



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



PE  
PROGRESSION MAP

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

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

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