

# Oak Meadow Skills Progression

## Key Stage 1

### Subject Area: Physical Education



National Curriculum Objectives	<p>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.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• 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</li> <li>• participate in team games, developing simple tactics for attacking and defending</li> <li>• perform dances using simple movement patterns.</li> </ul>	
Health & Fitness	<p><b>Year 1</b></p> <p>Describe how the body feels before, during and after exercise. Place equipment safely. Understand we need to warm up before exercise.</p>	<p><b>Year 2</b></p> <p>Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy. Carry and place equipment safely. Explain why it is important to warmup.</p>
Games	<p><b>Striking and hitting</b> Carry out basic striking and hitting techniques.</p> <p><b>Throwing and catching</b> Throw underarm and overarm. Catch and bounce a ball.</p> <p><b>Travelling</b> Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards, backwards)</p> <p><b>Passing</b> Throw the ball to another player in a game. Roll the ball to another player in a game. Practise passing the ball using feet to another player.</p> <p><b>Using space</b> Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.</p> <p><b>Attacking and defending</b> Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space.</p>	<p><b>Striking and hitting</b> Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Practise basic sending and receiving. Position the body to strike a ball.</p> <p><b>Throwing and catching</b> 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. Throw different types of equipment for accuracy and distance. Vary types of throw used.</p> <p><b>Travelling</b> Travel with a ball in different directions (side to side, forwards, backwards) with control and fluency. Bounce and kick a ball whilst moving. Use dribbling skills in a game.</p> <p><b>Passing</b> Know how to pass the ball in different ways.</p>

	<p>Use simple attacking skills such as dodging to get past a defender.</p> <p><b>Tactics and rules</b> Follow simple rules to play games, including team games.</p> <p><b>Competition</b> Begin to perform learnt skills with some control. Engage in competitive activities and team games.</p>	<p>Pass the ball using feet to another player in a game.</p> <p><b>Using space</b> 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.</p> <p><b>Attacking and defending</b> Begin to use and understand the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully.</p> <p><b>Tactics and rules</b> Understand the importance of rules in games.</p> <p><b>Competition</b> Perform learnt skills with increasing control. Compete against self and others.</p>
Athletics	<p><b>Running</b> Vary their speed when running. Run with a basic technique. Show good posture and balance. Jog in a straight line. Change direction when jogging. Sprint in a straight line. Change direction when sprinting. Complete an obstacle course.</p> <p><b>Jumping</b> Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Perform a short jumping sequence. Jump as high as possible. Jump as far as possible. Land safely and with control. Work with a partner to develop the control of their jumps.</p> <p><b>Throwing</b> Throw underarm and overarm. Throw a ball towards a target with increasing accuracy. Improve the distance they can throw by using more power.</p>	<p><b>Running</b> Run at different speeds and describe how to change their pace. Use a variety of different stride lengths. Begin to select the most suitable pace and speed for distance. Complete an obstacle course with increased speed. Vary the speed and direction in which they are travelling. Run with basic techniques following a curved line. Maintain control as they change direction when jogging or sprinting. Maintain and control a run over different distances.</p> <p><b>Jumping</b> Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Combine different jumps together with some fluency and control. Jump for distance from a standing position with accuracy and control. Know that the leg muscles are used when performing a jumping action.</p> <p><b>Throwing</b> Throw different types of equipment in different ways, for accuracy and distance. Throw with accuracy at targets of different heights. Investigate ways to alter their throwing technique to achieve greater distance.</p>

Dance	<p>Copy and repeat actions.  Change direction during travelling moves.  Link moves together.  Use a variety of moves.  Explore basic body patterns and movements to music.  Perform using a range of actions and changing direction.</p>	<p>Copy, remember and repeat actions.  To explore different levels and speeds of movement.  To link travelling moves that change direction and level.  To use a variety of moves that change speed and direction.  To show contrasts in simple dances with good body shape and position.  To compose and perform simple dance phrases.  Perform movements that show rhythm and control.</p>
Gymnastics	<p>Explore gymnastic actions and shapes.  Travel in different ways, changing directions and speed.  Hold still shapes and simple balances.  Carry out a range of simple jumps, landing safely.  Move around, under, over and through different objects and equipment.  Begin to move with control and care.  Repeat and link combinations of gymnastic actions.  Perform using a range of actions and body parts with some coordination and control.</p>	<p>Remember and repeat simple gymnastic actions with control.  Travel in a variety of ways, including rolling.  Hold a still shape whilst balancing on isolated parts of the body.  Jump in a variety of ways and land with increasing control and balance.  Climb onto and jump off the equipment safely.  Move with increasing control and care.  Link a variety of actions and movements to create a sequence.  Perform sequences of their own composition with coordination and increasing control.</p>
Evaluate	<p>Watch and describe performances.  Begin to say how they could improve.</p>	<p>Watch and describe performances and use what they see to improve their own performance.  Talk about the differences between their work and that of others.</p>