National Curriculum Statutory requirements Key Stage 1

Games

- master basic movements including running, jumping, throwing and catching
- developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending

Catching and throwing Multi-skills	Attacking and defending Multi-skills	Football/futsal Multi –skills/ games	Hand-eye co-ordination bat and ball/games

Progression of skills - Year 1	Progression of skills - Year 2
• Can throw and catch a ball with a partner. • Can move fluently by changing direction and speed easily and avoiding collisions. • Can show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking.	• Can pass a ball accurately to a partner over a variety of distances. • Can perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control. • Can show a good awareness of others in running, chasing and avoiding games. • Can make simple decisions about when and where to run.
• Can choose and use skills effectively for particular games understand the concepts of aiming, hitting into space. • Can take the ball to a good position for aiming use skills in different ways in different games. • Can try to win by changing the way they use skills in response to their opponent's actions.	• Can vary skills and show some understanding of simple tactics. • Can choose and use tactics to suit different situations • Can react to situations in a way that helps their partners and makes it difficult for their opponent.

National Curriculum Statutory requirements Key Stage 1

Gymnastics

- developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Perform dances using simple movement patterns.

Progression of skills - Year 1	Progression of skills - Year 2
• Can explore gymnastics and still movements. • Can move safely and with confidence. • Can know how to carry and place equipment. • Can watch, copy and describe what others have done. • Can perform movement phrases using a range of body parts and actions.	• Can remember, repeat and link gymnastics and still movements • Can move safely and with confidence. • Can know how to carry, lift and place equipment. • Can watch, copy and describe what others have done. • Can improve their work using information they have gained by watching and listening.

National Curriculum Statutory requirements Key Stage 1

Dance

- Perform dances using simple movement patterns.
- Develop balance, agility and co-ordination

Progression of skills - Year 1	Progression of skills - Year 2
• Can explore movements. • Can move confidently and safely. • Can perform phrases. • Can recognise how their body feels after exercise. • Can discuss dance ideas.	• Can explore, remember and repeat dance actions. • Can compose and perform dance and short phrases. • Can describe how different dance movements make them feel. • Can watch and describe dance phrases and dances and use what they learn to improve

National Curriculum Statutory requirements Key Stage 1

Athletics

- master basic movements including running, jumping, throwing and catching
- developing balance, agility and co-ordination, and begin to apply these in a range of activities

Progression of skills - Year 1	Progression of skills - Year 2
• Can run with control • Can jump with control	• Can warm up and cool down independently • Can set myself targets to improve my performance

Not a statutory requirement, but provided in Year 2

Orienteering

- take part in outdoor and adventurous activity challenges both individually and within a team – taken from KS2

Progression in skills Year 2

- Can follow a route from A to B
- Can read simple symbols
- Can point to North and South

Not a statutory requirement at KS1, but in 2016-17 provided for Year 2 and in 2017- 18 it will be available to Year 1 and 2 Swimming

Swimming - Hereford Leisure Pool Instructors

- Have confidence to put their head under water.
- Begin to swim a width
- Progress through the Hereford Levels if appropriate.