

WOODGRANGE INFANT SCHOOL KS1 PE Curriculum Knowledge and skills progression

YEAR 1	<p style="text-align: center;">Basic movements</p> Master a variety of basic movement Develop balance, agility and coordination	<p style="text-align: center;">Team games and skills</p> Participate in team games, developing simple tactics for attacking and defending	<p style="text-align: center;">Dance</p> Develop balance, agility and coordination Perform dances using simple movement patterns
<p style="text-align: center;">TERM 1 A Mouse called Julian</p>	Moving and exploring space Coordination- different range of movement Link to actions to create a sequence	Basketball / hockey skills (outside) Basketball chest pass,bounce pass, shoulder pass Receiving- high butterfly catch, low butterfly catch Hockey- Dribbling a ball Striking a ball Pushing a ball Hand and stick coordination/reverse hockey stick left to right	Dance notes-Where the wild things are
<p style="text-align: center;">TERM 2 The last wolf</p>	Gymnastics ABCs-Agility Balance and Coordination Travelling taking weight on different parts of body Travelling with change of direction Spinning,turning,twisting stretching and curling Dismounts from a height Linking 2 movements together Matching and mirroring Balancing		
<p style="text-align: center;">TERM 3 Traction man</p>		Handball skills Sending and Receiving different objects and sizes Underarm,overarm,chest pass,bounce pass, shoulder pass and rolling Receiving- high butterfly catch, low butterfly catch different range of movement Development of motor skills Coordination-	Dance Notes- Toys
<p style="text-align: center;">TERM 4 Prince Cinders</p>		Football skills (outside) Kicking and receiving with control Tapping a ball- control stop Dribbling-control of the ball, finding a space Passing- passing the ball, receiving the ball and teamwork Shooting- power shots,balance and controlling the ball	

		Turning/change direction with a ball	
TERM 5 Pattan's pumpkin	ABCs-Agility Balance and Coordination Agility- side stepping,jumping Balance - jumping,hopping,changing direction Coordination - bounce catch,skipping and sidestep	Tennis Forehand Backhand Volley Serve	
TERM 6 Leila & the secret of the rain	Gymnastics ABCs-Agility Balance and Coordination Travelling taking weight on different parts of body Travelling with change of direction Spinning,turning,twisting stretching and curling Dismounts from a height Linking 2 movements together Matching and mirroring Balancing	Athletics (outside) Push throw with two hands Short distance running Underarm throw Paced running Jumps with different take offs and landing Push throw with a bounce Throw for distance Even spacing between objects Jumping for distance-different patterns and take offs	Dance Notes- Animals of Africa
ENDPOINT	Sports' day	Inter class tournament	

YEAR 2	Basic movements Master a variety of basic movement Develop balance, agility and coordination	Team games Skills	Dance Master a variety of basic movement Develop balance, agility and coordination Perform dances using simple movement patterns
TERM 1 LEAF		Understanding the principles of the game Development of leadership skills and working within a team	Dance Notes- The Jungle
TERM 2 Moth	Gymnastics	Development of problem solving Use skills and tactics and apply basic principles suitable for attacking and defending Work with others to organise and keep the game going	
TERM 3 & 4			

Lights on Cotton Rock			Dance Notes- Space
TERM 5 & 6 The secret of Black Rock Grace Darling			Dance Notes- Grace Darling
ENDPOINT	Sports' day	Inter class tournament	