

KS1 PE Progression of Skills

Unit Year A	Physical Skills	Social Skills	Emotional Skills	Thinking Skills
Fundamentals	Balancing, sprinting, jogging, dodging, jumping, hopping, skipping.	Taking turns, supporting and encouraging others, respect, communication.	Challenging myself, perseverance, honesty.	Selecting and applying, identifying strengths.
Fitness	Running, co-ordination, stamina, strength, agility, balance.	Co-operation, support, responsibility.	Kindness, perseverance, honesty, independence.	Comprehension, creativity, problem solving, reflection.
Ball Skills	Rolling, kicking, throwing, catching, bouncing, dribbling.	Co-operation, communication, leadership, supporting others.	Honesty, perseverance, challenging myself.	Using tactics, exploring actions.
Dance	Travel, copying and performing actions, using shape, balance, coordination.	Co-operation, communication, coming to decisions with a partner, respect.	Confidence, acceptance.	Counting, observing and providing feedback, selecting and applying actions.
Team Building	Balancing, travelling actions.	Communication, sharing ideas, inclusion, encouraging and supporting others.	Confidence, trust, honesty.	Decision making, using tactics, providing instructions, planning, problem solving.
Gymnastics	Shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll.	Sharing, working safely.	Confidence, independence.	Observing and providing feedback, selecting and applying actions.
Invasion Games	Throwing, catching, kicking, dribbling with hands and feet, dodging, finding space.	Communication, respect, co-operation, kindness.	Empathy, integrity, independence, determination, perseverance.	Creativity, reflection, decision making, comprehension.
Yoga	Breathing, relaxation, balance, flexibility, strength.	Working safely, sharing ideas, leadership.	Calmness, patience, understanding, independence.	Selecting actions, comprehension, focus, providing feedback.
Net and Wall	Throwing, catching, hitting a ball, tracking a ball.	Respect, communication.	Honesty and fair play, determination.	Decision making, using simple tactics, recalling information, comprehension.
Target Games	Throwing, rolling, kicking, striking.	Communication, collaboration, kindness, support.	Honesty, perseverance, independence, manage emotions.	Select and apply, using tactics, decision making, provide feedback, problem solving.
Striking and Fielding	Throwing, catching, retrieving a ball, tracking a ball, striking a ball.	Communication, supporting and encouraging others, consideration of others.	Perseverance, honesty and fair play.	Using tactics, selecting and applying skills, decision making.
Athletics	Running at different speeds, jumping for distance, throwing for distance.	Working safely, collaborating with others.	Working independently, determination.	Observing and providing feedback, exploring ideas.

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Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6		
Fundamentals	Hold arms out and focus on something still to balance. Look ahead and land with bent knees.	Run on the balls of your feet. Use your arms to help you move forwards.	Push off strongly in a new direction. Turn your body to face a new direction.	Hopping/jumping: Bend your knees when jumping and landing. Look ahead and land with bent knees.	French Skipping: Keep your body upright. Remember the rhythm – jump, bend, jump, bend.	Skipping: Stand up tall. Turn the rope first, then jump.		
Fitness	Think carefully about how exercise makes you feel.	Notice carefully how your heartbeat changes during exercise.	Notice carefully how exercise changes your breathing.	Consider skills and activities which can be improved by exercise.	Consider carefully how your muscles feel after exercise.	Try your best in the challenges you are set.		
Ball Skills	Bend down low and place your opposite foot to rolling arm forward. Let go of the ball when your hand is pointing at the target.	Keep your eyes on the ball. Move your feet to receive the ball.	Keep the ball close to your feet using soft touches. Use different parts of your foot to control the ball. Use soft touches with your feet to keep control.	Direct the inside of your foot towards the target. Use soft touches with your feet to keep control. Use the inside of your foot to kick the ball.	Let go of the ball when your hand is pointing at the target. Place your hands together to catch the ball with two hands. Put the opposite foot forward to your throwing arm. Watch the ball as it comes towards you.	Push the ball back down on the 'magic moment.' Spread your fingers wide and push the ball with your fingertips.		
Dance	Count evenly to the beat. Use counts of 8 to help you to stay in time with the music and each other.	Use a change of direction and speed to make your dance look interesting. Use clear actions to help you tell a story.	Use clear actions. Use expression to help to tell the story.	Draw the shape of the pathway as you travel. Use levels to make your dance look interesting.	Use counts of 8 to help you to stay in time with the music and each other. Use expression to help show your character.	Discuss and share your ideas with a partner to create your actions. Use changes of level, direction or speed to	Change your facial expression to represent the theme. Jump heavily to show you	Use counts to help you create and remember the order of your actions. Use expression

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						make your dance look interesting. Use counts of 8 to help you to stay in time with the music and each other.	are jumping in a puddle. Use counts of 8 to help you to stay in time with the music and each other.	to help you to tell a story.
Team Building	Listen to each other and share ideas.	Communicate with others. Listen to the instructions carefully.	Listen carefully to your partner's instructions. Use clear, short instructions.	Include everyone in your group. Listen to the instructions that your leader is giving. Use short instructions to help your partner and group.	Listen to each other ideas. Work together to make decisions.	Listen to each other's ideas before making a plan.		
Gymnastics	Be as still as a statue. Hold each shape for 5 seconds – star, straddle, pike, straight, tuck, back support.	Be as still as a statue. Hold each shape for 5 seconds – star, straddle, pike, straight, tuck, back support. Squeeze your muscles so they feel hard.	Change the levels you use within your sequence. Use different body parts to travel on.	Bend your knees when jumping and landing. Use shape jumps (star/straight) to make your sequence interesting.	Keep your shape throughout the roll (barrel/forward). Transition smoothly from one action to the next.	Use a starting and finishing position. Use rolls, jumps, balances, travelling movements and shape to create a sequence.		
Invasion Games	Keep the ball close to your body to keep possession. Look up and around you to see your	Control the ball during shooting action. Travel at speed when	Be ready and react quickly when someone is about to shoot.	Do not be afraid of intercepting a pass. Stand so that you can see the attacker and the ball.	Stand sideways so that you can see the attacker and the ball. Stay close to your attacker and always be	Apply skills learned in the game situations. Communicate with your team mates.		

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	team mate, space and any defenders.	performing a shot.	Do not be afraid of the ball. Keep your eyes on the ball.		ready to intercept the ball.	
Yoga	Match poses to a story (monkey poses).	Breathe as you hold your (animal) poses to help you stretch further and stay balanced.	Stretch a little further each breath - Wild west poses.	Focus on something still. Use your breath to help you to remain stable - Clown poses.	Concentrate on breathing whilst in pose. Focus on something still when balancing - space poses.	Hold each pose for 3 breaths in and out - Pirate poses.
Net and Wall	Ready position - Feet hip width apart and knees bent. Return to ready position after each roll/throw.	Say the score out loud every time someone scores a point. Shake hands with the opponent at the end of the game.	Hold the racket towards the bottom of the handle. Keep the ball in the centre of the racket face.	Keep the ball in the centre of the racket face. Use small movements to hit the ball.	Move your feet to the ball. Stand sideways on and push the ball back using the centre of the racket face.	Finish with your racket face pointing at where you want the ball to go. Look at where the other team are standing and throw or hit the ball away from them.
Target Games	Point you arm in the direction of the target as the object is released.	Keep your elbow high. Step forward as you through.	Step next to the ball and kick with the inside of your foot.	Use less force if the target is close and more force when the target is further away.	Aim slightly ahead of where your target is moving. Consider the height or speed of the moving target.	Listen to each other's ideas and decide together how to play. Point your hand/foot or object where you want the ball to go as you release or strike it.
Striking and Fielding	Point your hand where	Point your hand where	Strike the ball using the	Get in front of the ball.	When batting, bat away from the fielders.	Make decisions about when

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	you want the ball to go. Step forward with your opposite foot to throwing arm.	you want the ball to go. Step forward with your opposite foot to throwing arm.	centre of the racket. Watch the ball as it as coming towards you.	Use two hands to collect the ball.	When fielding, retrieve the ball and return it to the bowler.	to run by looking at the ball and the fielders. Run around the outside of the bases after you have hit the ball.
Athletics	Balance while running by alternating arms and legs. Run on the balls of your feet. Take big strides by running fast.	You're your knees to help push off. Look forward at take-off and landing. Soft, bent knees on landing. Swing your arms up to take off.	Drive your arms up to help you jump higher. Jump from a balanced starting position. Look forward at take-off and landing. Use different techniques to tackle different obstacles.	Place your opposite leg to throwing arm forward. Stand sideways on to the direction of the throw. Throw from a balanced starting position.	Keep your eyes looking at your target. Point our hand at your target after throw. Throw from a balanced starting position.	Keep soft knees when linking running and jumping movements. Look forward at take-off and landing. Throw from a balanced starting position. Try your best at each station and encourage each other to work for the whole time.