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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 | |
| 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**