

## Physical Education – Progression of Skills (November 2021)

| <u>Skill/Area of Development</u> | Year 1   | Year 2   |
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| <b>Throwing and catching</b>     | <p>All:</p> <ul style="list-style-type: none"> <li>• Be able to recognise an under arm and over arm throw,</li> <li>• Be able to aim when throwing at a target,</li> <li>• Show with their bodies how to catch a ball,</li> <li>• Be able to catch larger balls with both hands.</li> </ul> <p>Some (exceeding):</p> <ul style="list-style-type: none"> <li>• Be able to throw at a target successfully each time,</li> <li>• Be able to use under arm and over arm, showing control as they do so,</li> <li>• Successfully catch most of the time.</li> </ul>   | <p>All:</p> <ul style="list-style-type: none"> <li>• Be able to explain how to throw both under arm and over arm and explain the difference,</li> <li>• Recognise when you would use either an over arm or under arm throw,</li> <li>• Throw successfully at different targets, including static and non-static,</li> <li>• Be able to recognise how to change the amount of power they add to a throw,</li> <li>• Catch successfully from a static position and start to understand when to move to catch.</li> </ul> <p>Some (exceeding):</p> <ul style="list-style-type: none"> <li>• Be able to throw successfully at different targets, both close and far range,</li> <li>• Be able to adjust their body shape and coordinate their whole body to help with their throwing (mainly overarm),</li> <li>• Explain and show how to adjust the power in each throw and do this comfortably each time.</li> </ul> |
| <b>Sending and receiving</b>     | <p>All:</p> <ul style="list-style-type: none"> <li>• Be able to send a variety of equipment in a variety of different ways to a partner,</li> <li>• Be able to recognise certain equipment and how to send it to a partner,</li> <li>• Be able to receive larger pieces of equipment successfully,</li> <li>• Coordinate and adjust their bodies to receive the ball in different ways.</li> </ul> <p>Some (exceeding):</p> <ul style="list-style-type: none"> <li>• Be able to show increased control when receiving different types of equipment,</li> <li>• Be able to some increased control when sending a ball to a partner,</li> <li>• Be able to recognise when to move to receive a ball,</li> <li>• Be able to explain how to send different types of balls to another.</li> </ul> | <p>All:</p> <ul style="list-style-type: none"> <li>• Be able to send a variety of equipment in a variety of different ways to a partner showing control when doing so,</li> <li>• Know how to adjust their bodies to help them control where the equipment is going (aim),</li> <li>• Be able to send a ball whilst moving/travelling,</li> <li>• Be able to move to receive a ball,</li> <li>• Receive different types of equipment in different ways,</li> <li>• Be able to participate in adapted games relating to specific sports using sending and receiving.</li> </ul> <p>Some (exceeding):</p> <ul style="list-style-type: none"> <li>• Be able to show control of whole body when sending different types of equipment,</li> <li>• Be able to control whole body when receiving,</li> <li>• Be able to send a ball to a partner whilst travelling,</li> </ul>  |

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| <p><b>Athletics</b></p>  | <p>All:</p> <ul style="list-style-type: none"> <li>• Be able to run in isolation with some level of control of parts of their body,</li> <li>• Be able to throw for distance, recognising how to hold equipment successfully,</li> <li>• Be able to jump high and far using some level of control in parts of their body,</li> <li>• Be able to compete in structured activities where they are playing against others or trying to beat themselves.</li> </ul> <p>Some (exceeding)</p> <ul style="list-style-type: none"> <li>• Be able to run in isolation using their whole body to help,</li> <li>• Be able to throw for distance using their whole body to help,</li> <li>• Be able to jump both high and far showing that they can use their whole body to help them do so.</li> </ul> | <p>All:</p> <ul style="list-style-type: none"> <li>• Be able to run in isolation using their whole body to help them move quicker,</li> <li>• Be able to throw for distance and recognise what type of throw they need to use,</li> <li>• Be able to jump both far and high and using their whole body to help them do so,</li> <li>• Be able to explain different elements of running, jumping, and throwing and what they need to do each time to be successfully,</li> <li>• Compete in activities where they are trying to better themselves or other children.</li> </ul> <p>Some (exceeding):</p> <ul style="list-style-type: none"> <li>• Be able to explain how using each body part helps them in running, throwing, and jumping,</li> <li>• Be able to recognise how to improve themselves each time in a competitive activity,</li> <li>• Be able to show an increased level of control of their bodies throughout each activity.</li> </ul> |
| <p><b>Gymnastics</b></p> | <p>All:</p> <ul style="list-style-type: none"> <li>• Be able to balance in different ways and understand what makes a balance,</li> <li>• Create and perform a simple static sequence/pattern,</li> <li>• Be able to create balances and sequences with a partner,</li> <li>• Show some control of their bodies when performing different movements.</li> </ul> <p>Some (exceeding)</p> <ul style="list-style-type: none"> <li>• Be able to explain their balances and share ideas with others clearly,</li> <li>• Be able to show more control of their bodies when balancing and travelling,</li> <li>• Be confident and creative when performing.</li> </ul>  | <p>All:</p> <ul style="list-style-type: none"> <li>• Be able to create and perform more complex sequences using balancing and travelling,</li> <li>• Be able to understand how to balance successfully and different points of balance,</li> <li>• Be able to travel in different ways and link movements together,</li> <li>• Work with a partner to create and perform sequences successfully.</li> </ul> <p>Some (exceeding):</p> <ul style="list-style-type: none"> <li>• Be able show confidence in their ideas and share these ideas with the group,</li> <li>• Be able to perform balances and movements with increased control of all parts of their body,</li> <li>• Be able to create and perform more complex sequences showing smooth transitions throughout.</li> </ul>  |