

**Willaston Primary Academy**

**Physical Education Progression of Skills, Competencies and Knowledge**

Year 1		
<b>Fundamental Movement Skills</b>	Children in Year 1 should develop fundamental movement skills, becoming increasingly more confident and competent in a range of gross movement skills such as Running, Jumping, Throwing, Catching, Bouncing, Kicking and Striking.	
<p><b>Running</b></p> <p>All children in Year 1 should be taught to;</p> <ul style="list-style-type: none"> <li>• Run at different speeds</li> <li>• Move along basic pathways, eg Straight Line, in a curve etc.</li> <li>• Move safely and in space.</li> </ul> <p>Most of the children should be able to;</p> <ul style="list-style-type: none"> <li>• Run at different speeds, recognising the difference between walking, jogging and sprinting</li> <li>• Move along a range of different pathways</li> </ul> <p>Some children will be able to;</p> <ul style="list-style-type: none"> <li>• Run at different speeds selecting the appropriate speed for that activity</li> <li>• Move along a wide range of pathways at different speeds and will be able to think of their own pathways</li> </ul>	<p><b>Jumping</b></p> <p>All children in Year 1 should be taught to;</p> <ul style="list-style-type: none"> <li>• Begin to use the correct technique for jumping as high and as far as they can</li> <li>• Explore different types of jumps</li> <li>• Land Safely</li> <li>• Make a simple sequence of jumps</li> </ul> <p>Most of the children should be able to;</p> <ul style="list-style-type: none"> <li>• Jump as high and as far as possible using the correct techniques</li> <li>• Use different ways of jumping</li> <li>• Land Safely, with control</li> <li>• Create a sequence of jumps and show it to a partner.</li> </ul> <p>Some children will be able to;</p> <ul style="list-style-type: none"> <li>• Use the correct technique for jumping for height and distance improving their performance</li> <li>• Jump from a standing position with accuracy and control</li> <li>• Land safely with control and technique</li> </ul>	<p><b>Throwing</b></p> <p>All children in Year 1 should be taught to;</p> <ul style="list-style-type: none"> <li>• Roll a ball</li> <li>• Use a simple underarm throw</li> <li>• Move along basic pathways, eg Straight Line, in a curve etc.</li> </ul> <p>Most of the children should be able to;</p> <ul style="list-style-type: none"> <li>• Use a simple overarm throw</li> <li>• Use an underarm sling</li> <li>• Throw a ball into a hoop</li> </ul> <p>Some children will be able to;</p> <ul style="list-style-type: none"> <li>• Roll a ball or a quoit along a line to a target with speed and control</li> <li>• Use an extended arm overarm throw</li> <li>• Use a sideways quoit throw</li> <li>• Throw a ball at, or over a target</li> </ul>

- Create and improve a sequence of jumps, acting on feedback.

### Catching

All children in Year 1 should be taught to;

- Roll a ball and pick it up as it slows down
- Catch a ball with two hands

Most of the children should be able to;

- Roll a ball along a line or to a target and pick it up as it slows down.
- Catch a ball thrown by a partner, with two hands

Some children will be able to;

- Roll a ball or a quoit along a line or to a target with speed and control, then track it and stop it with two hands
- Catch a ball with one hand.
- Clap, or turn before catching a ball.

### Bouncing

All children in Year 1 should be taught to;

- Drop and catch a ball with two hands
- Push or pat the ball in a downwards motion

Most of the children should be able to;

- Catch the ball with two hands consistently after dropping the ball.
- Show repetition in bouncing
- Bounce along a pathway

Some children will be able to;

- Bounce using 1 hand
- Bounce the ball to a partner with accuracy.

### Kicking

All children in Year 1 should be taught to;

- Use different parts of the foot to control and move with the ball
- Propel the ball forwards using a simple technique
- Move along basic pathways, e.g. Straight Line, in a curve etc. whilst dribbling the ball.

Most of the children should be able to;

- Use a simple technique to kick the ball forwards
- Use simple dribbling techniques to travel with the ball
- Kick a ball into a goal or target

### Striking

All children in Year 1 should be taught to;

- Roll a ball and stop it with a bat or racquet as it slows down
- Balance a ball on a bat or racquet whilst standing still

Most of the children should be able to;

- Roll a ball along a line or to a target hit it with a bat or racquet as it slows down
- Balance a ball on a bat or racquet whilst following a pathway

Some children will be able to;

- Roll a ball or a quoit along a line or to a target with speed and control, then hit

<p>Some children will be able to;</p> <ul style="list-style-type: none"> <li>• Kick a ball along a line to a target with speed and control</li> <li>• Use a simple (toe poke) and more complete (side of foot) technique to kick the ball</li> <li>• Kick a ball at, or into a target with increasing consistency</li> </ul>	<p>it with confidence</p> <ul style="list-style-type: none"> <li>• Hit a ball that is sitting on top of a tee.</li> <li>• Hit a moving ball, passed by a partner</li> </ul>
<p>Children develop Agility, Balance and Coordination and start to use these in a range of activities.</p>	<p><b>** should be incorporated in all activities **</b></p> <p><b>Agility:</b> “The bodies ability to change direction quickly whilst remaining in control and balanced” e.g. Running whilst changing direction (5:10:5 agility challenge in school assessment protocol</p> <p><b>Balance:</b> “An even distribution of weight enabling someone or something to remain upright and steady” e.g. Landing with control (Broad Jump challenge in school assessment protocol</p> <p><b>Coordination:</b> “the ability to move two or more body parts under control, smoothly and efficiently” e.g. developed in every activity.</p>
<p>Play in competitive team sports, developing attacking and defending principles</p>	<p>All children in Year 1 should be taught to;</p> <ul style="list-style-type: none"> <li>• Travel in at least two different ways e.g. running and side stepping.</li> <li>• Stop travelling to change direction</li> <li>• Begin to travel with a ball</li> <li>• Pass a ball to another player over a short distance.</li> </ul> <p>Most of the children should be able to;</p> <ul style="list-style-type: none"> <li>• Travel forwards, backwards and sideways</li> <li>• Change direction when travelling</li> <li>• Travel with a ball using their feet and hands</li> <li>• Change direction while travelling with a ball</li> <li>• Use their feet to pass to another player</li> <li>• Pass the ball quickly whilst in a game situation</li> <li>• Travel with and pass a ball to another player to score points in a game.</li> </ul> <p>Some children will be able to;</p> <ul style="list-style-type: none"> <li>• Travel in different ways with control in order to get a useful space.</li> </ul>

	<ul style="list-style-type: none"> <li>• Select the most appropriate way of travelling for the context of the game</li> <li>• Keep good control of a ball while travelling with it.</li> <li>• Pass the ball quickly and accurately to another player</li> <li>• Make quick decisions about which player to pass to.</li> </ul>
Dance with simple movement patterns	<p>All children in Year 1 should be taught to;</p> <ul style="list-style-type: none"> <li>• Move freely to music</li> <li>• Dance in the wider space</li> <li>• Move fast or slow</li> <li>• Move high or low</li> <li>• Move an object</li> <li>• Make different shapes, at different levels</li> <li>• Copy Movements</li> <li>• Work on their own</li> <li>• Use expressions to communicate feelings.</li> </ul> <p>Most of the children should be able to;</p> <ul style="list-style-type: none"> <li>• Make a shape hold it and move about it in that shape</li> <li>• Dance in their personal space and the wider space</li> <li>• Dance (or pretend to dance) with an object to communicate an idea</li> <li>• Move to the rhythm of the music</li> <li>• Perform basic actions like turning, rolling, jumping, travelling, making a shape and holding it.</li> <li>• Mirror movements</li> <li>• Perform a Canon</li> <li>• Perform in unison</li> <li>• Change between fast and slow movements</li> <li>• Remember simple movement patterns</li> </ul> <p>Some children will be able to;</p> <ul style="list-style-type: none"> <li>• With a partner Dance (or pretend to dance) with an object to communicate an idea</li> <li>• Move at high, medium and low levels</li> <li>• Move at fast, slow and intermediate speeds.</li> </ul>

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|  | <ul style="list-style-type: none"><li>• Reverse their pathway</li><li>• Improvise different ideas</li><li>• Lead a group in movement in response to stimuli</li><li>• Move smoothly between basic actions and movement patterns.</li></ul> |
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