

	Games / Athletics	Dance	Gymnastics
Key Stage One Statutory requirements:	Master basic movements including running, jumping, throwing and catching. Engage in competitive (both against self and against others) and co- operative physical activities, in a range of increasingly challenging situations. Participate in team games, developing simple tactics for attacking and defending. Develop balance, agility and co- ordination, and begin to apply these in a range of activities.	Perform dances using simple movement patterns. 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.	Develop balance, agility and co- ordination, and begin to apply these in a range of activities.
Year 1	I can: - show control when rolling a ball. - hit a ball with control. - run with control. - jump with control. - catch a ball/beanbag using cupped hands. - kick with control.	I can: - move with control and coordination. - combine movements in a simple sequence. - show contrasts (high/low movements, crouching/stretched movements etc)	 I can: move under control. combine movements in a simple sequence. move with awareness of space. show contrasts (high/low movements, crouching/stretched movements etc). use climbing equipment safely. land safely when jumping. stretch to develop flexibility.



	Games / Athletics	Dance	Gymnastics
Year 2	 - understand team roles (opponent/teammate). - develop basic tactics for small team games (pass to free teammate, move into space). - communicate with others in small game situations - begin to combine movements e.g. jumping and catching, moving to one side to position self and catch. 	- copy simple moves and sequences. - develop movements and expressions to fit music/mood.	 copy simple moves and sequences. roll forwards, backwards and sideways. hold a balance using different parts of the body for support. jump to increase flexibility, control and balance. stretch to increase flexibility, control and balance



	Games	Dance	Gymnastics	Athletics	Swimming	Outdoor and adventurous activity
Year 3	 throw and catch various objects / balls with control and accuracy. follow rules of games and play fairly. maintain possession of a ball using hands, feet & hockey sticks. I can pass to teammates when appropriate begin to anticipate direction of ball and position body to catch or react in a game. 	 - sellae - vary speed within a performance. - develop flexibility 	 refine movements into sequences. Show changes of speed and direction when combining movements. Se equipments. Se equipment address and clinicities equipment setesity. 	- sprint over a short distance use different frewing techniques (over/undernent improve on personal best performances compete with others fairly	- Swim sorfidentiv over 25m - Use stiless one stroke stilectively (from scaw) oreestouroke - backstroke) - Control leg and arm movements	 support others in team games. communicate effectively with others. draw simple maps to use in orienteering work follow instructions and know when to listen and when to talk to others.

BOLNEY C.E.P. SCHOOL PE SKILLS PROGRESSION



	Games	Dance	Gymnastics	Athletics	Swimming	Outdoor and adventurous activity
Year 4	 find space in invasion games. work as part of a learn, with acreasingly official values. strike and field with control. lead a team effectively and listen to other when they are leading. 	 device sector (1998) and use and use and use and use and contents (1998) and repeat performances. analyse and suggest improvements to sequences. 	-move with fluency, confidence and expression. - plan, perform and repeat performances. - analyse and suggest improvements to sequences. - understand concept of centre of gravity.	 run over langer distances conserving energy choose throwing method/adapt echnique to hill torgets or achieve distence dump in a variety of ways combine running and jumping e.g. in turnies rozzes 	- Swim up to 50m unaided. Use Treastsmoke (ront creat aut) ackstvoke effectively coordinate oreathins with movements	 use maps and instructions in team games. Draw more complex maps and instructions to guide others. work effectively in pairs or small groups to solve a problem or achieve a common goal.

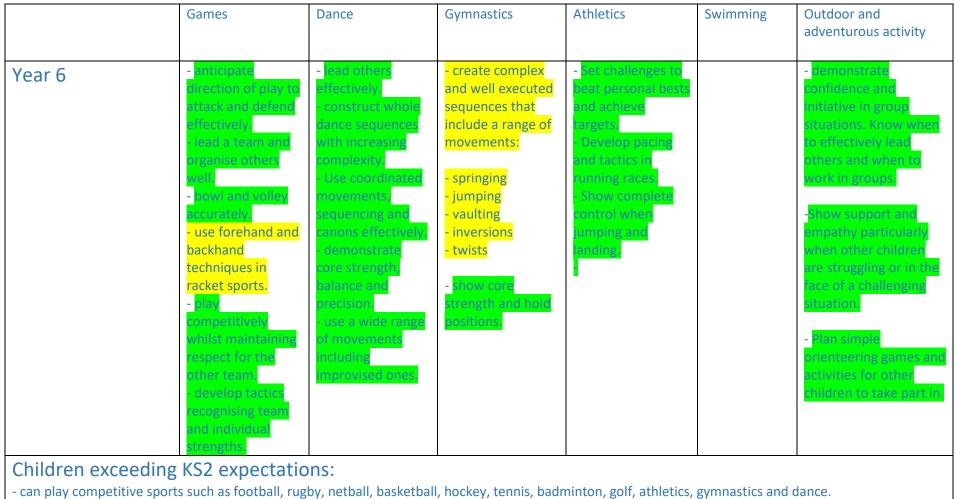
BOLNEY C.E.P. SCHOOL PE SKILLS PROGRESSION





BOLNEY C.E.P. SCHOOL PE SKILLS PROGRESSION





- can perform dance routines using advanced patterns and techniques.
- understand tactics and effective techniques apply them to their own games and provide accurate assessment of others' performances.
- pursue interests and develop skills further outside of school through clubs or competitions.
- use a range of strategies and tactics to compete with others effectively.