

**Newton Hill Community School: Progression Documents**



PE: Year Group: 1

Prior Learning EYFS	Year 1 Learning	Year 2 Future Learning	Vocabulary
<ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>	<p><b><u>Invasion Games</u></b> Explore different ways of using a ball. Retrieve and stop a ball using different parts of the body. Play a variety of running and avoiding games. Participate in team games. Pass and receive a ball in different ways with increasing control.</p> <p><b><u>Multi-skills and Athletics</u></b> Develop the fundamental skills of balance, co-ordination and agility. Take part in activities such as bat and ball relay, sprinting and standing long jump.</p> <p><b><u>Striking and Fielding</u></b> Pass and receive a ball in different ways with control and increased accuracy. Perform fielding techniques with increased control and accuracy. Hit a stationary ball with increasing confidence and accuracy.</p> <p><b><u>Movement and Co-ordination</u></b> Respond to instructions and commands. Learn a variety of basic gym actions. Be still in different body shapes and balance. Show a clear starting and finishing position. Perform dance movements and simple routines using simple movement patterns.</p>	<p><b><u>Invasion Games</u></b> Explore different ways of using a ball. Recognise the best ways to score points and stop points being scored. Play a variety of running and avoiding games, using different tactics to succeed. Participate in team games with an emphasis on keeping possession. Pass and receive a ball in different ways with increasing control.</p> <p><b><u>Multi-skills and Athletics</u></b> Develop balance, co-ordination and agility. Run, throw and jump with increased control and co-ordination. Take part in activities such as bat and ball relay, sprinting and standing long jump.</p> <p><b><u>Striking and Fielding</u></b> Pass and receive a ball in different ways with control and increased accuracy. Perform fielding techniques with increased control and accuracy. Hit a stationary ball with increasing confidence and accuracy.</p> <p><b><u>Movement and Co-ordination</u></b> Respond to instructions and commands. Learn a variety of basic gym actions. Be still in different body shapes and</p>	<p>Passing, moving, teamwork, balance, co-ordination, Personal Best, striking, fielding, invasion games, position, routine, fitness, accuracy, improvement, agility, resilience, stamina, ball skills, evaluate,</p>

		<p>balance.          Show a clear starting and finishing position.          Perform dance movements and simple routines using simple movement patterns.</p>	
<b>Common Misconceptions</b>	<b>Key Questions:</b>	<b>Famous People Links</b>	
<ul style="list-style-type: none"> <li>• Catching position</li> <li>• Co-ordination</li> <li>• Travelling with a ball</li> <li>• Incorrect technique for catching and throwing</li> </ul>	<ul style="list-style-type: none"> <li>• How should we move?</li> <li>• How can we improve on our performance?</li> <li>• How do you live a healthy lifestyle?</li> <li>• Why is it important to be healthy?</li> <li>• How can we demonstrate teamwork?</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Mo Farah</li> <li>• Simone Biles</li> <li>• Harry Kane</li> <li>• Joe Root</li> <li>• Wakefield Trinity</li> <li>• Leeds United</li> </ul>	
<b>Assessment Opportunities/Final Assessment</b>			
<ul style="list-style-type: none"> <li>• Continuous assessment (AFL / formative).</li> <li>• Competition performances.</li> <li>• Recordings of 'Personal Bests' during lessons and competitive events.</li> </ul>			