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| **Years 1 and 2** |
| **Acquiring and developing skills** | **Evaluating and improving** | **Health and fitness** |
| * Pupils copy and remember actions
* Pupils repeat and explore actions with some control and coordination
 | * Pupils talk about what is different between what they did and what somebody else did
* Pupils can say how they could improve
 | * Pupils describe how their body feels before, during and after different physical activity
* Pupils explain what they need to do to keep safe and to keep healthy
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| Pupils will be taught to : |
| **Games**● **throw** in different ways  *e.g.* ***underarm*** *and****overarm***● **catch** with both hands● **roll** a ball● **kick** in different ways *e.g. side and top of foot*● hit a ball● decide where the best place to be is in a game ● cooperate in a team | **Swimming** | **Gymnastics**● stand and sit with body tension and extension● balance in different ways *e.g. front, back, side, bottom*● travel in different ways  *e.g. caterpillar, bunny,*  *hop, monkey*● roll in different ways  *e.g. pencil, egg, dish,*  *teddy* ● jump in different ways   *e.g. straight, star, tuck*● perform a sequence with a  jump, roll, travel and balance | **Dance**● copy actions and moves  e.g. travels, turns, twists,  stretches, jumps● vary actions and moves  *e.g. high, low, forwards,* *backwards, sidewards*● change movement speeds to fit the mood of the music● sequence and remember a  simple dance routine● co-ordinate arm and leg actions with the music *e.g. march and clap in time*● interact with a partner  *e.g. hold hands, swap*  *places, meeting and parting* | **Athletics**● travel on feet in different ways *e.g.* ***run****,* ***skip****, gallop*● jump in different ways  *e.g.* ***2-2****, 2-1, 1-2,* ***hop****, leap*● ‘send’ in different ways  *e.g. throw, roll*  | **OAA**● identify positions on  simple maps of familiar environment *e.g. classroom, playground*● use simple maps to follow a basic trail *e.g. playground* |

**Knowledge, Skills and Understanding Progressions for Physical Education**