

PE Non Negotiables: Year 1/ 2

Area Of PE	Gymnastics					Dance			Games
Core Tasks	Year 1: Making shapes Assessment level 1 Year 2: Families of actions Assess level 1- 2					Year 1: Moving along Themes and dreams Year 2: Cat dance How does it feel?			Year 1: Rolla ball 10point hoop Bean bag throw Year 2: Piggy in the middle kick rounder Mini tennis1
Assessment focus	Sequencing	Balance	Travel	Jump	Roll	Compose	Appreciate	Perform	
<p>Progression statement</p> <p>I can ...</p>	<p>Perform a gymnastic sequence with a balance, a travelling action, a jump and a roll</p> <p>Teach a sequence to a partner and perform together</p>	<p>Stand and sit 'like a gymnast'</p> <p>Explore the 5 basic shapes**straight, tuck,star,straddle, pike</p> <p>Balance in these shapes on large body parts</p> <p>Show good tension while balancing</p> <p>Make and hold arch and dish shapes</p> <p>Hold front support position using core strength</p>	<p>Begin to travel on hands and feet:</p> <p>Monkey walk</p> <p>Caterpillar walk</p> <p>Bunny hop</p>	<p>Explore shape in the air when jumping and landing with control e.g. star shape</p>	<p>Continue to develop control indifferent rolls:</p> <p>Pencil roll</p> <p>Egg roll</p> <p>Dish roll</p> <p>Begin forward roll</p>	<p>Copy some moves</p> <p>Develop control of movement using:</p> <p>Actions (WHAT), Space (WHERE), Relationships (WHO), Dynamics (HOW)</p> <p>Use own ideas to sequence dance</p> <p>Sequence and remember a short dance</p>	<p>Respond to own work and work of others and share feelings and preferences</p> <p>Recognise the changes in the body when dancing and how this can contribute to keeping healthy</p>	<p>Move spontaneously showing some control and co-ordination</p> <p>Move with confidence when walking, hopping, jumping and landing</p> <p>Move with rhythm in the above actions</p> <p>Demonstrate good balance</p> <p>Move in time with music</p> <p>Coordinate arm and leg actions</p> <p>Interact with a partner</p>	<p>Throw and catch accurately</p> <p>Work cooperatively in teams</p>

PE Non Negotiables: Year 1/ 2

Area Of PE	Athletics			Outdoor and Adventures			Swimming and Water Safety
Core Tasks	Year 1: Honey pot Multi skills Year 2: Colour match Multi skills			Year 1: Where are we going? Year 2: Shipwrecked			
Assessment focus	Running	Jumping	Throwing	Orientation	Communication	Problem solving	Swimming
<p>Progression statement</p> <p>I can</p>	<p>Run for 1 minute</p> <p>Show differences in running at speed and jogging</p> <p>Use different techniques to meet challenges</p> <p>Describe different ways of running</p>	<p>Perform 5 basic jumps **5 basic jumps 2 feet to 2 feet, 2-1, 1-2, 1-1 same foot, 1-1 opposite</p> <p>Perform combinations of the 5 jumps</p> <p>Show control at take-off and landing</p> <p>Describe different ways of jumping</p> <p>Explain what is successful or how to improve</p>	<p>Throw into targets</p> <p>Perform a range of throwing actions e.g. rolling, underarm, over arm</p> <p>Describe different ways of throwing</p> <p>Explain what is successful or how to improve</p>	<p>Identify positions on simple maps and diagrams of familiar environments</p> <p>Use simple maps and diagrams to follow a trail</p>	<p>Begin to work cooperatively with others</p> <p>Plan and share ideas</p>	<p>Discuss how to follow trails and solve problems</p> <p>Select appropriate equipment for the task</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke</p> <p>Perform safe self-rescue in different water based situations</p>

Fundamental Movement Skills

Fundamental movement skills underpin all of PE and pupils in Year 1/2 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

Reviewed September 2019 SB