character movements</p>	<p><u>Moving</u> Explore moving and making shapes using different body parts Explore moving in different directions Explore big and small ways of moving and making shapes Moving in pairs Creating shapes in pairs Zonal work</p>	<p><u>High, Low, Over, Under</u> Introduction to high Introduction to low Introduction to the apparatus High and low on apparatus High, low, over and under High, low, over and under extended</p>



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<p>Year 1</p>	<p>Growing Growing: Responding to rhythm Developing the growing plant 'dance' Introduction to motifs Creating motifs Creating movement sequences Relationships and performance</p>	<p>The Zoo Creating movements as 'big' animals: Exploring expression Developing our movements as 'small' animals: Adding movements together Responding to a rhythm: Introducing partner work Creating an animal sequence: Motifs Big cats and the zookeeper: Exploring relationships within our motifs Relationships and performance</p>	<p>Body Parts Introduction to 'big' body parts Introduction to 'small' body parts Combining big and small with wide, narrow and curled Transition between wide narrow and curled using big and small body parts Adding (linking) movements together Creative ways of adding (linking) movements together</p>	<p>Wide, Narrow, Curled Introduction to 'Wide' Introduction to 'Narrow' Introduction to 'Curled' Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together</p>
<p>Year 2</p>	<p>Water Water: Responding to stimuli Developing whole group movement Improvisation and physical descriptions Creating sequences Creating contrasting movement sequences Sequences, relationships and performance</p>	<p>Exploring Preparing for an expedition: Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Applying choreography in our motifs Extending our motifs Sequences, relationships and performance</p>	<p>Pathways Exploring zig---zag pathways Developing zig---zag pathways on apparatus Exploring curved pathways Developing curved pathways on apparatus Creation of pathway sequences Completion of pathways sequences and performance</p>	<p>Linking Developing 'Linking' Linking on apparatus Jump, roll, balance sequences Jump, roll, balance on apparatus Creation of sequences Completion of sequences and performance</p>