

Year 1 PE Progression Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Personal Skills/ Physical Skills/ Invasion Games	Personal Skills/ Physical Skills/ Yoga	Cognitive Skills/ Physical Skills/ Gymnastics/Dance	Creative Skills/ Physical Skills/ Athletics/Rounders	Physical Skills/ Swimming	Health & Fitness Skills/ Physical Skills/ Swimming
Learning Objective (from DC Pro)	<ul style="list-style-type: none"> I can follow instructions, practise safely and work on simple tasks by myself. I can perform a single skill or movement with some control. 	<ul style="list-style-type: none"> I can work sensibly with others, taking turns and sharing. I can perform a single skill or movement with some control 	<ul style="list-style-type: none"> 1. I can understand and follow simple rules. 2. I can name some things I am good at. 2. I can perform a small range of skills and link two movements together. 	<ul style="list-style-type: none"> 1. I can explore and describe different movements. 2. I can perform a small range of skills and link two movements together 	<ul style="list-style-type: none"> 2. I can perform a small range of skills and link two movements together I can submerge the nose and mouth and blow bubbles rhythmically 3 times 2. I can float on the back and front (with aids or support) and regain a standing position 	<ul style="list-style-type: none"> I am aware of why exercise is important for good health. 2. I can perform a small range of skills and link two movements together I can submerge the nose and mouth and blow bubbles rhythmically 3 times 2. I can float on the back and front (with aids or support) and regain a standing position
Skills	<p>On both legs (FS1):</p> <ul style="list-style-type: none"> Standstill for 10 seconds <p>Floorwork(FS10):</p> <ul style="list-style-type: none"> Sidestep in both directions. Gallop, leading with either foot. Hop on either foot. Skip. 	<p>Jumping and Landing(FS6):</p> <p>Jump from 2 feet to 2 feet forwards, backwards and side to side.</p> <p>Seated(FS2):</p> <ul style="list-style-type: none"> Balance with both hands/feet down. Balance with one hand/2 feet down. Balance with two hands/1 foot down. Balance with one hand/1 foot down Balance with one hand or 1 foot down. Balance with no hands or feet down. 	<p>Stance (FS4):</p> <p>Stand online with good stance for 10 seconds.</p> <p>On a line(FS5)</p> <ul style="list-style-type: none"> Walk forwards with fluidity and minimum wobble. Walk backwards with fluidity and minimum wobble. 	<p>In Pairs (FS7):</p> <ul style="list-style-type: none"> Sit holding hands with toes touching, leaning together then apart. Sit holding one hand with toes touching, lean in together then apart. Sit holding hands with toes touching and rock forwards, backwards and side to side. <p>Ball skills (FS9):</p> <ul style="list-style-type: none"> Sit and roll a ball along the floor around body using two hands. Sit and roll a ball along the floor around body using one hand (right and left). Sit on roll a ball down legs and around upperbody using two hands. Stand and roll a ball up and down legs and around upper body using two hands. 	<p>Sending and Receiving(FS8):</p> <ul style="list-style-type: none"> Rule large ball and collect the rebound. Rule small ball and collect the rebound. Throw large ball and catch the rebound with two hands. <p>Reaction and Response (FS12):</p> <p>From 1,2,and 3 metres:</p> <ul style="list-style-type: none"> React and catch a large ball dropped from shoulder height after two bounces. React and catch large ball dropped from shoulder height after 1 bounce.. 	<p>Floorwork(FS3):</p> <ul style="list-style-type: none"> Hold mini front support position. Reach round and point to ceiling with either hand in mini front support <p>Ball chasing(FS11):</p> <ul style="list-style-type: none"> Roll a ball, chase and collect it in a balanced position facing opposite direction. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction
Sport specific skills	<ul style="list-style-type: none"> Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards 		<p>Gym</p> <ul style="list-style-type: none"> Create and perform a movement sequence. Copy actions and movement sequences with a beginning, middle and end. 	<p>Athletics</p> <ul style="list-style-type: none"> Vary their pace and speed when running. Run with a basic technique over different distances. Show good posture and balance. Jog in a straight line. 		

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	<p>and backwards) with control and fluency</p> <ul style="list-style-type: none"> • Pass the ball to another player in a game. • Use kicking skills in a game • Use different ways of travelling in different directions or pathways. • Run at different speeds. • Begin to use space in a game • Follow simple rules to play games, including team games. • Use simple attacking skills such as dodging to get past a defender. • Use simple defensive skills such as marking a player or defending a space. • Follow simple rules to play games, including team games. • Use simple attacking skills such as dodging to get past a defender. • Use simple defensive skills such as marking a player or defending a space. 		<ul style="list-style-type: none"> • Link two actions to make a sequence. • Recognise and copy contrasting actions (small/tall, narrow/wide). • Travel in different ways, changing direction and speed. • Hold still shapes and simple balances. • Carry out simple stretches. • 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. <p>Dance</p> <ul style="list-style-type: none"> • Copy and repeat actions. • Put a sequence of actions together to create a motif. • Vary the speed of their actions. • Use simple choreographic devices such as unison, canon and mirroring. • Begin to improvise independently to create a simple dance. 	<ul style="list-style-type: none"> • Change direction when jogging. • Sprint in a straight line. • Change direction when sprinting. • Maintain control as they change direction when jogging or sprinting • 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 • Throw underarm and overarm. • Throw a ball towards a target with increasing accuracy. • Improve the distance they can throw by using more power. <p>Rounders</p> <ul style="list-style-type: none"> • Use hitting skills in a game. • Practise basic striking, sending and receiving. 		
Vocabulary	<p>Striking; Catching; Own space; Team; Speed; Direction; Passing; Controlling; Shooting; Scoring</p>		<p>Gym</p> <p>Forwards; Backwards; Sideways; Roll; Slow; Body parts; Shape; Jump; Travel; Stretch; Wide; Narrow</p> <p>Dance</p> <p>Travel; Stillness; Direction; Space; Body parts; Levels; Speed</p>	<p>Striking; Catching</p>		