

### Physical Education Progression in KUS

Knowledge	Year One	Year Two
	<p><b>NC Content:</b> Participate in team games, develop simple tactics for attacking and defending. Engage in competitive (against self and others) and co-operative physical activities in a range of increasingly challenging situations. Apply skills, develop competence and develop confidence.</p>	
	<ul style="list-style-type: none"> <li>• I can take part in sending and receiving balls and small equipment.</li> <li>• I can track, intercept, stop and catch balls and small equipment with some consistency.</li> <li>• I can describe some basic rules, simple tactics, and the ways to score.</li> <li>• I can show awareness of space and the actions of others.</li> <li>• I can work with a partner or compete in small sided game.</li> </ul>	<ul style="list-style-type: none"> <li>• I can take part in opposed conditioned games.</li> <li>• I know different ways to attack and defend and can apply these in different games.</li> <li>• I can use a variety of simple tactics in a small sided game and follow the rules.</li> <li>• I can show a good awareness of space, opponents and team mates during games.</li> <li>• I am confident working with a partner, small group or playing in team games in PE</li> </ul>
<p><b>Assessment by end of year two</b></p>	<ul style="list-style-type: none"> <li>➤ I can participate in team games using simple tactics for attacking and defending</li> <li>➤ I can negotiate space safely and tactically</li> <li>➤ I have competed against myself and others in challenging situations</li> </ul>	
<p><b>Understanding</b></p>	<p><b>National Curriculum Content:</b> Lead healthy active lifestyles</p>	
	<ul style="list-style-type: none"> <li>• I am beginning to understand fairness and respect</li> <li>• I understand some reasons why we warm up and cool down.</li> <li>• I can recognise changes in the body during exercise such as feeling hot and thirsty.</li> <li>• I can talk about exercising, safety and short term effects of exercise.</li> <li>• I can watch and discuss my own and peers work.</li> <li>• I can begin to evaluate my performance using time</li> </ul>	<ul style="list-style-type: none"> <li>• I understand values in sport such as fairness and respect</li> <li>• I understand the need for warm up and cool down, and also what is happening to my body during exercise.</li> <li>• I can recognise a change in temperature and heart rate during exercise.</li> <li>• I understand the importance of exercising, safety and short term effects of exercise.</li> <li>• I can watch others perform and discuss what worked well and use this to focus on specific actions to improve their own skills.</li> <li>• I can evaluate my performance using time</li> </ul>
<p><b>Assessment by end of year two</b></p>	<ul style="list-style-type: none"> <li>➤ I know the importance of a warm up and cool down and being healthy</li> <li>➤ I can talk about differences between my own and others performance and suggest improvements</li> <li>➤ I can understand how to exercise safely and describe how my body feels during different activities.</li> </ul>	

<p><b>Skills</b></p> <p><u>Dance Actions:</u> elevation, fall, gesture, stillness, turn and travel.</p> <p><u>Gymnastics Actions:</u> balancing, taking off, landing, turning, and rolling</p>	<p><b>NC Content:</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns</p>	
	<ul style="list-style-type: none"> <li>• I can travel in different ways on the floor</li> <li>• I can perform point and patch balances</li> <li>• I can perform different jumps from a standing position</li> <li>• I can copy and explore basic actions with some control and coordination</li> <li>• I can respond to stimuli using dance actions</li> <li>• I can link and repeat basic actions to copy or create and perform a movement phrase in a controlled manner with a beginning, middle and end.</li> <li>• I have begun to choose and link basic actions and I can recognise and use space appropriately exploring dynamic and expressive qualities.</li> <li>• I can run at different speeds.</li> <li>• Perform basic techniques of catching and throwing with basic control when standing still.</li> <li>• I can send a ball in the direction of another person.</li> </ul>	<ul style="list-style-type: none"> <li>• I can travel in different ways on the floor and using equipment</li> <li>• I can perform and link point and patch balances</li> <li>• I can perform different jumps accurately from a standing position onto and off equipment.</li> <li>• I can perform actions with control and coordination.</li> <li>• I can explore actions in response to stimuli</li> <li>• I can create and perform a short sequence with clear beginning, middle and end, then adapt to include apparatus and/or a partner/group.</li> <li>• I can select simple actions to construct basic sequences; varying dynamics, levels, speed and direction.</li> <li>• I can change speed and direction whilst running with good technique.</li> <li>• Perform basic techniques of catching and throwing to a good level of consistency when moving and standing still.</li> <li>• I can accurately pass the ball to someone else.</li> </ul>
<p><b>Assessment by end of year two</b></p>	<ul style="list-style-type: none"> <li>➤ I can change speed and direction whilst running</li> <li>➤ I can demonstrate accuracy in a range of jumping actions</li> <li>➤ I can accurately throw a ball to a target and I can control and catch a ball with movement</li> <li>➤ I can select simple actions to construct basic sequences</li> <li>➤ I can move with good control and co-ordination</li> <li>➤ I can balance in different ways</li> <li>➤ I can improvise freely on my own and with a partner</li> <li>➤ I can vary dynamics, levels, speed &amp; direction</li> <li>➤ I can respond imaginatively to a variety of stimuli</li> </ul>	