

KS1 Progression of skills curriculum map 2023 -2024

All lessons are based around objectives on: Performance (skills), social and development (teamwork/communication) and competition (peer and self)

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Year 1 | Fundamental movement skills 1 <ul style="list-style-type: none"> - Run skilfully - Manipulate objects pick up and carry - Control emotions in games - Balance on 1 leg - Navigate obstacles - Encourage teammates - Play games fairly | Invasion games 1 <ul style="list-style-type: none"> - Passing ball from chest - Receiving balls - Change direction - Move with spatial awareness of others. - Dribbling a ball with a stick - Dribble a ball with hands - Dribble ball with feet. - Sending, trapping and receiving a ball | Fundamental Movement Skills2 <ul style="list-style-type: none"> - Hop and move with balance - Travel backwards around others - Variety of jumps with safe landings - Dodge and evade others - Punt and strike a ball with foot correctly | Gym - wide, narrow and curled <ul style="list-style-type: none"> - Travel and balance with a wide body shape - Sequence of curled body movements. - Develop long and narrow shapes. - Sequences that uses balance, motion, flight and different levels. | Dance <p>Theme based on their Big</p> <p>Develop:</p> <ul style="list-style-type: none"> - Use music as a stimulus to create actions - 16 count motif in unison - Use different levels and pathways - mirroring - Work in unison and individually and pairs - self and peer evaluation | Strike and field skills 1 <ul style="list-style-type: none"> - Strike a ball off a tee. - Coordinate a strike and run - Begin to field a ball as a group. - Ready position for catching and track ball. - Roll ball - Pick up ball with good technique. - Pick and throw over arm. |
| Year 1 PPA - Coach led | Gymnastics - Balancing & spinning on Points & Patches <ul style="list-style-type: none"> - Controlled spins - Symmetrical and | Dance - based on Big Q topic <p>Develop:</p> <ul style="list-style-type: none"> - Use music as a stimulus to create actions | Gymnastics Pathways <ul style="list-style-type: none"> - Long elegant movements - Move along the floor with body parts | Target Games 2 <ul style="list-style-type: none"> - Putting a ball consistently - -punting a ball with both feet | Netwall 1 <ul style="list-style-type: none"> - Send a ball with some accuracy - - strike and | Object manipulation <ul style="list-style-type: none"> - Dribble, trap and turn with a ball - Punt a ball |

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| | <p>asymmetrical spins on body weight and apparatus</p> <ul style="list-style-type: none"> - Spin at different levels on points - Hold balances at different levels - Perform a routine with a partner | <ul style="list-style-type: none"> - 16 count motif in unison - Use different levels and pathways - Work in unison and individually and pairs - self and peer evaluation | <ul style="list-style-type: none"> - Jump in coordination - Step and turn gracefully - Perform routine on apparatus | <ul style="list-style-type: none"> - Strike a ball at a target with force - Throw over arm and under arm | <p>volley a ball with hand in the air</p> <ul style="list-style-type: none"> - Ready position - Throw with accuracy and power | <ul style="list-style-type: none"> - Throw a ball sideways on |
| <p>Year 2</p> <p>Teacher led</p> | <p>Dance</p> <p>Theme based on their Big Question topics GREAT FIRE OF LONDON</p> <p>Develop:</p> <ul style="list-style-type: none"> - Use music as a stimulus to create actions - 16 or 32 count motif in unison - Use different levels and pathways - Mirroring - Work in unison and individually and pairs - self and peer evaluation | <p>Net wall skills 2</p> <ul style="list-style-type: none"> - Send and receive a ball some with accuracy. - Catching in line with the ball. - Volley a ball with 2 arms - Use a racket to keep a rally going with self or partner. (aiming for 1 bounce) - Control ball with good grip, and stance - Send and receive a ball over a line/small net. - Develop forehand and backhand | <p>OAA</p> <ul style="list-style-type: none"> - Teamwork - Listening - Communication - Simple map skills and orienteering | <p>Gym - Spinning and twisting</p> <ul style="list-style-type: none"> - spin on patches - rolls and twists -changing pathways - twist in flight and balance - front and back supports with twists - counter balances with a partner and apparatus -create a sequence of twists. Spins, turns -introduce mirroring partner. | <p>Athletics 2</p> <ul style="list-style-type: none"> - React quickly - Jump with a balanced cushion landing. - Coordinate a run with a jump - Throw for accuracy - Run within a lane - Dip to finish a race. - Transfer a baton in a relay - Jump to clear an obstacle - Different throws for distance. | <p>Strike and field 2</p> <ul style="list-style-type: none"> - Catch ball after bounce - strike a ball off a tee - bowl overarm -stop ball defending wicket - pick up ball one handed and return under arm - strike the ball struck hard at your leg - chase ball and throw it back - use skills in a game situation |

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| <p>Year 2 PPA - coach led</p> | <p>FMS 3</p> <ul style="list-style-type: none"> - <i>Skip with a rope</i> - <i>Dribble a ball with hand</i> - <i>Travel with ball and look up controlling ball</i> - <i>Pass and receive a ball, cushioning and trapping</i> - <i>Jump for height and distance</i> - <i>Catch consistently</i> - <i>Signal for a catch</i> | <p>Gym - stretching and curling</p> <ul style="list-style-type: none"> - Travel forwards/backwards in curled position - Curled position in flight - Stretching in a balance and in flight - Sequence of stretches and curls - Stretching and curling whilst taking weight on hands - Hold a bridge - Use apparatus to perform sequences | <p>Target games 3</p> <p>*with some accuracy</p> <ul style="list-style-type: none"> - Throw ball underarm with either hand at a target - Kick ball with both feet - Roll ball with either feet - Punt the ball with both feet. - Strike a ball with a racket/bat with some force. - Bounce ball at a target | <p>Invasion games 2</p> <ul style="list-style-type: none"> - Introduce principles of attacking and defending. - Catch the ball on the full (cricket) - Tracking and intercepting (netball) - Dodge to beat opponent (rugby) - Keep possession while dribbling (basketball) - Compete with some spatial awareness | <p>Dance</p> <p>Theme based on their Big Question topics VICTORIANS</p> <p>Develop:</p> <ul style="list-style-type: none"> - Use music as a stimulus to create actions - 16 or 32 count motif in unison - Use different levels and pathways - Mirroring - Work in unison and individually and pairs - self and peer evaluation | <p>Target Games- Tri Golf</p> <ul style="list-style-type: none"> -Grip the club using correct stance -vControl direction and speed of putt - Chip ball to a target using correct stance - |
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