

KS1 Progression of skills curriculum map 2021 -2022

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
EYFS Physical development fundamental movement and skills	<ul style="list-style-type: none"> -To move safely in a space -To stop safely -To develop control when using equipment -To follow a path and take turns -To work cooperatively with a partner 	<ul style="list-style-type: none"> -To balance -To run and stop -To change direction -To jump -To hop -I have an imaginary line down the middle of my body and I can cross over it with opposite hands and feet -To explore different ways to travel using equipment 	<ul style="list-style-type: none"> -To roll and track a ball -To develop accuracy when throwing to a target -To dribble using hands -To throw and catch with a partner -To dribble a ball using feet -To kick a ball to a target -I know that Crossing the midline helps both sides of my brain to connect 	<ul style="list-style-type: none"> -To create short sequences using shapes, balances and travelling actions -To balance and safely use apparatus -To jump and land safely from a height -To explore traveling around, over and through apparatus 	<ul style="list-style-type: none"> -To use counting to help to stay in time with the music when copying and creating actions -To move safely with confidence and imagination, communicating ideas through movement -To explore movement using a prop with control and coordination -To move with control and coordination, expressing ideas through movement -To move with control and coordination, copying, linking and repeating actions - To remember and repeat actions, exploring pathways and shapes 	<ul style="list-style-type: none"> -To develop accuracy when throwing and practise keeping score -To follow instructions and move safely when playing tagging games -To learn to play against an opponent -To play by the rules and develop coordination -To explore striking a ball and keeping score To work cooperatively as a team -I know that both sides of my body need to work together in a co-ordinated way
Reception PPA –Weekly Fundamental Movement and skills sessions with Manchester City						
Year 1 Teacher led	Fundamental movement skills 1 <ul style="list-style-type: none"> - Twists, turns, bends and reaches. 	Invasion games 1 <ul style="list-style-type: none"> - Passing ball from chest - Receiving balls - Change direction 	Fundamental Movement Skills2 <ul style="list-style-type: none"> - Traveling forwards then backwards 	Gym – wide, narrow and curled <ul style="list-style-type: none"> - Travel and balance with a wide body shape 	Dance Theme based on their Big Question topics SEASIDE	Strike and field skills 1 <ul style="list-style-type: none"> - Strike a ball off a tee. - Coordinate a strike and run

	<ul style="list-style-type: none"> - Object manipulation around the body - Balancing on 1 leg - Jump with control - Sliding to dodge - Galloping 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - Change direction when moving - Balance on 1 foot - Jumping 2 footed and landing 2 footed with soft landings. - Jumping forwards and backwards. - Dodging an obstacle using legs and upper body. - Hitting ball with different body parts - Punting 	<ul style="list-style-type: none"> - Sequence of curled body movements. - Develop long and narrow shapes. - Sequences that uses balance, motion, flight and different levels. 	<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 - Work in unison and individually and pairs - self and peer evaluation 	<ul style="list-style-type: none"> - 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	Forest school during PPA – 1 term per class. Teamwork, communication, Fine Motor skills, Gross motor skills					
Year 2 Teacher led	<p>Dance 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>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>FMS 3</p> <ul style="list-style-type: none"> - Skip using a rope - Variety of jumps - Bounce and travel with ball. - Passing - Catching 	<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>Dance Theme based on their Big Question topics MINI BEASTS</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>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

<p>Year 2 PPA – coach led</p>	<p>FMS 2</p> <ul style="list-style-type: none"> - Time jumps to clear a rope. - Bounce a ball with hands in different directions while travelling. - Receive and trapping a ball - Pass ball accurately to a partner - Catching consistently well using W catch. 	<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>Target games 3</p> <ul style="list-style-type: none"> *with some accuracy - 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>Athletics</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>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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