



	N	R	R- ARE	Y1	Y2
Developing Skills	<p>move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>stand momentarily on one foot when shown.</p>	<p>explore different ways of moving.</p> <p>travel with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>show increasing control over an object in pushing, patting, throwing, catching or kicking it.</p>	<p>show good control and co-ordination in large and small movements.</p> <p>move confidently in a range of ways, safely negotiating space.</p> <p>handle equipment effectively</p> <p>hop confidently and skip in time to music.</p>	<p>move confidently and safely in own and general space, using changes in speed, level and direction</p> <p>use the basic movements including running, jumping, throwing and catching when working on my own and when working with others</p> <p>Develop balance, agility and co-ordination when taking part in a range of learning opportunities.</p>	<p>explore, remember, repeat and link a range of actions with co-ordination, control and an awareness of space</p> <p>Improve greater co-ordination and control my body using a range of equipment.</p>
Applying Skills	<p>mount stairs, steps or climbing equipment using alternate feet.</p> <p>walk downstairs, two feet to each step while carrying a small object.</p> <p>run skillfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>catch a large ball.</p> <p>draw lines and circles using gross motor movements.</p>	<p>jump off an object and land appropriately.</p> <p>Begin negotiate space when playing racing and chasing games with other children, adjusting speed direction to avoid obstacles.</p>	<p>negotiate space successfully when playing racing and chasing games with other children, adjusting speed direction to avoid obstacles</p>	<p>Compose and link movements to make simple dances with clear beginnings, middles and ends.</p> <p>copy, repeat and explore simple skills and actions with basic control and coordination when exploring gymnastic actions</p> <p>choose and use skills that are appropriate for specific games e.g. invasion games, striking and fielding games</p> <p>work on my own and with others to take part in competitive and cooperative learning opportunities in challenging situations</p> <p>Run at different speeds, jum from a standing position and throwing objects with one hand.</p>	<p>compose and perform short dances that show moods, feelings and ideas and vary simple compositional ideas</p> <p>remember, repeat and combine gymnastic actions, body shapes, and balances with control control, send and receive a ball with increasing confidence when working on my own and in a range of simple games</p> <p>begin to show some understanding of simple tactics when playing a variety of games follow simple routes and trails, orientating myself correctly</p> <p>work on my own and with others to solve problems in challenging situations</p> <p>vary skills, actions and ideas and link these in ways that suit different learning opportunities</p> <p>change speed and direction whilst running and can jump and thrown with increasing accuracy</p>
Evaluating and improving performance			<p>Comment on performance saying whether I like or dislike performances/actions and why I like/dislike them.</p>	<p>describe and comment on actions in dance, gymnastics, when playing games and talking part in outdoor and adventurous learning opportunities</p> <p>work with others in PE and can say how we can make changes to our learning opportunities</p>	<p>talk about differences between my own and others' performance and suggest improvements</p> <p>improve my work by using information gained from watching and listening to others.</p>
Understanding of health and fitness				<p>Talk about how my body feels when I am still and when I am exercising</p> <p>Talk about how to exercise safely e.g. wearing appropriate clothing for different learning opportunities, how to carry equipment safely</p> <p>I know that exercise is good for me and it is fun.</p>	<p>I understand the importance of warming up and cooling down</p> <p>talk about how to exercise safely e.g. how to lift, carry and place equipment safely</p> <p>Describe how my body feels during different physical activities.</p>

Skills Progression throughout KSI including Early Years.

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