



Balsall Common P.E Progress Map KS1

National Curriculum Coverage



Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Whole School Progression Overview		T1	T2	T3	T4	T5	T6
	Rec	<u>Gymnastics</u> In Hall	<u>Dance</u> <u>Just dance</u> Classroom based as hall used for Christmas rehearsals	<u>Yoga</u> <u>Gymnastics</u> (if ball skills completed) In Hall	<u>Circuits</u> In Hall <u>Ball Games</u> Outside	<u>Athletics</u> School field	<u>Team Games</u> School field
	Y1	<u>Gymnastics</u> In Hall	<u>Dance</u> <u>Just dance</u> Classroom based as hall used for Christmas rehearsals	<u>Yoga</u> <u>Gymnastics (if ball skills completed)</u> In Hall	<u>Circuits</u> In Hall <u>Ball Games</u> Outside	<u>Athletics</u> School field	<u>Team Games</u> School field
	Y2	<u>Gymnastics</u> In Hall	<u>Dance</u> <u>Just dance</u> Classroom based as hall used for Christmas rehearsals	<u>Yoga</u> <u>Gymnastics (if ball skills completed)</u> In Hall	<u>Circuits</u> In Hall <u>Ball Games</u> Outside	<u>Athletics</u> School field <u>Tri Golf</u> (supported and delivered by outside coach)	<u>Team Games</u> School field

Our Quality of Education – Year R –

Year R	T1	T2	T3	T4	T5	T6
Key Vocabulary	Gymnastics: All: To develop running, jumping, balance, agility and coordination Deeper Learning: Know how to construct a sequence whilst travelling around the hall.	All: balance and co-ordination Deeper Learning: Listen and copy dance routines	All: throw and catch a ball Deeper Learning: Consistently throw and catch a ball using both hands.	All: Perform more complex sequences on and off apparatus Deeper Learning: Add forward roll into sequence and more complex balances	All: Run in lanes on track over various distances Deeper Learning: I enjoy racing against my class. I can also pass a baton as part of a relay team	All: Stay on a pitch and play football also find space Deeper Learning: Pass the ball to a team member
Skills and Knowledge	Balancing and agility	perform dance/yoga patterns	Use both hands and feet with a ball	Agility and balance off the floor	Run and stay in lane	Be part of a team Simple tactics.
Key Objectives for Children with Additional Learning	I can perform a 3-part floor sequence	I can perform simple dance and yoga movements	I can catch a large ball with two hands	I can perform simple rolls plus a sequence off the floor	I can run a short distance in a lane	I can stay on a pitch
Defined End Points – Embedded Learning	All: I can perform a 3-part sequence on apparatus with a jump Deeper Learning: I can perform a multi part sequence and I can consistently perform a forward roll	All: I can perform dance and yoga movements Deeper Learning: I can follow the music and perform dance routine.	All: I can catch various size ball in two hands Deeper Learning: I can throw and catch with a partner and make up own game	All: I can show my own sequence on apparatus with a roll Deeper Learning: I can perform a multi part sequence combining being on and off apparatus which includes a roll	All: I can race over various distances Deeper Learning: I can help others in my team understand the relay race	All: I am learning to be part of a team Deeper Learning: I am beginning to understand simple tactics

Our Quality of Education – Year 1 -

Year One	T1	T2	T3	T4	T5	T6
Prior Knowledge	Gymnastic –reception autumn 1	Dance and Yoga – reception autumn 2	Ball skills –reception spring 1	Gymnastics and ball games – reception spring 2	Athletics –reception summer 1	Team games –reception summer 2
Key Vocabulary	All: To develop running, jumping, balance, agility and coordination Deeper Learning: Travelling on apparatus whilst linking together movements to form a basic sequence	All: balance and co-ordination Deeper Learning: Listen and copy more complex dance routine	All: throw and catch a ball (various sizes) Deeper Learning: Consistently throw and catch a ball using both hands.	All: Learn a sequence in preparation for KS1 competition Deeper Learning: Work in a group to learn and perform sequence	All: Run in lanes on track over various distances Deeper Learning: I enjoy racing against my class. I can also pass a baton as part of a relay team	All: Stay on a pitch and play football also find space Deeper Learning: Pass the ball to a team member
Skills and Knowledge	Balancing, agility and co-ordination	Confidently perform dance/yoga patterns	Use both hands and feet with a ball	Agility, co-ordination plus balance	Run and stay in lane	Be part of a team Simple tactics
Key Objectives for Children with Additional Learning Needs	I can perform a 5-part floor sequence	I can perform basic dance and yoga movements	I can catch a large ball with two hands also travel short distances with a ball under control with my feet	I can learn in a group part of a sequence	I can run a short distance in a lane	I can stay on a pitch
Defined End Points – Embedded Learning	All: I can perform a 10-part sequence on apparatus with a jump Deeper Learning: I can consistently perform a forward roll Also working toward performing a teddy bear roll	All: I can perform dance with different tempo and complete a yoga session with confidence Deeper Learning: I can follow the music and perform dance routine and help/lead others	All: I can catch various size ball in two hands and travel around the hall with a ball under control with my feet Deeper Learning: I can throw and catch with a partner and make up own game. Work with and help others by sharing ideas	All: I am learning to work positively in a group by assessing and demonstrating to others Deeper Learning: I can successfully perform the full sequence	All: I can race over various distances Deeper Learning: I can help others in my team understand the relay race	All: I am learning to be part of a team Deeper Learning: I am beginning to understand simple tactics and share my knowledge

Our Quality of Education – Year 2 –

Year Two	T1	T2	T3	T4	T5	T6
Prior Knowledge	Gymnastics –Year 1 Autumn 1	Dance and Yoga –Year 1 Autumn 2	Ball skills – Year 1 spring 1	Gymnastics –year 1 spring 2 and year 2 autumn 1	Athletics –Year 1 summer 1	Team games – year 1 summer 2
Key Vocabulary	All: To develop running, jumping, balance, agility and coordination Deeper Learning: Travelling on apparatus whilst linking together movements to form a basic sequence	All: balance and co-ordination Deeper Learning: Listen and copy more complex dance and yoga routine	All: throw and catch a ball (various sizes) Deeper Learning: Consistently throw and catch a ball using both hands	All: KS1 gymnastics competition Deeper Learning: Consistently perform full 23 part sequence	All: Run in lanes on track over various distances Deeper Learning: I enjoy racing against my class. I can also pass a baton as part of a relay team (TRI GOLF WILL BE DELIVERED BY OUTSIDE COACHES)	All: Stay on a pitch and play football also find space Deeper Learning: Pass the ball to a team member, attack and defend
Skills and Knowledge	Balancing, agility and co-ordination	Confidently perform dance/yoga patterns	Use both hands and feet with a ball under control	Agility, co-ordination, balance and good knowledge	Run and stay in lane	Be part of a team Simple tactics
Key Objectives for Children with Additional Learning	I can perform a multi part sequence on apparatus	I can perform dance and yoga movements	I can catch a large ball with two hands also travel short distances with a ball under control with my feet	I can perform part of the sequence	I can run a short distance in a lane	I can stay on a pitch and be part of a team
Defined End Points – Embedded Learning	All: I can perform a 10-part sequence on apparatus with a jump and demonstrate to the class Deeper Learning: I can consistently perform a forward and teddy bear roll	All: I can perform dance with different tempo and complete a yoga session with confidence Deeper Learning: I can follow the music and perform dance routine and help/lead others	All: I can catch various size ball in two hands and travel around the hall with a ball under control with my feet. I can work with a partner Deeper Learning: I can throw and catch with a partner and make up own game. I can work with others by sharing ideas and listening	All: I can perform most of the sequence by using prompt cards, video support and help from others Deeper Learning: I can successfully remember and perform the full 23 part sequence	All: I can race over various distances. I can also strike a golf ball Deeper Learning: I can help others in my team understand the relay race I can strike a golf ball accurately toward a target	All: I understand how to be part of a team of a team and can keep score Deeper Learning: I am beginning to use simple tactics and share my knowledge within my team