

**Ebchester CE Primary School**  
**Progression of Learning – PE KS1**



**By the end of KS1**

By the end of KS1		
	Breadth of Study	Knowledge and Skills
<b>Basic movement</b>	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	<p><b>By the end of Year 2, pupils will be able to:</b></p> <ul style="list-style-type: none"> <li>• Move in a variety of ways in and out cones and obstacles</li> <li>• Jump with both feet leaving the floor</li> <li>• Hop and side step</li> <li>• Run, sprint and stop on command</li> <li>• Skip with and without a rope</li> <li>• Jump for distance and height</li> <li>• Single balance</li> <li>• Balance on one foot</li> <li>• Be able to balance on a piece of apparatus</li> <li>• Climb to head height on play equipment</li> <li>• Walk along a line and a bench</li> <li>• Be able to throw and catch a medium sized ball accurately</li> <li>• Kick a ball</li> <li>• Dribble a ball in and out of a set of obstacles.</li> <li>• Balance a ball on a bat</li> <li>• Hit a ball with some accuracy using a racket or bat</li> <li>• Throw a beanbag into a given target</li> </ul>
<p><b>Basic Movement vocabulary</b>  Side-step, sprint, balance, apparatus, dribble,</p>		

<p><b>Team Games</b></p>	<p>Participate in team games, developing simple tactics for attacking and defending</p>	<p><b>By the end of Year 2, pupils will be able to:</b></p> <ul style="list-style-type: none"> <li>• Be able to participate in a game with an opposing side</li> <li>• Be able to control a ball within a game setting</li> <li>• Play a game with a set of rules</li> <li>• Play as part of a team</li> <li>• Cooperate with team mates</li> <li>• Work as a team in order to score goals</li> <li>• Control a ball accurately</li> <li>• Use both hands and feet in order to control a ball</li> <li>• Travel in a variety of ways including running and jumping</li> <li>• Begin to perform a range of throws</li> <li>• Receive a ball with basic control</li> <li>• Begin to develop hand-eye coordination</li> <li>• Participate in simple games</li> <li>• Be confident to send the ball to others in a range of ways</li> <li>• Begin to apply and combine a variety of skills to a game situation</li> <li>• Develop strong spatial awareness</li> <li>• Begin to develop own games with peers</li> <li>• Understand the importance of rules in games</li> <li>• Develop simple tactics and use them appropriately</li> <li>• Begin to develop an understanding of attacking/ defending</li> </ul>
<p><b>Team Games vocabulary</b> attacking, defending, skills</p>		

<b>Dance</b>	Perform dances using simple movement patterns	<b>By the end of Year 2, pupils will be able to:</b> <ul style="list-style-type: none"><li>• Copy and explore basic movements with clear control</li><li>• Remember simple movements and dance steps</li><li>• Vary levels and speed in sequence</li><li>• Vary the size of their body shapes</li><li>• Add change of direction to a sequence</li><li>• Use space well and negotiate space clearly</li><li>• Describe a short dance using appropriate vocabulary</li><li>• Respond imaginatively to stimuli</li><li>• Move to a beat</li><li>• Link a short series of dance sequences together</li></ul>
<b>Dance vocabulary</b> Sequence, body shape, beat, routine, stretching, curling, twisting, turning,		