

Understanding Physical Health progression KS1

*Progressions relate to individual skills, team skills and tactics and understanding.

<u>Year Group</u>	EYFS	1	2
Sports	<p><u>Fundamental movements</u> All Jump and run in straight lines. Avoid others when moving in a large space. Pick different objects up with one or two hands.</p> <p>Most Run at different speeds with control. Bounce and catch a ball with two hands. Can throw/ kick accurately at a large target. Demonstrates some spatial awareness.</p> <p>Some Combines movements at speed. Can throw in different ways with accuracy. Dribble a ball with their hand (s).</p>	<p><u>Ball Games</u> All Move with control at different speeds. Bounce and catch with two hands. Throw different objects with control. Follow basic instructions.</p> <p>Most Combine running and throwing. Throw and catch large objects with a partner. Understand some rules of games.</p> <p>Some Change direction and speed with control. Dribble a ball continuously. Work with a partner to score points. Consistently show basic understanding of games.</p>	<p><u>Basketball</u> All Bounce and catch the ball. Move confidently into space. Pass accurately in a closed environment.</p> <p>Most Dribble with one hand without pressure from an opponent. Pass to a teammate occasionally in a game. Follow the rules of a game.</p> <p>Some Dribble with one hand consistently with control against an opponent. Shows fluency in evasion skills. Pass accurately in a game situation. Start to manage small sided games.</p>
		<p><u>Fundamental Movements</u> All Demonstrates some spatial awareness. Can link different movements</p>	<p><u>Cricket</u> All Throw and catch a large ball. Throw or roll a ball at a target with some accuracy.</p>

		<p>together (run and jump etc.) Shows balance when moving in different ways- can balance on one leg. Can throw/ kick accurately at a large target. Dribble a ball with their hand (s).</p> <p>Most Can move quickly into space with control and shows good spatial awareness. Demonstrates a range of movements with confidence. Can throw/ kick accurately with consistency at a large target.</p> <p>Some Works well within a team to build points. Combines movements at speed with good agility. Can throw in different ways with accuracy. Dribble a football with good control.</p>	<p>Hit a stationary ball in an intended direction.</p> <p>Most Accurately throw or roll a ball at a target. Hit a large ball that is rolled to them. Field the ball with some accuracy. Understand how to score runs.</p> <p>Some Throw and catch a small ball. Hit a ball that is bowled to them. Field a ball with accuracy and control.</p>
		<p><u>Dodgeball</u> All Throw the ball with two hands. Shows balance when moving in different ways- can balance on one leg. Can throw accurately at a large target.</p> <p>Most Combines different movements.</p>	<p><u>Dodgeball</u> All Throw the ball with two hands. Shows balance when moving in different ways- can balance on one leg. Work with a partner to throw and catch the ball. Moves with good spatial awareness.</p>

		<p>Work with a partner to throw and catch the ball. Understands basic rules (Direct hit= out, can't cross the middle line, head shots do not count).</p> <p>Some Can throw in different ways with accuracy. Throw confidently with one and two hands. Combines movements at speed with good agility.</p>	<p>Most Catch in a closed situation. Throw over different distances. Can throw in different ways with accuracy. Understands basic rules (Direct hit= out, can't cross the middle line, head shots do not count).</p> <p>Some Throw confidently with one and two hands. Catch the ball at different heights in a closed situation. Make catches in a game. Combines movements at speed with good agility.</p>
		<p><u>Hockey</u> All Control the ball slowly in a space. Hit the ball accurately over a short distance in a closed situation. Demonstrates some spatial awareness.</p> <p>Most Dribble the ball with some control. Tackle an opponent in a 1 v 1 situation. Can move quickly into space with control and shows good spatial awareness.</p> <p>Some Demonstrate how to win the ball back by tackling and intercepting.</p>	<p><u>Hockey</u> All Dribble the ball with some control. Hit the ball accurately over a short distance in a closed situation. Follow the basic rules.</p> <p>Most Moves into space consistently. Dribble with good control. Pass the ball accurately. Demonstrate how to win the ball back by tackling and intercepting.</p> <p>Some Understand how to keep possession of the ball. Pass, dribble and shoot with control.</p>

		<p>Dribble with good control. Pass, dribble and shoot with control. Use some attacking and defending skills in a game</p>	<p>Use some attacking and defending skills in a game. Understand when to pass and dribble the ball.</p>
		<p><u>Athletics</u> All Demonstrates some spatial awareness. Can link different movements together (run and jump etc.) Shows balance when moving in different ways- can balance on one leg.</p> <p>Most Can move quickly into space with control and shows good spatial awareness. Demonstrates a range of movements with confidence. Throw different objects with control and coordination- underarm and overarm.</p> <p>Some Run consistently and smoothly over different distances. Can throw different objects with good accuracy. Perform different foot patterns when jumping i.e. one foot to two feet, two feet to one foot etc.</p>	<p><u>Athletics</u> All Sprint over a short distance. Work with a partner to throw and catch the ball. Run consistently and smoothly. Can move quickly into space with control and shows good spatial awareness. Perform different foot patterns when jumping i.e. one foot to two feet, two feet to one foot etc.</p> <p>Most Run consistently and smoothly, being aware of others. Throw different objects with control and coordination- underarm and overarm.</p> <p>Some Work within a team in a relay. Throw different objects consistently with accuracy. Run consistently and smoothly over different distances.</p>
		<p><u>Tag Rugby</u> All</p>	<p><u>Tag Rugby</u> All</p>

		<p>Understand how to score a try. Pass and catch the ball in a closed setting. Run into space with the ball. Tag another child with or without the ball.</p> <p>Most Pass the ball with some accuracy.</p> <p>Some Be able to put on the tag belts and tags. Pass and catch the ball accurately and consistently in a closed setting. Tag an opponent who has the ball.</p>	<p>Understand how to score a try. Pass and catch the ball in a closed setting. Run into space with the ball. Tag another child with or without the ball.</p> <p>Most Be able to put on the tag belts and tags. Pass and catch the ball accurately and consistently in a closed setting. Start to pass the ball over different distances. Demonstrate good teamwork in a game. Tag an opponent who has the ball.</p> <p>Some Use evasion skills with good success (Changing direction, running into space). Find it easy to tag an opponent with the ball. Pass the ball accurately over different distances.</p>
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