

PE Progression
End of Year Expectations



	Year 1	Year 2
Dance	<p>Copy basic movements and dances.</p> <p>Remember simple movements and dance steps.</p> <p>Link movements to sound and music.</p> <p>Move around the space safely.</p>	<p>I can copy basic movements and dances with control.</p> <p>Make up a short dance.</p> <p>I can dance imaginatively.</p> <p>I can change rhythm, speed, level and direction.</p> <p>Describe a short dance using appropriate vocabulary.</p>
Gymnastics	<p>Move with some control and awareness of space.</p> <p>Link 2-3 simple movements together.</p> <p>Perform on different levels. (high, low)</p> <p>Perform a 2 footed jump.</p> <p>Can travel/balance/stretch in different ways.</p> <p>Can use equipment safely.</p>	<p>Explores and creates different pathways and patterns.</p> <p>Can travel by rolling forwards/backwards/sideways.</p> <p>Can hold a position whilst balancing on different points of my body.</p> <p>Link movements together to create a sequence.</p> <p>Move with control and awareness of space.</p>
Games	<p>Can throw in different ways.</p> <p>Can move and stop safely.</p> <p>Can catch with both hands.</p> <p>Can roll a ball with control.</p> <p>Can kick in different ways.</p> <p>Can hit a ball with control, using appropriate equipment.</p>	<p>Understand the terms 'opponent' and 'team mate'.</p> <p>Can develop basic tactics for small team games.</p> <p>Develop strong spatial awareness.</p> <p>Understand the importance of rules in a game.</p> <p>Beginning to develop own games with peers.</p>
Athletics	<p>Can run at different speeds.</p> <p>Can jump from a standing position.</p> <p>Can perform a variety of throws with basic control.</p>	<p>Can change speed and direction whilst running.</p> <p>Can jump from a standing position with accuracy.</p> <p>Performs a variety of throws with control and co-ordination.</p>
Healthy Lifestyles	<p>Can describe how their body feels before, during and after an activity.</p> <p>Can show how to exercise safely.</p>	<p>Can describe how their body feels during different activities.</p> <p>Can show how to exercise safely.</p> <p>Can explain what our bodies need to keep healthy.</p>
Evaluation	<p>Can talk about what they have done.</p> <p>Can describe what other people did.</p> <p>Can say how they could improve.</p>	<p>Can talk about what is different between what I did and what somebody else did.</p> <p>Can say how they could improve.</p>

Vocabulary

Attacking, agility, balance, co –ordination, dance, defending, games, jumping, movement, patterns, running, team, tactics,