

PE Progression of Skills - KS1

		4 - 5 years	5 - 6 years	6 - 7 years
iexercise	Personal Learning Objectives	<ul style="list-style-type: none"> I know simple effects of exercise and the importance of healthy foods and I know the importance for good health of physical exercise and healthy eating. 	<ul style="list-style-type: none"> I understand WHY exercise is one important way to keep healthy. I know some changes that happen to my body when I exercise. 	<ul style="list-style-type: none"> I understand WHY exercise is important for our bodies and our minds. I know some changes that happen to my body when I exercise.
	Skill Objectives	<ul style="list-style-type: none"> To develop core strength to sit on the floor with control and ease for increased periods of time. To balance momentarily on a combination of body parts. 	<ul style="list-style-type: none"> To develop and extend balance. To develop core strength to balance in a seated position and on other parts of the body with control and ease for increased periods of time. 	<ul style="list-style-type: none"> To develop and extend balance, individually and with others. To develop core strength to maintain balance on body parts with control in a range of activities.
	Links to Sport	Gymnastics - Core Strength & Balance - static seated balance, static standing balance and dynamic balance.	Gymnastics - Core Strength & Balance - static seated balance, static standing balance and dynamic balance.	Gymnastics - Core Strength & Balance - static seated balance, static standing balance and dynamic balance.
imove	Personal Learning Objectives	<ul style="list-style-type: none"> I move confidently in a variety of ways, with control and I am aware of my own space. 	<ul style="list-style-type: none"> I can move with control in a variety of ways. I can show an awareness of their own space, and that of others. I can link movements together, when moving in different ways. 	<ul style="list-style-type: none"> I can move with control in a variety of ways. Show spatial awareness when moving. I can make sequences by combining movements and rehearse to improve.
	Skill Objectives	<ul style="list-style-type: none"> To move in a variety of different ways. To develop spatial awareness by working in their own space bubble. 	<ul style="list-style-type: none"> To master basic movements including hopping, skipping and hopscotch. To become increasingly confident and competent when developing and extending their agility skills. To apply their agility skills in a range of situations. 	<ul style="list-style-type: none"> To master basic movements including marching, heel-toe walking, galloping, striding, cat leaps, hopping and hopscotch. To become increasingly confident and competent when developing and extending these agility skills, and apply them in a range of situations. To develop and extend their balance skills individually and with others. To become increasingly competent at balancing when still and whilst on the move.
	Links to Sport	Fundamental skills - Footwork patterns and spatial awareness.	Fundamental skills - Footwork patterns and spatial awareness.	Fundamental skills - Footwork patterns and spatial awareness.
ipractise	Personal Learning Objectives	<ul style="list-style-type: none"> I can follow instructions and engage with activities with some help I can be an independent learner, and say when I do or don't need help. I can try new activities safely. 	<ul style="list-style-type: none"> I can be an independent learner, asking for help when needed. I can try again to improve to be 'my best self'. I know how to be safe when being active. I can show perseverance and resilience to try to beat 'my best self'. 	<ul style="list-style-type: none"> I can begin to identify what my Personal Best looks like. I can show perseverance and resilience and keep practising to improve to be 'my best self'. I can be an independent learner, recognising when something is hard or easy and taking steps to move my learning on.
	Skill Objectives	<ul style="list-style-type: none"> To develop travelling movement skills such as running, jumping, hopping, skipping. To demonstrate strength, balance and coordination when travelling. To negotiate space and obstacles safely, with consideration for themselves and others. 	<ul style="list-style-type: none"> To become increasingly confident and competent to run with spatial awareness, from different starting positions and at different speeds. To become increasingly confident and competent to jump for distance and height in varying ways and in different directions. To begin to engage in competitive activities - compete against myself. 	<ul style="list-style-type: none"> To become increasingly confident and competent in running and jumping and skipping, in varying ways and in different directions, and apply these skills in dynamic balance activities. To engage in competitive activities - compete against myself and time.
	Links to Sport	Fundamental skills - Footwork and agility.	Fundamental skills - Running, jumping and landing and skipping.	Fundamental skills - Running, jumping and landing, and skipping.
icomunicate	Personal Learning Objectives	<ul style="list-style-type: none"> I can talk in a familiar group, offering ideas, taking turns and working co-operatively. I can ask for help. I can use recently introduced vocabulary. I can express my own ideas. 	<ul style="list-style-type: none"> I can offer ideas, take turns and work co-operatively. I can use recently introduced vocabulary. I can praise and motivate others. 	<ul style="list-style-type: none"> I can independently share ideas, take turns and work co-operatively. I can listen to other's ideas, and respect different ideas to my own. I can praise and motivate others to help them to improve.
	Skill Objectives	<ul style="list-style-type: none"> To develop skills of running, dodging and pivoting. To develop and refine a range of ball skills: throwing and rolling it to self and a partner. To develop core strength and balance when being still and whilst moving. 	<ul style="list-style-type: none"> To develop dodging skills (plant and go), combining spatial awareness and locomotion. Exploring passing, throwing, catching, rolling, dribbling and controlling the ball with their feet; trapping the ball with the feet; kicking a stationary ball; kicking at different levels and speed and flow. To develop types of balance to include static balance and counterbalance. To develop skills and technique for turning and rotation, thinking about their space and body awareness. 	<ul style="list-style-type: none"> To master basic movements in passing and receiving, throwing and catching, rolling, dribbling and stopping a ball, and develop striking skills. To become increasingly confident and competent when developing and extending these object control skills. To develop tactics for attacking and defending.
	Links to Sport	Gymnastics - Static and dynamic balance. Fundamental skills - Agility and balance and object manipulation.	Gymnastics - Dynamic balance and counter balance. Fundamental skills - Agility and footwork and object manipulation.	Fundamental skills - Object manipulation.
icreate	Personal Learning Objectives	<ul style="list-style-type: none"> I can create and explore moves based on what I have seen. I can copy movements and talk about what I like or dislike. I can offer my own ideas for movements. 	<ul style="list-style-type: none"> I can explore and create movement activities based on what I have seen. I can compare movements and talk about what I like or dislike. I can adapt activities to match a theme or idea. 	<ul style="list-style-type: none"> I can explore and create movement activities. I can compare and adapt activities to match a focus intention.
	Skill Objectives	<ul style="list-style-type: none"> To develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. 	<ul style="list-style-type: none"> To develop fundamental movement skills of footwork aiming and striking, and aiming and striking with a racket. To apply their agility and co-ordination skills in a range of activities. 	To apply Agility, Balance and Co-ordination in a range of activities, and in increasingly challenging situations.
	Links to Sport	Fundamental skills - Object manipulation and control while travelling.	Fundamental skills - Coordination, object manipulation and control.	Fundamental skills - Footwork patterns, coordination, object manipulation and control.
ithink	Personal Learning Objectives	<ul style="list-style-type: none"> I can think about what I can do well. I can understand and follow simple rules. I can think of different ways to do something. 	<ul style="list-style-type: none"> I can say what I can do well and how to improve. I can understand and follow basic rules. I can make a change to an activity. 	<ul style="list-style-type: none"> I can say what I can do well and how to improve. I can follow basic rules and use tactics in team game situations.
	Skill Objectives	<ul style="list-style-type: none"> To develop hand-eye coordination with increased confidence when working with equipment. To develop and refine different ways to control and send a ball with their feet - dribbling skills. 	<ul style="list-style-type: none"> To master basic movements in balancing, whilst still and on the move. To become increasingly confident and competent when developing and extending agility skills in dodging, running and galloping, controlling a ball, throwing and aiming. To apply these skills in competitive and co-operative team games. 	<ul style="list-style-type: none"> To say what I can do well and how to improve. To follow basic rules and use tactics in team game situations.
	Links to Sport	Fundamental skills - Object manipulation and control.	Gymnastics - Static and dynamic balance. Fundamental skills - Footwork patterns and object manipulation.	Gymnastics - Static and dynamic balance. Fundamental skills - Agility, reaction and response.