



Northway Infant & Carrant

Brook Junior Schools

#togetherweSHINE



KS1 PE Progression Grid

Year Group:1	Autumn		Spring		Summer	
National Curriculum	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.					
Community Links			Perform dance SHINE assembly		Mini Red Tennis Sports Day	
Skills	I can... - hop & travel - jump in different ways -backwards - combine a run/jump - dodge safely - evade others-attack and defend I can... - control my breathing - bend, stretch and reach - Poses-butterfly, tree cat, cobra, childs’ - - be calm	I can... - punt a ball - strike ball at target - throw overarm at a target - throw underarm to partner I can... -show agility, balance & co-ordination - perform simple motifs - use different levels - move to 8/16 count pattern - work in unison/partner work	I can... -perform controlled spins at different levels - asymmetrical /symmetrical balances -perform different formations partner e.g. front, back, mirror - hold balances at different levels I can... -hold a hockey stick safely - dribble & change direction - push pass & receive - stop a ball - -accuracy direction & distance -follow rules in simple game hockey	I can... -balance, motion & flight - narrow, wide & curled shapes -Change direction & levels -sequence with partner - perform teddy roll I can... -create a group motif within a class tableau -perform and evaluate others	I can... Throw & catch with smaller ball-tennis - Use ready hands -body technique for overarm throw-distance I can... - hold a tennis racket correctly -send and track the ball -ready position with body -keep a rally - return a ball forehand	I can... -throw bean bag under and overarm -aim beanbag at target -understand how to field - play beanbag rounders I can... -jump and cushion landing - show anticipation, readiness for sprinting - maintain stamina jogging 10-minutes -use arms for drive forwards -Throw for distance - awareness of others -participate in team games/relays - evaluate peers’ performance-give feedback to improve
Vocabulary	Hop Combine Dodge Travel Evade Pose Stretch Reach Calm	Motifs Unison Levels Punt Overarm Underarm Throw	Spin Balance Symmetrical Asymmetrical Hockey stick Direction Push pass Dribble	Narrow Wide Curled Teddy Roll Sequence Motif Tableau Evaluate	Technique Racket Forehand Ready position Rally Flight	Technique Reaction Readiness Field Relay Drive

Year Group:2	Autumn		Spring		Summer	
National Curriculum	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.					
Community Links	Perform dance SHINE assembly Multi-Skills		Feet First Dance Festival		Sports Day	
Skills	I can... - skip with a rope -throw and catch a tennis ball - accuracy-distance -perform a chest and bounce pass (larger ball) I can... - class choreograph using counts 8/16 - focus on timing, shapes and levels - use of cannon - evaluate and improve performance	I can... - hold a golf club safely -putt a ball - chip a ball - aim ball at target with accuracy and control I can... -focus on my breathing -perform poses dog, lion, mountain, Warrior, sun - stretch high and maintain balance - develop core strength (exercises-plank)	I can... -perform controlled spins/jumps/twists 90/180 degrees - pathways zig-zag, curved & straight -perform different movements with ribbon, hoop, ball and partner - Perform sequences combining taught skills and evaluate I can... -Create and copy simple movement patterns incorporating counts 8/16 -create starting balance and finishing motif -performance - dynamics show changes in speed -incorporate stillness	I can... - Perform an inversion- crab, bridge pose, mule kicks -perform a forward roll - create sequences with jumps-star and tuck off apparatus landing with bent knees and balance - Work with partner counter-balances I can... -throw under and overarm for distance -importance of non-throwing arm -send and receive tennis ball partner- 3 metres	I can... -follow simple visual, picture trails and maps -understand directional language -use compass directions -undertake team trial and error challenges -move safely around an area I can... -grip a racket - serve a shuttlecock - use forehand and backhand -keep a rally - play drop shots and smashes - play a simple game and follow rules - show awareness of space and others	I can - grip a bat - perform a starfish bowl - bowl a ball at a target -connect bat to ball I can... -maintain stamina running 15-minutes - look ahead and dip at finish in sprints
Vocabulary	Skip Chest pass Bounce pass Cannon Evaluate Choreograph Counts Timing	Putt Club Chip Aim Pose Stretch Reach Core Strength	Pathways Zig-zag, curved and straight Rhythmic Jumps 90/180 degrees Dynamics Stillness	Forward roll inversion Counterbalance Tuck jump Safe landing Send Receive Power	Technique Racket Forehand Backhand Drop & Slam shot Shuttlecock Serve Rally Maps Direction compass Teamwork Trial & Error Challenges	Field Bowl Bat Wicket Connect Dip at finish