

Broomhill PE Key Skills Progression

FS2 and KS1 Curriculum

	FS2	Year 1	Year 2
	Settling and Routines Movement and control Movement to music Ball skills Travelling and taking weight on different body parts	Passing and receiving Agility and balance Rhythm and control Running and walking Ball games Invasion games	Dribbling and control Agility and balance Rhythm, control and coordination Run, throw and jump Kick and Dodge Ball games Invasion games
Knowledge & Understanding	Children can dress themselves ready for PE and know the importance of changing into PE kit Can talk about ways to keep healthy Can copy actions Can talk about what they have done	Can copy and repeat actions Can talk about what they have done Can describe what other people did Can describe how their body feels before, during and after an activity	Can copy and remember actions Can talk about what is different between what they did and what someone else did Can say how they can improve Can show how they exercise safely Can describe how their body feels during activities Can explain what their body needs to keep healthy
Gymnastics	<u>Physical Competence:</u> Show control and move energetically when travelling Show coordination on both floor and apparatus Jumps and lands appropriately Can demonstrate strength,	<u>Physical Competence:</u> Can make body tense, relaxed, curled, stretched Can control their body when travelling/balancing Can roll, travel, balance, stretch, curl in different ways	<u>Physical Competence:</u> Can control movements Can work on their own and partner to create a sequence Can plan and show a sequence of movements Can use contrast in their sequences

	balance and coordination	Can copy sequences and repeat them Can climb safely	Can balance on different parts of the body Jump with accuracy from standing position
Dance	<u>Physical Competence:</u> Can travel around space safely Can move to music Can copy sequences of movements Show control with large and small movements	<u>Physical Competence:</u> Can move to music Move around space safely Begin to copy and perform simple dance moves Show some rhythm and control when moving Can create short dance sequence	<u>Physical Competence:</u> Can make up a short dance Can dance imaginatively Copy and perform some simple dance moves to music Demonstrate varying rhythm, speed, direction and control whilst dancing
Games	<u>Physical Competence:</u> Move and stop safely Negotiates space successfully Play racing and chasing games with peers, adjusting speed and direction	<u>Physical Competence:</u> Can roll, throw underarm and catch with both hands Can kick in different ways Can hit a ball with bat Join in with team games	<u>Physical Competence:</u> Move or stop to catch or collect a ball Can follow rules of a game Can use passing accurately, catching, kicking and rolling in different ways during game Can decide where to best place themselves in a game and stay in zone
Athletics	<u>Physical Competence:</u> Can run at different speeds Can throw different equipment Can jump in different ways with instruction	<u>Physical Competence:</u> Can start to use a range of throwing, jumping and running techniques	<u>Physical Competence:</u> Can use a range of throwing, jumping and running speeds with some control, accuracy and coordination.
	<u>Physical Competence:</u>	<u>Physical Competence:</u>	<u>Physical Competence:</u>

	<p>Start to navigate independently and safely on large equipment</p> <p>Take part in Forest School Activities</p>	<p>Show control on large equipment outdoors and indoors</p> <p>Work with friends outdoors</p> <p>Take part in Forest School Activities</p>	<p>Follow a simple course using a basic map</p> <p>Willingness to work and communicate as part of a team.</p> <p>Take part in OAA activities on residential trip</p> <p>Take part in Forest School Activities</p>
<p>Competition/Festival Opportunities</p>	<p>Annual Sports Day</p> <p>Sponsored Skip</p> <p>Lunchtime Intra school Competitions/Challenges: Dance Offs, Daily Mile etc.</p>	<p>Annual Sports Day</p> <p>S10 Cluster Events: Dodgeball, Athletics</p> <p>Arches Multi Skills Events</p> <p>Sponsored Skip</p> <p>Competitions/Challenges: Dance Offs, Daily Mile etc.</p>	<p>Annual Sports Day</p> <p>S10 Cluster Events: Dodgeball, Athletics</p> <p>Arches Dance Performance</p> <p>Arches Multi Skills Event</p> <p>Sponsored Skip</p> <p>Competitions/Challenges: Dance Offs, Daily Mile etc.</p> <p>Y2 Transition Sports Events</p> <p>Y2 Sports Leaders in place to lead games to peers</p>