

Waterville Primary School Progression of Skills and Vocabulary in PE

<h2 style="margin: 0;">Year 1</h2>	<p>KS1 National Curriculum 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:</p> <ul style="list-style-type: none"> • to 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. 			
Social Focus & RESPECT Values	Will pupils work effectively with different partners and carefully follow instructions? Can pupils participate in team games developing simple communication skills? Are pupils able to work as part of a team by collaborating with others?			
Physical Focus	Can pupils describe how their body feels before, during and after different activities? Can pupils explain what their body needs to keep healthy? Can pupils describe ways to be active physically? Can pupils improve strength, power and speed? Can pupils develop balance, agility and co-ordination?			
Personal Health	Can pupils talk about some examples of ways to be healthy? Do pupils know how to carry, lift and place some equipment?			
Technical Focus	How well can a child select a skill to adapt to the situation? How well can a child use a range of skills in sequence? Can a pupil adapt tactics/strategy to meet the needs of the situation?			
Evaluation & Psychological Focus	Can the pupil watch and describe performances using what is seen to improve their own performance? Are pupils able to talk about the differences between their work and that of others? How is the pupil's performance in a competitive environment?			
Gymnastics	Dance	Ball Skills- Invasion Games	Throwing and Catching - Fielding Games	Athletics
To explore movement actions with control and link them together with flow. To explore gymnastic actions and shapes. To explore travelling on benches. To explore movement actions with control, and to link them together with flow. To choose and use simple compositional ideas by creating and performing sequences. To repeat and link combinations of gymnastic actions. To link combinations of movements and shapes with control. To be able to hold balances. To move with control and have an awareness of space.	To copy and repeat actions. To change direction during travelling moves. To link travelling moves that change direction and level. To put a sequence of actions together to create a motif. To use a variety of moves. To explore basic body patterns and movements to music. To use a variety of moves that change speed and direction. To link together dance moves with gestures and changing direction in time to music. To practise taking off from different positions. To complete an obstacle course with control and agility. To begin to improvise independently to create a simple dance.	To master basic sending and receiving as well as developing balance agility and coordination. To make use of coordination, accuracy and weight transfer. To develop receiving skills. To use ball skills in game-based activities. To use the terms attacking and defending. To use simple defensive skills such as marking a player or defending a space. To use simple attacking skills such as dodging to get past a defender.	To learn skills for striking and fielding games. To practise basic striking, sending and receiving. To use throwing and catching skills in a game. To practise accuracy of throwing and consistent catching. To strike with a racket or bat. To play a game fairly and in a sporting manner. To use fielding skills to play a game. To become familiar with balls and various rackets. To practice simple motions using a racket and ball. To be able to return a shot accurately. To pass a ball to a partner over a variety of distances. To throw underarm and overarm. To use rolling skills in a modified game. To strike a stationary ball with some control.	To use varying speeds when running. To explore footwork patterns. To explore arm mobility. To explore different methods of throwing. To practise short distance running. To change direction when running. To run a straight line using correct technique.
Vocabulary				
Along Climb Direction Level Link Onto and off Over Pike Posture Roll Rolling: egg, log, forward, teddy bear rolls. Sequence Straddle Straight Tension Travel Tuck Walk	Dance Theme Pattern Movement Sequence Mirror Beat Gesture Perform Rap	Accuracy Agility Aim Balance Base Co-ordination Control Fluency Guide Dribble Kick Movement Pass Push Rotate Strike Target Technique Timing Transitions Travel	Bat Racket Catch Fielding Rounders Scoring Strike Target Throw Warm-up	Balance Hopping Jog Mobility Obstacle Overarm Throw Relay Speed Sprint Take-off and landing Underarm

