



## PE Progression of Skills in KS1

	Year 1	Year 2	End of KS1 Expectations
<b>Health and fitness</b>	I can describe how my body feels before, during and after an activity I can show how to exercise safely.	I can show how to exercise safely. I can describe how my body feels during different activities. I can explain what my body needs to keep healthy.	
<b>Acquiring and developing skills</b>	I can move with control and care. I can copy and remember actions.	I can copy and remember actions. I can repeat and explore actions with control and coordination.	Pupils should be taught to master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
<b>Evaluating and improving</b>	I can describe what other people did. I can say how I could improve.	I can talk about what is different between what I did and what someone else did. I can say how I could improve.	
<b>Dance</b>	I can copy dance moves. I can make up a short dance. I can dance imaginatively. I can change rhythm, speed, level and direction.	I can change rhythm, speed, level and direction. I can dance with control and co-ordination. I can make a sequence by linking sections together. I can link some movement to show a mood or feeling.	Pupils should be taught to perform dances using simple movement patterns. Use movement imaginatively, responding to stimuli, including music and performing basic skills <ul style="list-style-type: none"> <li>•change rhythm, speed, level and direction of their movements</li> <li>•create and perform dances using simple movement patterns, including those from different times and cultures</li> <li>•express and communicate ideas and feelings</li> </ul>
<b>Games</b>	I can hit a ball with a bat. I can throw in different ways. I can use hitting, kicking and/or rolling in a game. I can follow rules.	I can stay in a 'zone' during a game. I can decide where the best place to be is during a game. I can use one tactic in a game. I can follow rules.	Pupils should be taught to participate in team games, developing simple tactics for attacking and defending
<b>Gymnastics</b>	I can make my body tense, relaxed, curled and stretched. I can control my body when travelling. I can control my body when balancing. I can climb safely. I can plan and show a sequence of movements.	I can use contrast in my sequences. My movements are controlled. I can think of more than one way to create a sequence which follows a set of 'rules'. I can work on my own and with a partner to create a sequence.	

**End of KS1 Expectations:** Pupils should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, 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.