

# Progression in Learning Framework for PE – KS1

The overarching aim for PE in the national curriculum is for children to 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.

## PE

The programmes of study for at key stages 1 and 2 are:

### Pupils should be able 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

	Interface with EYFS	Yr 1 Autumn Small Steps	Yr 1 Spring Small Steps	Yr 1 Summer Small Steps	Yr 2 Autumn Small Steps	Yr 2 Spring Small Steps	Yr 2 Summer Small Steps	Interface with KS2
<b>Static Balance:</b>	<p><b>Demonstrate strength, balance and coordination when playing.</b></p> <p><b>Static Balance:</b> Stand on 1 leg for 5 seconds</p> <p>Stand on a line with a stance for 5 seconds</p>	<p><b>Static Balance:</b> stand still for 10 seconds</p>	<p><b>Static Balance</b> balance in different positions</p> <p>stand on line with stance for 10 seconds</p>	<p><b>Develop balance, agility and co-ordination</b></p>	<p><b>Static Balance:</b> On both legs: Stand still for 30 seconds</p>	<p><b>Static Balance:</b> complete 5 squats</p> <p>stand on beam with stance for 10 seconds</p>	<p><b>Develop balance, agility and co-ordination, and begin to apply these in a range of activities</b></p>	<p><b>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b></p>

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<b>Dynamic Balance:</b>	Seated balance with 1 hand and 1 foot touching the floor  <b>Dynamic Balance:</b> Jumping with feet together and land with feet still together	<b>Dynamic Balance:</b> walk forward and backwards with fluidity and minimum wobble  jump from 2 feet to 2 feet forwards, backwards and side-side	<b>Counter Balance:</b> Sit holding hands with toes touching and rock forwards, backwards and side-to-side	See Footwork for movements.	<b>Dynamic Balance:</b> walk fluidly lifting knees to 90 degrees and heels to bottom  jump from 2 feet to 2 feet with a quarter turn,  jump from 2 feet to 1 foot and freeze	<b>Counter Balance:</b> Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together	<b>Master basic movements including running,</b>	<b>Use running, jumping, throwing and</b>
<b>Counter Balance:</b>	<b>Counter Balance:</b> Sit holding hands with toes touching lean in together and apart							
	<b>Move energetically such as</b>							



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<p><b>Ball Chasing:</b></p>	<p><b>Ball Chasing:</b> roll and chase a bouncing ball fed by a partner and collect it with balance</p>			<p><b>Ball Chasing:</b> Roll and Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.</p>			<p><b>Ball Chasing:</b> Chase a bouncing ball fed by a partner and collect it with balance</p>	
<p><b>Reaction &amp; Response:</b></p>	<p><b>Reaction &amp; Response:</b> React and catch large ball dropped from shoulder height after 2 bounces.</p>			<p><b>Reaction &amp; Response:</b> React and catch large ball dropped from shoulder height after 1 bounces.</p>			<p><b>Reaction &amp; Response:</b> React and catch tennis ball dropped from shoulder height after 1 bounce</p>	
<p><b>Games:</b></p>	<p><b>Negotiate space and obstacles safely, with consideration for themselves and others, including in team games</b></p>	<p><b>Work in partners or small groups to achieve a goal</b>  (Orienteering) (Team Building)</p>	<p><b>Follow and understand basic rules in an activity (long jump, javelin) or a team game with opposing sides (relay races ect)</b>  (Athletics)</p>	<p><b>Play games with opposing sides</b>  <b>Be able to play a game following a set of rules and start to use tactics for attacking the opposition</b>  (Football/Netball)</p>	<p><b>Play as part of a team and work with teammates to develop attacking tactics</b> (where to hit the ball to gain points)  (Tennis/Badminton)</p>	<p><b>Play as part of a team and work with teammates to develop some defending tactics</b> (positions for attacking, defending, goalkeeping)  (Hockey)</p>	<p><b>Participate in team games, developing simple tactics for attacking and defending</b> (fielders in defence, batters in attack)  (Rounders/Cricket)</p>	<p><b>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</b>  <b>Take part in outdoor and adventurous activity</b></p>

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								challenges both individually and within a team
<b>Dance:</b>	<p>Join in with a range of dances,</p> <p>Move to music</p>	<p>Move to a rhythm or a beat</p> <p>Move to a beat and with increasing rhythm</p> <p>Copy a dance pattern</p> <p>Able to make their body tense, relaxed, curled and stretched.</p>				<p>Links 3-4 dance movements together</p> <p>Create and link a short series of dance sequences together</p> <p>Perform dances using simple movement patterns</p>		<p>perform dances using a range of movement patterns</p>
<b>Milestone 1 – Year 1</b>	<p>I can stand on one leg for 10 seconds and walk forward and backwards with fluidity and minimum wobble. I can jump from 2 feet to 2 feet forwards, backwards and side-side. I can land safely and correctly after jumping. I can work in partners or small groups to achieve a goal through orienteering and team building activities. When dancing, I can move to a rhythm or a beat with increasing rhythm. I can copy a dance pattern and make my body tense, relaxed, curled and stretched.</p>							
<b>Milestone 2 – Year 1</b>	<p>I can balance in different positions and stand on line with stance for 10 seconds. I can counter balance with a partner by sitting, holding hands with toes touching and rock forwards, backwards and side-to-side. I can side-step in both directions. I am able to stand and roll a ball up and down my legs and round my upper body using 2 hands. I can follow and understand basic rules in an activity or a team game with opposing sides through Athletics.</p>							

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<b>Milestone 3 – Year 1</b>	I have developed my footwork and co-ordination and I can gallop, leading with either foot. I can hop on either foot and skip forwards using alternative arms and legs. I can throw a large ball and catch the rebound with 2 hands. I can roll and chase a ball rolled by a partner and collect it in balanced position facing opposite direction. I can react and catch large ball dropped from shoulder height after 1 bounce. I am able to participate and play a team game with opposing sides. I can play a game following a set of rules and start to use tactics for attacking the opposition through Football/Netball.	
<b>Milestone 1 – Year 2</b>	I can balance on one leg for 20-30 seconds. I can walk with control and fluidly, lifting my knees to 90 degrees and touching my heels to my bottom. I can able to jump from 2 feet to 2 feet with a quarter turn and jump from 2 feet to 1 foot and freeze. I can land safely and correctly after jumping. I am able to combine side-steps with 180° front pivots off either foot. I can play fairly as part of a team and work with teammates to develop attacking tactics through tennis Tennis/Badminton.	
<b>Milestone 2 – Year 2</b>	I can balance by completing 5 squats. I am able to stand on a beam with stance for 10 seconds. I can counter balance by holding on with 1 hand and, with a long base, lean back, hold balance and then move back together. I can stand and roll a ball up and down my legs and round my upper body using 1 hand. I can play as part of a team and work with teammates to develop some defending tactics and learn positions for attacking, defending and goalkeeping in Hockey. When dancing, I can links 3-4 dance movements together. I can create and link a short series of dance sequences together and perform dances using simple movement patterns.	
<b>Milestone 3 – Year 2</b>	I have mastered basic movements including running, jumping, throwing and catching. I can skip with my knees and opposite elbows at 90° angle. I can hopscotch forwards and backwards and hop on the same leg (right and left). I am able to throw a tennis ball, catch the rebound with the other hand without a bounce. I can strike a large, soft ball along the ground with my hand 5 times in a rally. I can chase a bouncing ball fed by my partner and collect it with balance and control. I can react and catch a tennis ball dropped from shoulder height after 1 bounce. I can participate in team games and I have developed simple tactics for attacking and defending through Rounders/Cricket.	