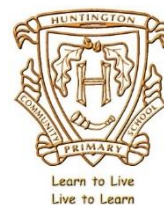




Huntington Community Primary School

PE Curriculum: Progression of Skills and Key Vocabulary

Key Stage One



Year One PE Curriculum: Autumn Term	Key Skills	Key Vocabulary
<p><u>Fundamentals</u></p> <ul style="list-style-type: none"> I can show hopping and jumping movements. I can change direction when moving at speed. I can run at different speeds. I can select my own actions in response to a task. I use co-ordination to turn a skipping rope. I can work co-operatively with others to complete tasks. I can recognise changes in my body when I do exercise. I show balance and co-ordination when static and moving at a slow speed. 	<p><u>Physical:</u> balancing, sprinting, jogging, dodging, jumping, hopping, skipping</p> <p><u>Social:</u> taking turns, supporting and encouraging others, working safely, communication</p> <p><u>Emotional:</u> challenging myself, perseverance, honesty</p> <p><u>Thinking:</u> selecting and applying actions, identifying strengths, listening and following instructions</p>	<p>Direction Fast Hop Land Safely Slow</p>
<p><u>Dance</u></p> <ul style="list-style-type: none"> I show some sense of dynamic and expressive qualities in my dance. I choose appropriate movements for different dance ideas. I can copy, remember and repeat actions. I can move confidently and safely. I recognise changes in my body when I do exercise. I say what I liked about someone else's performance. I can work with others to share ideas and select actions. I am beginning to use counts. 	<p><u>Physical:</u> travel, action, shape, perform, copy, balance, coordination</p> <p><u>Social:</u> co-operation, communication, coming to decisions with a partner, respect</p> <p><u>Emotional:</u> confidence, acceptance</p> <p><u>Thinking:</u> counting, observing and providing feedback, selecting and applying actions</p>	<p>Balance Counts Fast Level Pose Slow</p>
<p><u>Fitness</u></p> <ul style="list-style-type: none"> I use co-ordination to turn a skipping rope. I show co-ordination when trying hula hoop skills. I can change direction when running. 	<p><u>Physical:</u> agility, balance, co-ordination, speed, stamina, skipping</p>	<p>Balance Bounce Direction Fast</p>

<ul style="list-style-type: none"> • I can run at different speeds. • I can show hopping and jumping movements. • I can recognise changes in my body when I do exercise. • I work with others to turn a rope. • I try my hardest to keep working over longer periods of time. <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> • I am beginning to catch with two hands. • I can roll and throw with some accuracy towards a target. • I can track a ball that is coming towards me. • I am beginning to dribble a ball with my hands and feet. • I can work co-operatively with a partner. • I can say when someone was successful. • I can recognise changes in my body when I do exercise. • I am beginning to understand simple tactics 	<p><u>Social:</u> taking turns, supporting and encouraging others</p> <p><u>Emotional:</u> determination, perseverance, challenging myself</p> <p><u>Thinking:</u> identifying strengths and areas for improvement, observing and providing feedback</p> <p><u>Physical:</u> rolling, kicking, throwing, catching, bouncing, dribbling, tracking</p> <p><u>Social:</u> co-operation, communication, leadership, supporting others</p> <p><u>Emotional:</u> honesty, perseverance, challenging myself</p> <p><u>Thinking:</u> using tactics, exploring actions, comprehension</p>	<p>Hop Jump Slow</p> <p>Attacker Defender Dribbling Net Ready position Partner Points Score Underarm</p>
<p>Year One PE Curriculum: Spring Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Team Building</u></p> <ul style="list-style-type: none"> • I can follow instructions. • I can communicate simple instructions. • I can suggest ideas to solve tasks. • I can listen to others' ideas. • I understand the rules of the game. • I can work with a partner and a small group. • I can follow a simple diagram/map. <p><u>Gymnastics</u></p>	<p><u>Physical:</u> balancing, travelling</p> <p><u>Social:</u> communication, sharing ideas, inclusion, encouraging and supporting others</p> <p><u>Emotional:</u> confidence, trust, honesty</p> <p><u>Thinking:</u> decision making, using tactics, providing instructions, planning, problem solving</p>	<p>Co-operate Instructions Lead Solve Teamwork</p>

<ul style="list-style-type: none"> • I can link simple actions together to create a sequence. • I can remember and repeat actions and shapes. • I am confident to perform in front of others. • I can recognise changes in my body when I do exercise. • I can say what I liked about someone else's performance. • I can use apparatus safely and wait for my turn. • I can make my body tense, relaxed, stretched and curled. 	<p><u>Physical:</u> travelling, shapes, balances, jumps, barrel roll, straight roll, progression of a forward roll</p> <p><u>Social:</u> sharing, working safely</p> <p><u>Emotional:</u> confidence</p> <p><u>Thinking:</u> observing and providing feedback, selecting and applying skills</p>	<p>Action Balance Direction Jump Level Point Roll Speed</p>
<p><u>Sending and Receiving</u></p> <ul style="list-style-type: none"> • I am beginning to send and receive a ball using a piece of equipment. • I am beginning to send and receive a ball with my feet. • I can catch a ball after one bounce. • I can roll a ball towards a target. • I can throw a ball to a partner. • I can track a ball that is coming towards me. • I can work co-operatively with a partner. • I can recognise changes in my body when I do exercise. 	<p><u>Physical:</u> rolling, kicking, throwing, catching, tracking</p> <p><u>Social:</u> cooperation, communication, keeping others safe</p> <p><u>Emotional:</u> perseverance, challenging myself</p> <p><u>Thinking:</u> identifying how to improve, transferring skills</p>	<p>Net Partner Points Ready position Score Underarm</p>
<p><u>Yoga</u></p> <ul style="list-style-type: none"> • I can work with others to create poses. • I can say what I liked about someone else's flow. • I can recognise changes in my body when I do exercise. • I can remember and repeat actions, linking poses together. • I show an awareness of space when travelling. 	<p><u>Physical:</u> breathing, balance, flexibility, strength</p> <p><u>Social:</u> sharing ideas, leadership</p> <p><u>Emotional:</u> calmness, patience, understanding</p> <p><u>Thinking:</u> selecting actions, creating poses, focus, providing feedback</p>	<p>Move Safely Shape Space Still Travel</p>
<p>Year One PE Curriculum: Summer Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Target Games</u></p> <ul style="list-style-type: none"> • I can recognise changes in my body when I do exercise. 	<p><u>Physical:</u> underarm throwing, overarm throwing, aim, hand eye co-ordination</p>	<p>Aim Distance Far Overarm</p>

<ul style="list-style-type: none"> • I can use an overarm throw aiming towards a target. • I can roll a ball towards a target. • I can use an underarm throw aiming towards a target. • I can work co-operatively with a partner. • I understand what good technique looks like. 	<p><u>Social:</u> communication, leadership,</p> <p><u>Emotional:</u> honesty, perseverance, fair play</p> <p><u>Thinking:</u> using tactics, selecting and applying skills, decision making</p>	<p>Points Score Send Target Team Throw Underarm</p>
<p><u>Invasion</u></p> <ul style="list-style-type: none"> • I am beginning to dribble a ball with my hands and feet. • I can send and receive a ball with hands and feet. • I can change direction to move away from a defender. • I can recognise space when playing games. • I move my feet to stay with another player when defending. • I recognise changes in my body when I do exercise. • I can use simple rules to play fairly. • I understand when I am a defender and when I am an attacker. • I know when I am successful. 	<p><u>Physical:</u> throwing, catching, kicking, dribbling with hands and feet, dodging, finding space</p> <p><u>Social:</u> co-operation, communication, supporting and encouraging others, respect and kindness</p> <p><u>Emotional:</u> honesty, fair play, managing emotions</p> <p><u>Thinking:</u> connecting information, decision making, recalling information</p>	<p>Attacker Defender Dribbling Partner Points Score</p>
<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> • I can catch a beanbag and a medium-sized ball. • I can roll a ball towards a target. • I can strike a ball using my hand. • I can track a ball that is coming towards me. • I understand the rules and I am beginning to use these to play fairly. • I can recognise changes in my body when I do exercise. • I say what I liked about someone else's performance. • I show honesty and fair play when playing against an opponent. • I know how to score points. 	<p><u>Physical:</u> throwing, catching, retrieving a ball, tracking a ball, striking a ball</p> <p><u>Social:</u> communication, supporting and encouraging others, consideration of others</p> <p><u>Emotional:</u> perseverance, honesty and fair play</p> <p><u>Thinking:</u> using tactics, selecting and applying skills, decision making</p>	<p>Catch Hit Points Score Target Throw</p>
<p><u>Athletics</u></p>		<p>Aim</p>

<ul style="list-style-type: none"> • I am beginning to link running and jumping movements. • I can run at different speeds. • I am beginning to show balance and co-ordination when changing direction. • I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest. • I am developing over arm throwing. • I am able to throw towards a target. • I can work with others and make safe choices. • I can recognise changes in my body when I do exercise. • I try my best. 	<p><u>Physical:</u> running at varying speeds, agility, balance, running over obstacles, jumping, hopping and leaping in combination and for distance, throwing for distance</p> <p><u>Social:</u> working safely, collaborating with others</p> <p><u>Emotional:</u> working independently, honesty and playing to the rules, determination</p> <p><u>Thinking:</u> exploring ideas</p>	<p>Bend Direction Far Fast Hop Improve Slow Travel</p>
<p>Year Two PE Curriculum: Autumn Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Dance</u></p> <ul style="list-style-type: none"> • I can show a character and idea through the actions and dynamics I choose. • I can copy, remember and repeat a series of actions. • I show confidence to perform. • I can describe how my body feels during exercise. • I am beginning to provide feedback using key words. • I can work with a partner using mirroring and unison in our actions. • I can use counts to stay in time with music. 	<p><u>Physical:</u> travel, action, shape, perform, copy, using speed, using pathways, balance, coordination</p> <p><u>Social:</u> respect, consideration, sharing ideas, decision making with others</p> <p><u>Emotional:</u> confidence, acceptance</p> <p><u>Thinking:</u> observing and providing feedback, selecting and applying actions, creating, counting</p>	<p>Action Direction Mirror Pathway Speed Timing</p>
<p><u>Fundamentals</u></p> <ul style="list-style-type: none"> • I can change direction when moving at speed. • I can recognise changes in my body when I do exercise. • I can run at different speeds. • I can select my own actions in response to a task. • I can show hopping and jumping movements. • I can work co-operatively with others to complete tasks. • I show balance and co-ordination when static and moving at a slow speed. 	<p><u>Physical:</u> balancing, sprinting, jogging, dodging, jumping, hopping, skipping</p> <p><u>Social:</u> taking turns, supporting and encouraging others, working safely, communication</p> <p><u>Emotional:</u> honesty, challenging myself, perseverance</p> <p><u>Thinking:</u> selecting and applying actions, identifying strengths,</p>	<p>Balance Dodge Jog Skip Speed Sprint</p>

Fitness

- I can describe how my body feels during exercise.
- I can link different hoop skills to create a routine.
- I can show hopping and jumping movements with some balance and control.
- I persevere with new challenges.
- I show determination to continue working over a longer period of time.
- I understand that running at a slower speed will allow me to run for a longer period of time.
- I work with others to turn a rope and encourage others to jump at the right time.

Ball Skills

- I can send and receive a ball using both kicking and throwing and catching skills.
- I can roll and throw a ball to hit a target.
- I can track a ball and collect it.
- I can dribble a ball with my hands and feet with some control.
- I can work co-operatively with a partner and a small group.
- I am beginning to provide feedback using key words.
- I can describe how my body feels during exercise.
- I am beginning to understand and use simple tactics.

listening and following instructions

Physical: agility, balance, co-ordination, speed, stamina, skipping

Social: taking turns, supporting and encouraging others

Emotional: determination, perseverance, challenging myself

Thinking: identifying strengths and areas for improvement, observing and providing feedback

Jog
Pace
Race
Speed
Sprint
Steady
Strong

Physical: rolling, kicking, throwing, catching, dribbling, bouncing

Social: co-operation, communication, leadership, supporting others

Emotional: honesty, perseverance, challenging myself

Thinking: using tactics, exploring actions

Against
Batter
Bounce pass
Bowler
Chest pass
Collect
Defend
Distance
Dodge
Fielder
Goal
Height
Jog
Landing
Overarm
Possession
Quickly
Received
Return
Runs
Send
Sprint
Take off

		Teammate Trap Underarm
Year Two PE Curriculum: Spring Term	Key Skills	Key Vocabulary
<u>Team Building</u> <ul style="list-style-type: none"> I can follow instructions carefully. I can share my ideas and listen to others to help to solve tasks. I can say when I was successful at solving challenges. I can work co-operatively with a partner and a small group. I show honesty and can play fairly. I understand how to use, follow and create a simple diagram/map. 	<u>Physical:</u> balancing, travelling, jumping <u>Social:</u> communication, listening, inclusion, leading <u>Emotional:</u> trust, honesty, fair play, acceptance <u>Thinking:</u> decision making, planning, problem solving	Communicate Direction Map Successful Support
<u>Gymnastics</u> <ul style="list-style-type: none"> I can plan and repeat simple sequences of actions. I can perform the basic gymnastic actions with some control and balance. I am proud of my work and confident to perform in front of others. I can describe how my body feels during exercise. I am beginning to provide feedback using key words. I can work safely with others and apparatus. I can use shapes when performing other skills. I can use directions and levels to make my work look interesting. 	<u>Physical:</u> shapes, balance, shape jumps, take-off and landing, travelling, barrel roll, straight roll, forwards roll <u>Social:</u> sharing equipment, working safely <u>Emotional:</u> confidence, independence <u>Thinking:</u> observing and providing feedback, selecting and applying skills	Link Pathway Pike Sequence Speed Star Straddle Tuck
<u>Net and Wall</u> <ul style="list-style-type: none"> I can hit a ball over the net and into the court area. I can throw accurately to a partner. I can defend space on my court using the ready position. I can describe how my body feels during exercise. I can use simple tactics to make it difficult for an opponent. 	<u>Physical:</u> throwing, catching, hitting a ball, tracking a ball <u>Social:</u> respect, communication <u>Emotional:</u> honesty and fair play, determination	Against Collect Defend Quickly Receive Return Trap

<ul style="list-style-type: none"> • I know how to score points and can remember the score. • I show good sportsmanship when playing against an opponent. <p><u>Yoga</u></p> <ul style="list-style-type: none"> • I can work with others to create simple flows showing some control. • I am beginning to provide feedback using key words. • I can describe how my body feels during exercise. • I can copy, remember and repeat yoga flows. • I can use clear shapes when performing poses. • I can move from one pose to another thinking about my breath. 	<p><u>Thinking:</u> decision making, using simple tactics, recalling information, comprehension</p> <p><u>Physical:</u> breathing, balance, flexibility, strength</p> <p><u>Social:</u> sharing ideas, leadership</p> <p><u>Emotional:</u> calmness, patience, understanding</p> <p><u>Thinking:</u> selecting actions, creating poses, focus, providing feedback</p>	<p>Choose Create Flow Focus Pose Position</p>
<p>Year Two PE Curriculum: Summer Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> • I am developing underarm and overarm throwing skills. • I can roll a ball to hit a target. • I can sometimes hit a ball using a racket. • I can track a ball and collect it. • I understand the rules of the game and can use these to play fairly in a small group. • I can use simple tactics. • I can describe how my body feels during exercise. • I am beginning to provide feedback using key words. • I know how to score points and can remember the score. <p><u>Target Games</u></p> <ul style="list-style-type: none"> • I can use an underarm throw to hit a target with some success. • I can use an overarm throw to hit a target with some success. 	<p><u>Physical:</u> throwing, catching, retrieving a ball, tracking a ball, striking a ball</p> <p><u>Social:</u> communication, supporting and encouraging others, consideration of others</p> <p><u>Emotional:</u> perseverance, honesty and fair play</p> <p><u>Thinking:</u> using tactics, selecting and applying skills, decision making</p> <p><u>Physical:</u> throwing, catching, retrieving a ball, striking a ball</p>	<p>Batter Bowler Fielder Received Runs Send Teammate</p> <p>Accurate Against Overarm Release</p>

- I am beginning to select the appropriate throw for the target.
- I understand what good technique looks like and can use key words in the feedback I provide.
- I can describe how my body feels during exercise.
- I can work cooperatively with a partner and a small group.

Social: communication, supporting and encouraging others, leadership

Emotional: perseverance, honesty and fair play

Thinking: using tactics, selecting and applying skills, decision making

Send
Target
Teammate
Underarm

Invasion

- I can dribble a ball with my hands and feet with increasing control.
- I can send and receive a ball with increasing consistency with hands and feet.
- I can move with a ball towards my goal.
- I can find space away from others when playing games.
- I can stay close to another player to try to stop them from getting the ball.
- I can describe how my body feels during exercise.
- I understand the rules and can use them to keep a game going.
- I understand what to do when I am an attacker and a defender.
- I am beginning to provide feedback using key words.

Physical: throwing, catching, kicking, dribbling with hands and feet, dodging, finding space

Social: co-operation, communication, supporting and encouraging others, respect and kindness

Emotional: honesty, fair play, managing emotions

Thinking: connecting information, decision making, recalling information

Bounce pass
Chest pass
Dodge
Goal
Possession
Received
Send
Teammate

Athletics

- I can link running and jumping movements with some control and balance.
- I show balance and co-ordination when running at different speeds and in different directions.
- I can jump and land with control.
- I can use an overarm throw to help me to throw for distance.
- I can work with others, taking turns and sharing ideas.
- I can identify good technique.
- I can describe how my body feels during exercise.
- I try my best.

Physical: running at varying speeds, agility, co-ordination, combining running and jumping, throwing for distance

Social: working safely, collaborating with others

Emotional: working independently, determination

Thinking: exploring ideas, observing and providing feedback

Distance
Height
Jog
Landing
Overarm
Sprint
Take off
Underarm

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