

## Physical Education Progression of Skills – Early Years and Key Stage 1

	Early Years	Year 1	Year 2
<b>Locomotion – Walking, Running, Dodging</b>	<b>Locomotion: Walking</b> <ul style="list-style-type: none"> <li>Explore/develop walking</li> <li>Explore walking in different pathways</li> <li>Sustain walking</li> <li>Explore marching</li> <li>Apply walking into a game</li> </ul>	<b>Locomotion: Running</b> <ul style="list-style-type: none"> <li>Explore running</li> <li>Apply running into a game</li> <li>Explore running at different speeds</li> <li>Running for speed: Acceleration</li> <li>Explore running in a team</li> <li>Consolidate running, apply running into a game</li> </ul>	<b>Locomotion: Dodging</b> <ul style="list-style-type: none"> <li>Explore dodging</li> <li>Develop dodging</li> <li>Apply dodging: Explore attacking and defending</li> <li>Apply dodging in teams</li> </ul>
<b>Locomotion – Jumping</b>	<b>Locomotion: Jumping</b> <ul style="list-style-type: none"> <li>Explore/develop jumping</li> <li>Apply jumping into a game</li> <li>Jumping for distance</li> <li>Explore jumping high</li> <li>Explore hopping</li> </ul>	<b>Locomotion: Jumping</b> <ul style="list-style-type: none"> <li>Recap jumping</li> <li>Develop jumping</li> <li>Explore how jumping affects our bodies</li> <li>Explore skipping</li> <li>Apply skipping and jumping into a game</li> </ul>	<b>Locomotion: Jumping</b> <ul style="list-style-type: none"> <li>Consolidate jumping</li> <li>Apply jumping into a game</li> <li>Linking jumping</li> <li>Explore jumping combinations</li> <li>Develop jumping combinations</li> </ul>
<b>Ball Skills Hands Unit 1</b>	<ul style="list-style-type: none"> <li>Explore pushing</li> <li>Explore rolling</li> <li>Explore bouncing</li> <li>Explore bouncing into space</li> <li>Combine pushing and rolling</li> <li>Combine rolling, pushing and bouncing</li> </ul>	<ul style="list-style-type: none"> <li>Introduce sending (bouncing) with control</li> <li>Introduce aiming with accuracy</li> <li>Introduce power and speed when sending a ball</li> <li>Introduce/develop stopping, combining sending skills</li> <li>Combine sending and receiving skills</li> </ul>	<ul style="list-style-type: none"> <li>Develop dribbling/ passing and receiving</li> <li>Combine dribbling, passing and receiving, keeping possession</li> <li>Develop dribbling/passing and receiving to score a point</li> <li>Combine dribbling, passing and receiving to score a point</li> </ul>

<b>Ball Skills Hands Unit 2</b>	<ul style="list-style-type: none"> <li>• Explore throwing overarm</li> <li>• Explore throwing underarm</li> <li>• Explore rolling</li> <li>• Explore stopping a ball</li> <li>• Explore catching</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce throwing with accuracy</li> <li>• Apply throwing with accuracy in a team</li> <li>• Introduce stopping a ball</li> <li>• Develop sending (rolling) skills to score a point</li> <li>• Consolidate sending and stopping to win a game</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate pupils application and understanding of underarm throwing</li> <li>• Applying the underarm and overarm throw to win a game</li> <li>• Applying the underarm throw to beat an opponent</li> </ul>
<b>Ball Skills Feet</b>	<ul style="list-style-type: none"> <li>• Explore moving with a ball using our feet</li> <li>• Develop moving with a ball using our feet</li> <li>• Understand dribbling</li> <li>• Develop dribbling against an opponent</li> </ul>	<ul style="list-style-type: none"> <li>• Develop moving the ball using the feet</li> <li>• Apply dribbling into games</li> <li>• Consolidate dribbling</li> <li>• Explore kicking (passing)</li> <li>• Apply kicking (passing) to score a point</li> </ul>	<ul style="list-style-type: none"> <li>• Develop dribbling/ passing/receiving, keeping possession</li> <li>• Combine dribbling, passing and receiving, keeping possession/to score a point</li> <li>• Apply dribbling, passing and receiving as a team to score a point</li> </ul>
<b>Gymnastics</b>	<b>High, Over, Under, Over</b> <ul style="list-style-type: none"> <li>• Introduction to high, low, over and under</li> <li>• Introduction to the apparatus</li> <li>• Applying high and low on apparatus</li> </ul>	<b>Body Parts</b> <ul style="list-style-type: none"> <li>• Introduction to big/ small body parts</li> <li>• Combining big and small with wide, narrow and curled</li> <li>• Transition between wide narrow and curled using big and small body parts</li> <li>• Adding (linking) movements together</li> </ul>	<b>Linking</b> <ul style="list-style-type: none"> <li>• Developing linking</li> <li>• Linking on apparatus</li> <li>• Jump, roll, balance sequences/on apparatus</li> <li>• Creation of sequences</li> <li>• Completion of sequences and performance</li> </ul>

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<b>Dance</b>	<b>Nursery Rhymes</b> <ul style="list-style-type: none"> <li>• Moving in sequence</li> <li>• Creating our own movements</li> <li>• Creating simple movement sequences</li> <li>• Responding in movement to words and music</li> <li>• Exploring contrasting tempos</li> <li>• Exploring character movements</li> </ul>	<b>The Zoo</b> <ul style="list-style-type: none"> <li>• Exploring expression</li> <li>• Developing our movements, adding movements together</li> <li>• Responding to a rhythm: Introducing partner work</li> <li>• Creating an animal sequence motifs</li> <li>• Exploring relationships within our motifs</li> </ul>	<b>Exploring</b> <ul style="list-style-type: none"> <li>• Responding to stimuli</li> <li>• Developing our motif with expression and emotion</li> <li>• Applying choreography in our motifs</li> <li>• Extending our motifs</li> <li>• Sequences, relationships and performance</li> </ul>
<b>Games for Understanding</b>	<ul style="list-style-type: none"> <li>• Taking turns/keeping the score</li> <li>• Understanding and playing by the rules</li> <li>• Avoiding a defender</li> <li>• Preventing an attacker from scoring</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding the principles of attack/defence</li> <li>• Applying attacking/ defending principles into a game</li> <li>• Consolidate attacking/defending</li> </ul>	<ul style="list-style-type: none"> <li>• Attacking/defending as a team</li> <li>• Understanding the transition between defence and attack</li> <li>• Create and apply attacking/ defensive tactics</li> </ul>
<b>Rackets, Bats and Balls</b>		<ul style="list-style-type: none"> <li>• Develop pushing (dribbling) a ball with a racket: Introducing control</li> <li>• Explore hitting and develop pushing a ball (with a racket) towards a target</li> <li>• Explore hitting a ball (with a racket) with accuracy and power</li> </ul>	<ul style="list-style-type: none"> <li>• Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent</li> <li>• Introduce hitting (sending/striking) a ball into a space: Where and why?</li> <li>• Striking the ball (with a bat) into space with intent</li> </ul>

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OAA		<b>Team Building</b> <ul style="list-style-type: none"> <li>• Introducing teamwork</li> <li>• Develop teamwork</li> <li>• Building trust and developing communication</li> <li>• Cooperation and communication</li> <li>• Explore simple strategies</li> <li>• Problem solving:</li> <li>• Consolidate teamwork</li> </ul>	<b>Team Building</b> <ul style="list-style-type: none"> <li>• Introducing teamwork</li> <li>• Develop teamwork</li> <li>• Building trust and developing communication</li> <li>• Cooperation and communication</li> <li>• Explore simple strategies</li> <li>• Problem solving: Consolidate teamwork</li> </ul>
Health and Wellbeing		<ul style="list-style-type: none"> <li>• Introduce and explore agility</li> <li>• Introduce and explore balance</li> <li>• Introduce and explore coordination: Bouncing, rolling and throwing</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate agility</li> <li>• Consolidate balancing: Explore balancing on apparatus</li> <li>• Introduce and explore coordination: Dribbling and kicking</li> </ul>