



Subject progression: PE – Key stage 1

	Reception	Year 1	Year 2	End of Key Stage Expectation
PE	Autumn-Beam/REAL PE Spring-Gymnastics/REAL PE Summer-Dance/REAL PE	Autumn – Gymnastics/REAL PE Spring – Dance/REAL PE Summer- Athletics/REAL PE	Autumn - Dance/REAL PE Spring – Gymnastics/REAL PE Summer- Athletics/REAL PE (Swimming- if possible)	Pupils should be taught through both declarative and procedural knowledge to master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
Health and Fitness	I am aware of the changes to the way I feel during exercise. I know that it is important to sometimes be calm and quiet to help me keep healthy.	I can describe how my body feels before, during and after an activity. I can show how to exercise safely. I am aware of why physical exercise is important to me. I am aware of my breath and know it's important to me. I am aware that I have lots of body parts, including my brain and they all need to stay healthy.	I can show how to exercise safely. I can describe how my body feels during different activities. I can explain what my body needed to keep healthy. I can say how my body feels before, during and after exercise. I use equipment appropriately and can move and land safely. I am aware of my own body and its capabilities. I know how I can move and breathe to create space and calm if I want to.	



Acquiring and developing skills	I can copy actions. I can repeat actions and skills.	I can move with control and care. I can copy and remember actions.	I can copy and remember actions. I can repeat and explore actions with control and coordination.	
Evaluating and improving	I can talk about what I have done. I can describe what other people did.	I can describe what other people did. I can say how I could improve.	I can talk about what is different between what I did and what someone else did. I can say how I could improve.	
Dance	I can move to music. I can copy dance moves. I can perform some dance moves.	I can copy dance moves. I can make up a short dance. I can dance imaginatively. I can change rhythm, speed, level and direction	I can change rhythm, speed, level and direction. I can dance with control and co-ordination. I can make a sequence by linking sections together. I can link some movement to show a mood or feeling.	Pupils should be taught to perform dances using simple movements and patterns. Use movement imaginatively, responding to stimuli, including music and performing basic skills <ul style="list-style-type: none"> • Change rhythm, speed, level and direction of their movements. • Create and perform dances using <u>simple movement patterns</u>, including those from different times and cultures. • Express and communicate ideas and feelings



Games	<p>I can throw underarm. I can roll a piece of equipment. I can move and stop safely. I can catch with both hands. I can kick in different ways.</p>	<p>I can hit a ball with a bat. I can throw a ball in different ways. I can use hitting, kicking and/or rolling in a game. I can follow rules.</p>	<p>I can stay in a 'zone' during a game. I can describe where the best place is to be is during a game. I can use one tactic in a game. I can follow rules.</p>	<p>Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.</p>
Gymnastics	<p>I can make my body tense, relaxed, curled and stretched. I can copy sequences and repeat them. I can roll in different ways. I can stretch in different ways. I can curl in different ways I can explore making different shapes with my body.</p>	<p>I can make my body tense, relaxed, curled and stretched. I can control my body when travelling. I can control my body when balancing. I can climb safely. I can plan and show a sequence of movements. I can make different shapes with my body and balance on a variety of body parts.</p>	<p>I can use contrast in my sequences. My movements are controlled. I can think of more than one way to create a sequence which follows a set of 'rules'. I can work on my own and with a partner to create a sequence. I can link my different body shapes to form a sequence.</p>	