

Physical Education Curriculum Progression – Year 1

*2 Units per half term (PE Unit 1 and PE Unit 2)

	Autumn Term 1	Autumn Term 2	Spring Term 1
PE 1 Learning Outcomes	<p>Locomotion: Running</p> <p>The unit of work will develop pupils’ ability to run using different parts of their bodies.</p> <p>Pupils will begin to understand the basic principles of attack and defence as they develop their understanding of where we need to run and why.</p>	<p>Ball Skills Hands 1</p> <p>The unit of work will develop pupils’ sending and receiving skills, applying and developing understanding of where we send a ball and why.</p> <p>Pupils will combine their sending and receiving skills to keep possession. Pupils will explore stopping the ball.</p>	<p>Dance: Growing</p> <p>The unit of work will challenge pupils to respond to rhythm and patterns through their movements. Pupils will learn how to control and co-ordinate their bodies to perform a motif.</p> <p>In addition, pupils will explore various dynamics and movement qualities as they create movement patterns.</p>
Assessment Criteria	<p>Prior Assessment: Show What You Know Activity</p> <p>Post Assessment: Mud Monsters: Monsters Come Alive Activity</p> <p>Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders.</p> <p>Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games.</p> <p>Pupils will continue to develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.</p> <p>Pupils will develop life skills such as honesty and self belief as they strive to run as fast as possible, ensuring they are playing by the rules.</p>	<p>Prior Assessment: Show What You Know Activity</p> <p>Post Assessment: Piggy in the Middle Competition</p> <p>Pupils will be able to send a ball towards a target, applying the correct technique and aiming carefully. Pupils will also be able to receive and stop a ball.</p> <p>Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.</p> <p>Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules.</p> <p>Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance and always keep the score playing fairly.</p>	<p>Prior Assessment: Develop Movements Within the Poem</p> <p>Post Assessment: Final Performance</p> <p>Pupils can move in relation to the music and respond with appropriate movements and actions. Pupils can ensure their movements are big and clear.</p> <p>Pupils will develop their curiosity and imagination as they demonstrate appropriate ideas for moving.</p> <p>Pupils can demonstrate fairness as they work well with others, ensuring everyone is included.</p> <p>Pupils will be able to develop their honesty skills as they give feedback to others describing their performances.</p>
PE 2 Learning Outcomes	<p>Gymnastics: Wide, Narrow and Curled</p>	<p>Dance: The Zoo</p> <p>The unit of work will challenge pupils to respond to the stimulus (different</p>	<p>Ball Skills Hands 2</p>

	<p>The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances in wide, narrow and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they move and develop simple sequences, linking movements together.</p>	<p>zoo animals) using a range of different, controlled movements showing character expression.</p> <p>Pupils will learn how to co-ordinate and control their bodies to perform movements, creating a sequence.</p>	<p>The unit of work will consolidate pupil's ability to accurately roll a ball towards a target.</p> <p>Pupils will combine their sending and stopping skills, applying their prior knowledge of where we send a ball and why to score points to beat an opponent.</p>
Assessment Criteria	<p>Prior Assessment: Show What You Know</p> <p>Post Assessment: Extended learning combining two movements together on apparatus (linking)</p> <p>Pupils will be able to move and balance in wide, narrow and curled ways, applying champion gymnastics criteria, on the floor and on apparatus.</p> <p>Pupils will experiment moving in a variety of wide, narrow and curled ways understanding the differences between each type of movement.</p> <p>Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.</p> <p>Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.</p>	<p>Prior Assessment: Show What You Know About Big Movements Activity</p> <p>Post Assessment: Final Performance</p> <p>Pupils can move in relation to the music and respond with appropriate movements and actions. Pupils can ensure their movements are big and clear.</p> <p>Pupils will develop their curiosity and imagination as they demonstrate appropriate ideas for moving.</p> <p>Pupils can demonstrate fairness and empathy as they work well with others, creating their movements and sequences.</p> <p>Pupils will develop life skills such as self belief and courage as they create their sequences including more advanced compositional elements.</p>	<p>Prior Assessment: Show What You Know Activity</p> <p>Post Assessment: Unlimited Battleships</p> <p>Pupils will be able to send a ball towards a target, applying the correct technique. Pupils will aim carefully in order to score a point to beat an opponent.</p> <p>Pupils will develop their concentration skills as they focus on the target, their partner and the ball.</p> <p>Pupils will develop life skills such as fairness and empathy as they work well with others, playing by the rules.</p> <p>Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance, always keeping the score and playing fairly.</p>

	Spring Term 2	Summer Term 1	Summer Term 2
PE Unit 1 Learning Outcomes	<p>Invasion: <small>Football/Ball Skills Feet</small></p> <p>The unit of work will develop pupils' ability to apply effective dribbling skills.</p>	<p>Locomotion: Jumping</p> <p>The unit of work will develop pupils' understanding of how and why we jump, using our head, arms and feet,</p>	<p>Health and Wellbeing</p> <p>The unit of work will introduce pupils to agility, balance and co-ordination, understanding what</p>

	<p>Pupils will develop their understanding of why we need to be accurate when kicking (passing) a ball. Pupils will be able to collaborate and work together in a team.</p>	<p>applying the correct jumping technique.</p> <p>Pupils will begin to understand the different reasons when, where and why we jump in different ways</p>	<p>they mean and why they are important.</p> <p>Pupils will perform circuits to develop their application and understanding.</p>
<p>Assessment Criteria</p>	<p>Prior Assessment: Explore Moving With The Ball With Feet</p> <p>Post Assessment: Show What You Know (Ghostbusters)</p> <p>Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately.</p> <p>Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.</p> <p>Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules.</p> <p>Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance and always keep the score playing fairly.</p>	<p>Prior Assessment: Show What you Know About Jumping Activity</p> <p>Post Assessment: Jumping Competitions</p> <p>Pupils will apply the correct technique for jumping and explore skipping. Pupils will develop their jumping skills and jump into spaces to avoid the defenders.</p> <p>Pupils will understand why, when and where we jump in a game with developing focus and concentration on the correct jumping technique.</p> <p>Pupils will start to give and receive feedback concerning the jumping technique. Fairness will be applied as pupils play by the rules.</p> <p>Pupils will continue to develop and apply life skills such as courage and honesty as they play within the rules of the game and jump confidently.</p>	<p>Prior Assessment: Show What You Know About Agility Activity</p> <p>Post Assessment: Co-ordination Circuit</p> <p>Pupils will move showing agility, be able to remain balanced and apply coordination in activities and within circuit challenges.</p> <p>Pupils will demonstrate a basic understanding of agility, balance and coordination and why they are important.</p> <p>Pupils will develop life skills such as empathy and fairness as they collaborate with their partners and support each other to complete the circuits.</p> <p>Pupils will demonstrate honesty and self belief as they try their hardest to improve their performances and keep their score.</p>
<p>PE Unit 2 Learning Outcomes</p>	<p>Gymnastics: Body Parts</p> <p>The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances on big and small body parts in wide, narrow and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they link movements together developing simple sequences.</p>	<p>Games for Understanding</p> <p>The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.</p>	<p>Team Building</p> <p>The unit of work will introduce teamwork. Pupils will explore and learn why it is important to include everyone when working as a team and what makes an effective team. Pupils will begin to explore simple strategies to solve problems.</p>

<p>Assessment Criteria</p>	<p>Prior Assessment: Show What You Know Activity</p> <p>Post Assessment: Performing to a Partner</p> <p>Pupils will be able to move and balance using big and small body parts in wide, narrow and curled ways, applying 'champion gymnastics' and start to link movements.</p> <p>Pupils will experiment moving in a variety of ways understanding the differences between each type of movement. Pupils will be creative as they link movements.</p> <p>Pupils will demonstrate life skills such as empathy and fairness as they work safely with each other. Pupils will support each other and share apparatus.</p> <p>Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.</p>	<p>Prior Assessment: Dodging Defenders</p> <p>Post Assessment: Protect the Treasure Competition</p> <p>Pupils will be able to run and stay in a space, changing direction and speed to avoid the defenders. When defending, pupils will successfully make a tag.</p> <p>Pupils will start to create and apply simple tactics for attacking and defending. Pupils will develop an understanding of why rules are important in a game.</p> <p>Pupils will develop life skills such as empathy and fairness as they collaborate with their own team and the opposing team to ensure they play the games fairly.</p> <p>Pupils will continue to develop and apply honesty as they play by the rules and keep the score.</p>	<p>Prior Assessment: Pair Bears</p> <p>Post Assessment: Challenge Activities</p> <p>Pupils will use developing teamwork skills in pairs and small teams to complete all of the challenges successfully.</p> <p>Pupils will begin to understand what makes an effective team and why we must include everyone. Pupils will start to create simple tactics.</p> <p>Pupils will develop life skills such as empathy and fairness as they work together to complete the challenges.</p> <p>Pupils will develop life skills such as courage and self belief as they try their hardest to complete the different challenges.</p>