

PE Skills, Knowledge and Vocabulary Progression



Year 1

	<u>Run, jump, throw</u>	<u>Hit, catch, run</u>	<u>Send and return</u>	<u>Attack, defend, compete</u>	<u>Gymnastics</u>	<u>Dance</u>
<u>Skills</u>	<p>Suggest links between types of exercises e.g. changing speed for different jumping activities.</p> <p>Demonstrate awareness for the need to improve and attempt to improve.</p> <p>Select correct skill for the situation.</p> <p>Can start and stop at speed, run in straight lines using a variety of</p>	<p>Able to identify when a point has been scored and keep count of score.</p> <p>Can choose where to send the ball to maximise chance to score.</p> <p>Can make choices where to stand in the field to restrict runs scored.</p> <p>Catch a medium sized ball thrown over a short distance.</p> <p>Intercept, retrieve</p>	<p>Identify space to send a ball into.</p> <p>Can describe how they worked with their partner to send and receive.</p> <p>Able to send an object with increased confidence using hand or bat.</p> <p>Move towards a moving ball to return with hand or bat.</p> <p>Score points against opposition</p>	<p>Recognise rules and apply them in competitive and cooperative games.</p> <p>Make decisions about how to defend a target.</p> <p>Begin to engage in competitive activities.</p> <p>Roll, slide or throw a beanbag or ball with accuracy.</p> <p>Bounce a medium sized ball to self and attempt to bounce to others.</p>	<p>Use words such as rolling, travelling, balancing, climbing.</p> <p>Decide which supporting concepts and actions to add to their sequence.</p> <p>Safely move and carry basic gym equipment such as mats and benches.</p> <p>Recognise like actions and link them together.</p> <p>Perform simple</p>	<p>Confident to explore space within their dances and movements.</p> <p>Recognise that dances can have themes and stories.</p> <p>Perform basic body actions along with music.</p> <p>Use different parts of the body, combine arm and leg actions.</p>

	<p>speeds.</p> <p>Attempt a variety of jumps taking off and landing on different foot combinations e.g., 2 to 1, 1 to 2 etc.</p> <p>Handle and throw a variety of different objects and attempt to throw for distance.</p> <p>Copy and repeat basic movements for extended periods of time developing stamina.</p> <p>Demonstrate some core strength to hold a variety of shapes and positions.</p> <p>Move a variety of</p>	<p>and stop a beanbag and a medium-sized ball with some consistency.</p> <p>Track balls and other equipment sent to them, moving in line with the ball to collect it.</p> <p>Run between bases to score points.</p> <p>Retrieve and return a ball to a base.</p> <p>Use a range of sending skills to put ball into space.</p> <p>Able to self-feed ball to hit off hand and strike ball off cone.</p> <p>Work collaboratively to score runs showing encouragement and</p>	<p>over a line/net.</p> <p>Select and apply skills to win points.</p> <p>Chase, stop and control balls and other objects such as beanbags and hoops.</p> <p>Track balls and other equipment sent to them, moving in line with the ball to collect or return.</p> <p>Work with a partner to send and return an object and play in a simple rally.</p> <p>Play cooperatively in a game situation.</p>	<p>Attempt to intercept and catch a thrown ball.</p> <p>Work in collaboration with others to attack and score points.</p> <p>Identify the things that they like about exercise both in and outside of school.</p>	<p>gymnastic actions and shapes.</p> <p>Remember and perform a simple sequence using rolling, travelling, climbing, balancing and jumping.</p> <p>Make their body tense, relaxed, stretched and curled.</p> <p>Perform in unison and canon.</p> <p>Move on, off and over object with confidence.</p> <p>Communicate with a partner to create short sequence.</p>	<p>Perform with an awareness of body shape required.</p> <p>Remember and repeat simple movement patterns.</p> <p>Move with control and show spatial awareness.</p> <p>With help, compose a basic movement phrase.</p> <p>Work with a partner.</p> <p>Engage with the class to perform marching sequence and canon.</p>
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	<p>objects quickly showing a range of techniques.</p> <p>Developed agility and coordination skills to competently take part in a range of activities.</p> <p>Work with a partner to help improve their performance</p> <p>Participate as part of a team to compete in running relays.</p>	<p>support.</p> <p>Show awareness of team mates fielding positions to restrict runs in a simple game scenario.</p>				
<p><u>Vocabulary</u></p>	<p>Backwards, forwards, distance, far, fast, furthest, high, hop, link, medium, power, run, sideways, skip, skipping, slow, step, straight, throw.</p>	<p>Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw.</p>	<p>Hit, collect, stop, net, throw, roll, catch, bowl, feed, pick up, hitter, forehand, backhand, court.</p>	<p>Attack, catch, compete, defend, over-arm, play against, receive, rolling, send, throw, under-arm, bounce, co operate.</p>	<p>Balance, body tension, carry, control, extension, fast, hang, high, jump, like, link, low, movement, muscles, music, pattern, relaxation, roll,</p>	<p>Beat, curl, dance, fast, feet, high, low, music, rhythm, step, stretch, swing, turn, twist, canon.</p>

					sequence, shape, slow, speed, strength, timing, travel.	
<u>Knowledge</u>	<ul style="list-style-type: none"> -I know my heart will be beat faster when I exercise. -I know blood circulates around my body. -I know I will sweat during exercise. -I know that warming up and cooling down are important when exercising. -I know using my arms will help me run faster and with control. 	<ul style="list-style-type: none"> -I know how to score points. -I know the rules of the game. -I know the role of the fielder. -I know the role of the batter. -I know what my role is in the game and others on my team. I know how the field is set out and where I run to score points for my team. -I know how my body changes when I do exercise. 	<ul style="list-style-type: none"> -I know how my body changes when I do exercise. -I know when the ball goes over the net points are scored. -I know a game is played on a court. - I know in a forehand your hand faces forward. -I know in a backhand your hand faces backwards. I know my body needs to be 	<ul style="list-style-type: none"> -I know the scoring system in a game (netball). - I know how my body changes when I do exercise. -I can find my pulse. -I know how to defend. I know how to attack. -I know I can throw in different ways (bounce, roll and slide). 	<ul style="list-style-type: none"> -I know what rolling, travelling balancing & climbing means. -I know how to repeat actions and shapes. - I know how to use apparatus safely. • I know how my body changes when I do exercise. • I know how to plan and repeat simple sequences of actions. - I know how to use direction and levels to 	<ul style="list-style-type: none"> - I know how to explore pathways. I know how to use some sense of dynamic and expressive qualities in my dance. -I know how to choose appropriate movements for different dance ideas. -I know how to use space. - I know how my body changes when I do exercise.

-I know my arms help me to balance when hoping, jumping and skipping.
-I know my arms will help with power when running and jumping high.

facing the right direction to help hit the ball over the net.

make my work look interesting.