

Skill progression by activity – Key Stage 1

Run Jump Throw

Run, Jump, Throw - Year 1	Head	Suggest links between types of exercises e.g. training speed for different jumping activities
		Demonstrate awareness for the need to improve and attempt to improve
		Recognise and implement concepts such as waiting your turn
		Select correct skill for the situation
	Hand	Can start and stop at speed, run in straight lines using a variety of speeds
		Attempt a variety of jumps taking off and landing on different foot combinations e.g., 2 to 1, 1 to 2 etc.
		Handle and throw a variety of different objects and attempt to throw for distance
		Copy and repeat basic movements for extended periods of time developing stamina
		Demonstrate some core strength to hold a variety of shapes and positions
		Move a variety of objects quickly showing a range of techniques
	Heart	Developed agility and coordination skills to competently take part in a range of activities
		Work partner to help improve their performance
Apply knowledge of boundaries such as lanes & avoid impeding others		
Run, Jump, Throw - Year 2	Head	Participate as part of a team to compete in running relays
		Make choices about appropriate throws for different types of activity
		Begin to make links between components of fitness e.g. strength and outcome i.e. length of throw
	Hand	Can identify areas of activities that need improvement e.g. power in throws to throw further
		Develop power, agility, coordination and balance over a variety of activities
		Can throw and handle a variety of objects including quoits, beanbags, balls, hoops
		Can negotiate obstacles showing increased control of body and limbs
		Use agility in running games
		Apply skills in a variety of activities
	Heart	Practise to improve skills
		Discuss thoughts and feelings around physical challenges and what it means to be a team player
		Work cooperatively to complete running, jumping and throwing tasks
		Consider others when playing games to respect their space and boundaries

Hit Catch Run

Hit, Catch, Run - Year 1	Head	Able to identify when a point has been scored and keep count of score
		Can choose where to send the ball to maximise chance to score
		Can make choices where to stand in the field to restrict runs scored
	Hand	Catch a medium sized ball thrown over a short distance
		Intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency
		Track balls and other equipment sent to them, moving in line with the ball to collect it
		Run between bases to score points
		Retrieve and return a ball to a base
		Use a range of sending skills to put ball into space
		Able to self-feed ball to hit off hand and strike ball off cone
	Heart	Work collaboratively to score runs showing encouragement and support
		Decide as a team the best positioning to intercept balls
Show awareness of team mates fielding positions to restrict runs in a simple game scenario		
Hit, Catch, Run - Year 2	Head	Make choices about where to hit the ball
		Judge and change pace in a variety of running activities
		Make tactical decisions about where to position themselves in the field
	Hand	Has developed hitting skills with a variety of bats
		Practised bowling/feeding a ball to other players
		Run in a game to score points
		Attempted to play the role of wicket keeper or backstop
		Use skills as a team to prevent runs
		Makes attempts to catch balls coming towards player in games
	Heart	Can work in small groups to field and bat
Display sportsmanship when competing against others		

Attack Defend Compete

Attack, defend, compete - Year 1	Head	Recognise rules and apply them in competitive and cooperative games
		Discuss changes in the body brought about by exercise
		Make decisions about how to defend a target
	Hand	Begin to engage in competitive activities
		Roll, slide or throw a beanbag or ball with accuracy
		Bounce a medium sized ball to self and attempt to bounce to others
		Judge when and where to move to get in a defensive position
		Attempt to intercept and catch a thrown ball
	Heart	Work in collaboration with others to attack and score points
Cooperate to perform a range of challenges using skills such as gesture/signalling		
Identify the things that they like about exercise both in and outside of school		
Attack, defend, compete - Year 2	Head	Select and apply a small range of simple tactics
		Begin to look for space to pass into or run to in order to receive
		Select the more appropriate skill to move forwards to shoot
	Hand	Can send a ball using feet
		Can receive a ball using feet
		Link combinations of skills e.g. dribbling and passing with hands in isolation and combination
		Can send a ball using hands
		Can receive a ball using hands
		Perform the role of goal keeper using basic stopping and interception skills
	Heart	Can play in a variety of positions in both defence and attack
		Show awareness of teammates and opponents in games
		Work with a partner and in small groups to develop skills

Send & Return

Send & Return - Year 1	Head	Identify space to send a ball into
		Identify tactics to outwit an opponent such as hitting to space
		Can describe how they worked with their partner to send and receive
	Hand	Able to send an object with increased confidence using hand or bat
		Move towards a moving ball to return with hand or bat
		Score points against opposition over a line/net
		Select and apply skills to win points
		Chase, stop and control balls and other objects such as beanbags and hoops
		Track balls and other equipment sent to them, moving in line with the ball to collect or return
	Heart	Work with a partner to send and return an object and play in a simple rally
Recognise your actions impact others e.g. feeding a ball accurately and at correct pace		
Play cooperatively in a game situation		
Send & Return - Year 1	Head	Decide on and play with dominant hand
		Develop tactics to outwit your opponent so they cannot return the ball
	Hand	Demonstrate basic sending skills in isolation and small games
		Show agility to track the path of ball over a line/net and move towards it
		Hit a ball using both hand and racquet with some consistency
		Return a ball coming towards them using hand or racquet
		Play in a modified game send and returning the ball over a line/net
		Has developed hitting skills with a variety of bats
	Heart	Start a game using basic serving skills
		Recognise individual contribution and impact on a task
		Develop collaborative teams skills

Gymnastics

Gymnastics - Year 1	Head	Use words such as rolling, travelling, balancing, climbing
		Can identify risks of working on and around apparatus
		Decide which supporting concepts and actions to add to their sequence
	Hand	Safely move and carry basic gym equipment such as mats and benches
		Recognise like actions and link them together
		Perform simple gymnastic actions and shapes
		Remember and perform a simple sequence using rolling, travelling, climbing, balancing and jumping
		Show spinning and rocking in isolation and in short sequence
		Make their body tense, relaxed, stretched and curled
		Perform in unison and canon
	Heart	Move on, off and over object with confidence
		Value other's efforts when they perform ; watch and listen
Communicate with a partner to create short sequence		
Gymnastics - Year 2	Head	Independently show creative flare, refining and developing during tasks
		Comment on aspects of own and others performances
	Hand	Perform with control and consistency basic actions at different speeds and on different levels
		Create and perform a simple sequence
		Show contrasts in gymnastics shapes and actions
		Work to improve flexibility and strength
		Attempt to use rhythm whilst performing a sequence
	Use core strength to link gymnastic elements e.g. back support and half twist	
	Heart	Remember and repeat sequences
		Develop character and maturity to work in close proximity with others
		Reflect on own performance and use scoring system to judge performance

Dance

Dance - Year 1	Head	Confident to explore space within their dances and movements
		Identify similarities between gymnastics and dance/other physical activity
		Recognise that dances can have themes and stories
	Hand	Perform basic body actions along with music
		Use different parts of the body, combine arm and leg actions
		Perform with an awareness of body shape required
		Remember and repeat simple movement patterns
		Move with control and show spatial awareness
		With help, compose a basic movement phrase
Heart	Work with a partner	
	Make some suggestions of how other's can improve their work	
	Engage with the class to perform marching sequence and canon	
Dance - Year 2	Head	Select movements that show a clear understanding of the theme/story/idea of the dance
		Volunteer and show leadership in group dances
		Show confidence to perform in front of others
	Hand	Show some sense of dynamic, expressive and rhythmic qualities in their own dance
		Use different parts of the body in isolation and combination
		Perform with control and balance and demonstrating coordination
		Explore and use basic choreography including levels, speed changes, unison and canon
		Move with imagination responding the music
		Perform with expression
	Heart	Attempt to work as part of a group to perform a dance
		Show engagement in task to perform with freedom e.g. freestyling
		Able to comment on ideas and emotions and how they can be portrayed through dance