

KS1 National Curriculum Requirements

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 coordination, 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.



Wootton Bassett Infants' School

PE Skills Progression

Year group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Lesson 1	<p>Object manipulation/ sending and receiving</p> <ul style="list-style-type: none"> • Bouncing • Catching • Kicking • Striking • Throwing <p>I would suggest the teachers choose what they feel confidence in teaching and then the next term I will cover the bits they havent covered.</p> <p>Unit 5 – Real PE</p> <p>CLASS TEACHER</p>	<p>Gymnastics</p> <p>Unit 1 - REAL PE</p> <p>CLASS TEACHER</p>	<p>Gymnastics</p> <p>Unit 2 – Real PE</p> <p>PREMIER</p>	<p>Fundamental Movement Skills - Ball skills</p> <ul style="list-style-type: none"> • catching, throwing, kicking, underarm roll and striking <p>PREMIER</p>	<p>Games skills (principles of Net/Wall)</p> <p>PREMIER</p>	<p>FMS (sports day focus)</p> <p>CLASS TEACHER / PREMIER</p>

	Lesson 2	Fundamental Movement Skills - Locomotor skills / Balance skills PREMIER	Object manipulation/ sending and receiving PREMIER	Throwing/ Catching Unit 4 – Real PE / Unit 6 Real PE CLASS TEACHER	Dance EMMA	Athletics - Throwing technique (tennis ball, bean bag and small javelin) - Running - Jumping (standing long jump towards target, distance) CLASS TEACHER	
Yr 1	Lesson 1	Fundamental Movement Skills • Balance, running, jumping, kicking, skipping, throwing and catching – I would suggest the teachers choose what they feel confidence in teaching and then the next term I will cover the bits they havent covered. I will also speak with the teachers. Unit 5 – Real PE CLASS TEACHER	Fundamental Movement Skills PREMIER	Aesthetic (gym based) PREMIER	Dance EMMA	Fundamental Movement Skills PREMIER	Fundamental Movement Skills (athletics based Sport Day) CLASS TEACHER
	Lesson 2	Games Skills (ball skills) PREMIER	Gymnastics Unit 1 - Real PE CLASS TEACHER	Dance EMMA	Games Skills (principles of target games) PREMIER	Games skills (principles of Net/Wall) CLASS TEACHER	Games Skills (principles of striking and fielding) • Rounders • Cricket PREMIER
Yr 2	Lesson 1	Fundamental Movement Skills • catching, throwing, kicking, underarm roll and striking • Unit 4 & 5 Real PE CLASS TEACHER	Fundamental Movement Skills • catching, throwing, kicking, underarm roll and striking Unit 4 & 5 Real PE CLASS TEACHER	Gymnastics Unit 1 - Real PE CLASS TEACHER	Dance EMMA	Outdoor and Adventure • Archery, Fencing and problem solving PREMIER	Fundamental Movement Skills (athletics based – Sport Day) CLASS TEACHER

	Lesson 2	<p>Games Skills (principles of target games)</p> <ul style="list-style-type: none"> • Boccia • Tri Golf • Archery • Curling <p>PREMIER</p>	<p>Games Skills (principles of invasion games)</p> <ul style="list-style-type: none"> • Netball • Hockey • Football • Basketball • Rugby <p>PREMIER</p>	<p>Aesthetic (dance based)</p> <p>PREMIER</p>	<p>Aesthetic (gym based)</p> <p>PREMIER</p>	<p>Games Skills (principles of Net/Wall)</p> <ul style="list-style-type: none"> • Tennis and Volleyball principles <p>CLASS TEACHER</p>	<p>Games Skills (principles of striking and fielding)</p> <ul style="list-style-type: none"> • Rounders • Cricket <p>PREMIER</p>
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