

PE**Y1****Dance****Developing Skills**

- CORE
- Follow the leader, for example jumping, hopping and skipping (KPI)
 - Respond to different stimuli and music with a range of actions (KPI)
 - Copy and explore basic body actions demonstrated by the teacher (KPI)
 - Copy simple movement patterns from each other and explore the movement (KPI)

Selecting & applying skills & tactics

- CORE
- Compose and link movement phrases to make simple dances with clean beginning, middle and end (KPI)
 - Practise and repeat their movement phrases and perform them in a controlled way (KPI)

Games

Developing Skills

CORE

- Throw and catch a ball with a partner (KPI)
- Move fluently, changing direction/speed easily and avoiding collisions (KPI)
- Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking (KPI)

Selecting & applying skills & tactics

CORE

- Choose and use skills effectively for particular games (KPI)
- Use skills in different ways in different games and try to win by changing the way they use skills in response to their opponents' actions (KPI)

Gymnastics

Developing Skills

CORE

- Perform basic gymnastic actions like travelling, rolling and jumping (KPI)
- Manage the space safely, showing good awareness of each other, mats and apparatus (KPI)

Selecting & applying skills & tactics

CORE

- Make up simple movement phrases in response to simple tasks (KPI)
- Link and repeat basic gymnastic actions and perform movement phrases with control and accuracy (KPI)

Athletics

Developing Skills

CORE

- Run at different speeds, jump with accuracy and use a small range of techniques to throw objects (KPI)

Selecting & applying skills & tactics

CORE

- Choose which throwing and retrieving technique to use (KPI)

Outdoor Adventurous Activities

Developing Skills

CORE

- Follow marked tracks in a familiar environment (KPI)

Selecting & applying skills & tactics

CORE

- Choose which way to follow route, by self or in a group (KPI)

Self-Evaluation and Health Awareness

Evaluating and improving performance

CORE

- Describe what they have done (KPI)

Knowledge and understanding of fitness and health

CORE

- Describe how their bodies feel when still and when exercising (KPI)

Dance

Developing Skills

CORE

- Link several movements together with control and coordination (KPI)
- Talk about different stimuli and music as the starting point for creating dance phrases and short dances (KPI)
- Explore actions in response to stimuli and explore ideas, moods and feelings by experimenting with actions, dynamics, directions, levels and a growing range of possible movements (KPI)

Selecting & applying skills & tactics

CORE

- Compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings (KPI)
- Remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness (KPI)

Games

Developing Skills

CORE

- Pass a ball accurately to a partner over a variety of distances (KPI)
- Perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control (KPI)
- Show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run (KPI)

Selecting & applying skills & tactics

CORE

- Vary skills and show some understanding of simple tactics (KPI)
- Choose and use tactics to suit different situations, and react to situations in a way that helps their partners and makes it difficult for their opponents (KPI)

Gymnastics

Developing Skills

CORE

- Perform a variety of actions with increasing control and accurately repeat sequences of gymnastic actions (KPI)
- Move smoothly from a position of stillness to a travelling movement (KPI)

Selecting & applying skills & tactics

CORE

- Devise, repeat and perform a short sequence in which there is a clear beginning, middle and end (KPI)
- Use different combinations of floor, mats and apparatus, showing control, accuracy and fluency (KPI)
- Adapt the sequence to include apparatus or a partner (KPI)

Athletics

Developing Skills

CORE

- Change speed and direction, link running and jumping and throw accurately (KPI)

Selecting & applying skills & tactics

CORE

- Choose when to run and when to jump (KPI)

Outdoor Adventurous Activities

Developing Skills

CORE

- Use simple plans and diagrams of familiar environments (KPI)

Selecting & applying skills & tactics

CORE

- Use skills to solve a basic challenge or problem (KPI)

Self-Evaluation and Health Awareness

Evaluating and improving performance

CORE

- Talk about differences between their own and others' performance (KPI)

Knowledge and understanding of fitness and health

CORE

- Understand how to exercise and describe how their bodies feel during different activities (KPI)

Dance

Developing Skills

CORE

- Improvise freely with a partner translating ideas from stimuli to movement (KPI)
- Show an imaginative response to different stimuli and music through their use of language and choice of movement (KPI)
- Incorporate different qualities and dynamics into their movements (KPI)
- Explore and develop new actions while working with a partner or a small group (KPI)

Selecting & applying skills & tactics

CORE

- Know how to apply basic compositional ideas to create dances which convey feelings and emotions (KPI)
- Know how to link actions to make dance phrases, working with a partner and in a small group (KPI)
- Perform short dances with expression, showing an awareness of others when moving (KPI)
- Describe what makes a good dance phrase (KPI)

Games

Developing Skills

CORE

- Travel with control whilst bouncing a ball (KPI)
- Perform the basic skills needed for the games with control and consistency
- Use a range of skills to help them keep possession and control of the ball (KPI) (KPI)

Selecting & applying skills & tactics

CORE

- Use a range of skills to keep possession and make progress towards a goal, on their own and with others (KPI)
- Choose and use batting or throwing skills to make the game hard for their opponents (KPI)
- Choose good places to stand when receiving, and give reasons for their choice (KPI)

Gymnastics

Developing Skills

CORE

- Perform a competent forward roll, rug roll, shoulder roll (KPI)
- Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel (KPI)
- Practise an action or short sequence of movements and improve the quality of the actions and transitions, show control, accuracy and fluency of movement as appropriate when performing actions on their own and with a partner (KPI)

Selecting & applying skills & tactics

CORE

- Plan and perform a movement sequence showing contrasts in speed, level and direction (KPI)
- Devise and perform a gymnastic sequence, showing a clear beginning, middle and end (KPI)
- Adapt a sequence to include different levels, speeds or directions (KPI)
- Work well on their own and contribute to pair sequences (KPI)

Athletics

Developing Skills

CORE

- Throw with accuracy and power into a target (KPI)

Selecting & applying skills & tactics

CORE

- Choose and use throwing to reach a target (KPI)

Outdoor Adventurous Activities

Developing Skills

CORE

- Use maps and diagrams to orientate themselves around a course (KPI)

Selecting & applying skills & tactics

CORE

- Respond appropriately when task/environment changes and plan responses (KPI)

Self-Evaluation and Health Awareness

Evaluating and improving performance

CORE

- Describe and comment on their own performance and that of others (KPI)

Knowledge and understanding of fitness and health

CORE

- Suggest appropriate warm up ideas (KPI)
- Work in a responsible and safe manner (KPI)
- Recognise changes in body temperature, heart rate and breathing (KPI)

Swimming

Swimming - stroke

- CORE
- Swim up to 25 metres in water unaided showing co-ordination (KPI)
 - Begin to use their arms and legs in the correct manner for their chosen stroke (KPI)
 - Begin to understand how to perform safe self-rescue in different water-based situations (KPI)

Swimming - breathing

- CORE
- Choose which breathing technique they can use to allow them to complete the distance quickly (KPI)

Dance

Developing Skills

CORE

- Respond and perform with a partner, demonstrating actions that link with fluency and accuracy (KPI)
- Respond to the stimuli through the appropriate language, creating their own ideas and movement phrases (KPI)
- Use a range of actions and begin to combine movement phrases and patterns (KPI)
- Begin to respond within a small group, to different speeds and levels (KPI)

Selecting & applying skills & tactics

CORE

- Begin to design their own movement phrases that respond to stimuli or emotion (KPI)
- Remember, perform and evaluate short dance phrases, showing an understanding and an awareness of others (KPI)
- Use a range of movement and dance phrases within different ways (unison, canon) with a partner or group (KPI)

Games

Developing Skills

CORE

- Travel with a ball showing increasing control using both hands and feet (KPI)
- Know and use a range of skills that allow them to keep hold of the ball, before passing to a member of their team (KPI)
- Perform an advancing range of skills with accuracy and control, repeatedly in a range of situations (KPI)

Selecting & applying skills & tactics

CORE

- Use a range of learnt techniques to ensure fair play and that they know how to score goals and win the game (KPI)
- Choose where they should position themselves to be a defender and an attacker (KPI)
- Choose the best skills to use when playing different sides within a game (KPI)

Gymnastics

Developing Skills

CORE

- Perform a range of rolls with control and accuracy (KPI)
- Explore different combinations of apparatus to look at shape, balance and travel and know how to utilise this equipment to enhance their movements (KPI)
- Practise and refine an action or short sequence showing quality movement phrases, combining different actions for effect (KPI)
- Begin to perform with a partner or group (KPI)

Selecting & applying skills & tactics

CORE

- Begin to develop a longer and more varied movement phrase with smooth, planned links between actions (KPI)
- Perform a sequence where the children combine speed, level, direction and a variety of shapes (KPI)
- Work within different groups to contribute to a variety of different sequences (KPI)

Athletics

Developing Skills

CORE

- Increase the distance when they are running, organising and preparing themselves and take different roles within a running sequence (KPI)

Selecting & applying skills & tactics

CORE

- Choose which throw, running pace or action to complete to allow them to reduce their times/increase distance within areas of athletics (KPI)

Outdoor Adventurous Activities

Developing Skills

CORE

- Confidently use a map to navigate around a route (KPI)

Selecting & applying skills & tactics

CORE

- Adapt and respond to changes in the environment to allow them to complete the task (KPI)

Self-Evaluation and Health Awareness

Evaluating and improving performance

CORE

- Observe others carefully in relation to the success criteria, and begin to modify
- Analyse and comment on what they see with increasing clarity (KPI) and change in response to what they see (KPI)

Knowledge and understanding of fitness and health

CORE

- Begin to think about warm up activities that prepare them for exercise (KPI)
- Talk confidently about the effect exercise has on their body and why they need to exercise to stay fit and healthy (KPI)

Swimming

Swimming - stroke

CORE

- Swim 25 metres in water unaided showing co-ordination with arms and legs and using some different strokes (KPI)
- Begin to understand how to perform safe self-rescue in different water-based situations (KPI)
- Begin to use their arms and legs in the correct manner for their chosen stroke (KPI)

Swimming - breathing

CORE

- Choose which breathing technique they can use to allow them to complete the distance quickly (KPI)

Dance

Developing Skills

CORE

- Respond to a variety of stimuli showing a range of actions performed with control and fluency (KPI)
- Consider character and narrative ideas created by the stimulus, and respond through movement (KPI)
- Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working on their own, with a partner and in a group (KPI)

Selecting & applying skills & tactics

CORE

- Create and perform dances using a range of movement patterns in response to a range of stimuli (KPI)
- Use different compositional ideas to create motifs incorporating unison, canon, action and reaction, question and answer (KPI)
- Remember, practise and combine longer, more complex dance phrases (KPI)

Games

Developing Skills

CORE

- Travel with a ball showing changes of speed and directions using either foot or hand (KPI)
- Use a range of techniques when passing, e.g. high, low, bounced, fast, slow (KPI)
- Keep a game going using a range of different ways of throwing (KPI)
- Strike a ball with intent and throw it more accurately when bowling and/or fielding (KPI)

Selecting & applying skills & tactics

CORE

- Effectively play a competitive net/wall game, keep and use rules they are given (KPI)
- Try to make things difficult for their opponent by directing the ball to space, at different speeds and heights (KPI)
- Judge how far they can run to score points (KPI)

Gymnastics

Developing Skills

CORE

- Perform a range of rolls including backwards roll consistently (KPI) performing at the same time as a partner (KPI)
- Make similar or contrasting shapes on the floor and apparatus, working with a partner; combine actions and maintain the quality of performance when

Selecting & applying skills & tactics

CORE

- Develop a longer and more varied movement sequence, demonstrating smooth transitions between actions and combine to make a sequence (KPI)
- Perform sequences with changes of speed, level, direction and clarity of shape (KPI)
- Gradually increase the length of sequences; work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement (KPI)

Athletics

Developing Skills

CORE

- Sustain and maintain running speed, improve on personal target, organise and manage an athletic event well (KPI)

Selecting & applying skills & tactics

CORE

- Choose pace for running (KPI)

Outdoor Adventurous Activities

Developing Skills

CORE

- Move confidently through familiar and less familiar environments (KPI)

Selecting & applying skills & tactics

CORE

- Adapt skills and strategies as situation demands (KPI)

Self-Evaluation and Health Awareness

Evaluating and improving performance

CORE

- Use observation of others and begin to describe constructively how to refine, improve and modify performance (KPI)
- Refine their own performance from self analysis and in response to comments from others (KPI)

Knowledge and understanding of fitness and health

CORE

- Demonstrate activities for specific aspects of warm up - stretching, joint mobility, raising heart and breathing rates (KPI)
- Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature, fatigue and recovery (KPI)

Swimming

Swimming - stroke

CORE

- Swim over 25 metres in water unaided showing co-ordination with arms and legs and using different strokes including front crawl, backstroke and breaststroke (KPI)
- Confidently use their arms and legs in the correct manner for their chosen stroke and explain why they have chosen a particular stroke (KPI)
- Understand and explain how to perform safe self-rescue in different water-based situations (KPI)

Swimming - breathing

CORE

- Choose which breathing technique they can use to allow them to complete the distance quickly (KPI)

Dance

Developing Skills

CORE

- Perform a variety of dance styles with accuracy and consistency (KPI)
- Explore, improvise and choose appropriate material to create new motifs in a chosen dance style (KPI)
- Respond to a range of stimuli, improvising freely using a range of controlled movements and patterns (KPI)

Selecting & applying skills & tactics

CORE

- Extend compositional skills incorporating a wider range of dance styles and forms (KPI)
- Select and use a range of compositional ideas to create motifs that demonstrate their dance idea (KPI)

Games

Developing Skills

CORE

- Dribble effectively around obstacles (KPI)
- Throw with precision and accuracy when sending and receiving (KPI)
- Perform skills with accuracy, confidence and control, adapting them to meet the needs of the situation (KPI)
- Play shots on both sides of the body and above their heads in practices and when the opportunity arises in a game (KPI)
- Use different ways of bowling (KPI)

Selecting & applying skills & tactics

CORE

- Play recognised version of net game showing tactical awareness and knowledge of rules and scoring (KPI)
- Play, choosing and using skills which meet the needs of the situation (KPI)
- Choose when to pass or dribble, so that they keep possession and make progress towards the goal (KPI)
- Hit the ball with purpose, varying the speed, height and direction (KPI)

Gymnastics

Developing Skills

CORE

- Perform a range of rolls showing different entrances and exits (KPI)
- Perform combinations of actions and agilities that show clear differences between levels, speeds and directions, with fluency and accuracy (KPI)
- Perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension (KPI)

Selecting & applying skills & tactics

CORE

- Plan a movement sequence and perform with precision, control and fluency, showing a wide range of actions including variations in speed, levels and directions (KPI)
- Accurately repeat a longer sequence with more difficult actions, with an emphasis on extension, shape and changes in direction (KPI)
- Adapt sequences to include a partner or a small group (KPI)

Athletics

Developing Skills

CORE

- Show strength, stamina and speed when running, jumping and throwing (KPI)

Selecting & applying skills & tactics

CORE

- Adapt skills and techniques to different challenges and equipment (KPI)

Outdoor Adventurous Activities

Developing Skills

CORE

- Work confidently in changing environments, adapt quickly (KPI)

Selecting & applying skills & tactics

CORE

- Devise and put into practice a range of solutions and challenges (KPI)

Self-Evaluation and Health Awareness

Evaluating and improving performance

CORE

- Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance (KPI)
- Demonstrate sound knowledge and understanding as a result of analysis to improve performance (KPI)

Knowledge and understanding of fitness and health

CORE

- Show responsibility for personal warm up programme specific to the activity (KPI)
- Demonstrate all round safe practice, including handling equipment, safety of self and others, playing within accepted rules and conventions (KPI)

Swimming

Swimming - stroke

CORE

- Swim over 25 metres in water unaided showing co-ordination with arms and legs and using different strokes including front crawl, backstroke and breaststroke and describe how to use arms and legs together (KPI)
- Confidently use their arms and legs in the correct manner for their chosen stroke and to explain and describe why they have chosen a particular stroke
- Understand and explain how to perform safe self-rescue and peer rescue in different water-based situations (KPI)

Swimming - breathing

CORE

- Choose which breathing technique they can use to allow them to complete the distance quickly (KPI)