Lister Primary School

Physical Education Progression in KUS

	Year One	Year Two
Knowledge	**NC Content:** 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.	
	• I can take part in sending and receiving balls and small equipment. • I can track, intercept, stop and catch balls and small equipment with some consistency. • I can describe some basic rules, simple tactics, and the ways to score. • I can show awareness of space and the actions of others. • I can work with a partner or compete in small sided game.	• I can take part in opposed conditioned games. • I know different ways to attack and defend and can apply these in different games. • I can use a variety of simple tactics in a small sided game and follow the rules. • I can show a good awareness of space, opponents and team mates during games. • I am confident working with a partner, small group or playing in team games in PE
Assessment by end of year two	➢ I can participate in team games using simple tactics for attacking and defending ➢ I can negotiate space safely and tactically ➢ I have competed against myself and others in challenging situations	
Understanding	**National Curriculum Content:** Lead healthy active lifestyles	
	• I am beginning to understand fairness and respect • I understand some reasons why we warm up and cool down. • I can recognise changes in the body during exercise such as feeling hot and thirsty. • I can talk about exercising, safety and short term effects of exercise. • I can watch and discuss my own and peers work. • I can begin to evaluate my performance using time	• I understand values in sport such as fairness and respect • I understand the need for warm up and cool down, and also what is happening to my body during exercise. • I can recognise a change in temperature and heart rate during exercise. • I understand the importance of exercising, safety and short term effects of exercise. • I can watch others perform and discuss what worked well and use this to focus on specific actions to improve their own skills. • I can evaluate my performance using time

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<tr><td>Assessment by end of year two</td><td colspan="2">

I know the importance of a warm up and cool down and being healthy
I can talk about differences between my own and others performance and suggest improvements
I can understand how to exercise safely and describe how my body feels during different activities.

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<tr><td rowspan="2">Skills

<u>Dance Actions</u>: elevation, fall, gesture, stillness, turn and travel.

<u>Gymnastics Actions:</u> balancing, taking off, landing, turning, and rolling</td><td colspan="2">NC Content: 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</td></tr>
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I can travel in different ways on the floor
I can perform point and patch balances
I can perform different jumps from a standing position
I can copy and explore basic actions with some control and coordination
I can respond to stimuli using dance actions
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.
I have begun to choose and link basic actions and I can recognise and use space appropriately exploring dynamic and expressive qualities.
I can run at different speeds.
Perform basic techniques of catching and throwing with basic control when standing still.
I can send a ball in the direction of another person.

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I can travel in different ways on the floor and using equipment
I can perform and link point and patch balances
I can perform different jumps accurately from a standing position onto and off equipment.
I can perform actions with control and coordination.
I can explore actions in response to stimuli
I can create and perform a short sequence with clear beginning, middle and end, then adapt to include apparatus and/or a partner/group.
I can select simple actions to construct basic sequences; varying dynamics, levels, speed and direction.
I can change speed and direction whilst running with good technique.
Perform basic techniques of catching and throwing to a good level of consistency when moving and standing still.
I can accurately pass the ball to someone else.

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<tr><td>Assessment by end of year two</td><td colspan="2">

I can change speed and direction whilst running
I can demonstrate accuracy in a range of jumping actions
I can accurately throw a ball to a target and I can control and catch a ball with movement
I can select simple actions to construct basic sequences
I can move with good control and co-ordination
I can balance in different ways
I can improvise freely on my own and with a partner
I can vary dynamics, levels, speed & direction

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	➢ I can respond imaginatively to a variety of stimuli