



Federation of St. Cuthbert's and St. Sebastian's Catholic Primary Schools



PE
PROGRESSION MAP

Year 1			
	AUTUMN TERM	SPRING TERM	SUMMER TERM
	Games (Ball Skills & Games) Indoor Athletics Gymnastics (Flight – Bouncing, Jumping & Landing)	Games (Throwing & Catching) Gymnastics (Points and Patches) Dance	Gymnastics (Rocking and Rolling) Outdoor Athletics Dance
Domain	Progression Statement		
Gymnastics	<ul style="list-style-type: none"> Hop, bounce, spring and skip in different directions eg. Forwards, backwards and sideways Bounce using feet in different combinations and repeat pattern of movements Jump from 1 foot to 2 feet and from one foot to the other and understand how to land safely Identify, describe and show thin and wide shapes and turning jumps Understand high and low level and link to jumps with a low level movement Apply, adapt and transfer all these ideas, actions and link movements to a simple, low level apparatus at every stage of learning 	<ul style="list-style-type: none"> Demonstrate different way of travelling on small and large parts of the body Know which small parts of the body can safely take weight and show high and low balance positions using different combinations Balance upon large body parts and know how to vary the shape of the balances Select two balances and link them together showing control and change of speed Make a simple balance shape for a partner to step over or travel underneath Select, apply, adapt and transfer knowledge skills and understanding to simple apparatus at every stage of leaning 	<ul style="list-style-type: none"> Know, understand and show which parts of the body can be used for spinning and rocking Rock on different body parts to stand up or turn over Know and understand the safety implications involved in various types of rolling and be able to show rolling sideways, in curled and stretched shapes Move into and out of a sideways roll in different ways Link together a jump, safe landing, and rolling actions showing different combinations of shapes and finish in s stretched position Apply, adapt and transfer these ideas to appropriate apparatus
Dance		<ul style="list-style-type: none"> Perform simple rhythmic patterns and repeat them Work alone, with guidance from the teacher to create movement ideas Select movements from those practised to create a dance Observations of each other and themselves 	<ul style="list-style-type: none"> Use a variety of basic actions to perform a dance (turning, rolling, jumping, travelling, shape, stillness and gesture) Choose dance actions to convey the meaning of a story To vary speed, direction and pathways Observe each other and talk about their dances using appropriate language

Games	<ul style="list-style-type: none"> • Demonstrate coordination when passing a ball around different parts of the body • Bounce and pat-bounce a ball with a degree of control • Understand how to send, receive, kick and dribble a ball and practice improving the skill • Send a ball in various ways to play individual target games or with a partner 	<ul style="list-style-type: none"> • To throw and catch using a range of apparatus • To understand the concept of aiming games • Change the rules to make the game harder • Move actively and safely about the space when using equipment 	
Indoor Athletics	<ul style="list-style-type: none"> • Demonstrate some basic jumps and show very simple combinations • Move at different speeds with some control • Demonstrate the under-arm throw and the basic two handed push throw • Engage in challenges with some confidence and success • Describe what happens to breathing and temperature as they move • Identify some different ways of travelling, jumping and throwing 		
Outdoor Athletics			<ul style="list-style-type: none"> • Demonstrate basic jumps and make up simple combinations with a partner • Move at different speeds and change direction with a pivot action • Demonstrate the overarm throw and show increasing accuracy into targets • Use skills to meet different challenges • Describe what happens to their heart, breathing and temperature when they engage in different types of activity • Explain what they have to do to perform better

Year group long-term overview (with statutory requirements) and subject progression map (above) to be used together to inform medium term planning.