



Progression in PE

Fundamental Movement Skills

	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
	<i>Practicing the skills</i>	<i>Taking part in the game Applying the skills Evaluation of skills</i>	<i>Positive contribution to physical and mental health</i>	
Y1	<p>Locomotor Travel in a variety of ways. Change speed and direction. Travel in a smooth and controlled way. When travelling backwards, regularly look over shoulders.</p> <p>Stability Balance an object on the palm of hand, on forehead. Balance on an object.. Maintain an upright position when balancing objects.</p> <p>Manipulative Keep head up when dribbling. Try to use your left and right hand when dribbling. When travelling with a ball keep it close and under control. Throw object underarm with one hand. Catch object with both hands and pull towards body.</p>		<p>Describe what it feels like to breathe quickly during exercise.</p> <p>Understand why being active and playing games is good for you.</p>	<p>Travel Speed Direction Smooth Controlled Balance Upright Dribbling</p>

	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y2	<p>Locomotor Use smooth and controlled movements of whole body. Change direction quickly and carefully. Sprint on the balls of feet. When jumping, swing arms, quickly extend hips, knees and ankles, bring knees to chest, land softly.</p> <p>Stability Explore different balances.</p> <p>Manipulative Keep eyes on the object throughout. Place non-dominant hand on top of hockey stick and dominant hand mid-way down the stick. Dribble the ball below waist. Explore different ways of passing- under arm, over arm, chest, kick.</p>		Begin to understand the importance of warming up.	Whole Quickly Sprint Non-dominant Dominant Pass