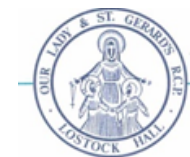




## KS1 P.E. Skills



The National Curriculum states that in KS1 pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as 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
    - perform dances using simple movement patterns

	FUNDAMENTAL MOVEMENT SKILLS	GYMNASTIC ACTIVITIES	DANCE	GAMES	ATHLETIC ACTIVITIES	OAA
Year 1	<p><b>Running</b> – Run on balls of feet, bent arms used</p> <p><b>Jumping</b> – Bend knees to start and finish jumps; controlled arm swings</p> <p><b>Hopping</b> – Hop on balls of feet; controlled arm swings</p> <p><b>Under arm throw</b> – Use one hand; opposite leg steps forward; throwing hand ‘follows through’</p> <p><b>Skipping</b> – Weight is transferred from one foot to the other, moving forward; knees bend; arms swing; balls of feet are used</p> <p><b>Catching</b> – Hold hands in front of body, fingers wide, shoulder width apart; eyes on the ball / beanbag</p> <p><b>Rolling a ball</b> – Ball is rolled from the side of the body; opposite leg is forward; arm(s) ‘follow through’</p> <p><b>Kicking a ball</b> – Swing leg back before making contact with the ball; arms used for balance; eyes on the ball</p>	<p>Move around a space safely</p> <p>Perform basic balances safely on large body parts – legs, tummy, back, side</p> <p>Travel using different levels and body parts on the floor and along benches</p> <p>Perform a pencil roll and egg roll</p> <p>Link 2 balances with a roll or a travel</p>	<p>Move around a space safely</p> <p>Copy basic/simple dance moves (e.g. folk dance patterns – dancing in a circle, skipping to the centre and out, clapping and stamping a pattern on the spot, walking backwards and forwards in a chain)</p> <p>Begin to change rhythm, speed, level and direction</p> <p>Dance imaginatively</p>	<p>Play 1V1 or 2V2 games</p> <p>Follow rules</p> <p>Talk to team mate</p> <p>Show a developing understanding that to win a game they need to stop the other team from scoring and that their team needs to score</p> <p>Show an awareness of space</p>	<p>Use varying speeds when running</p> <p>Explore different methods of throwing</p> <p>Practise short distance running</p> <p>Jump over small hurdles</p>	<p>Begin to recognise risks when handling and placing apparatus.</p> <p>Take turns to talk (share ideas) and listen when working with a partner or small group.</p> <p>Know that running and playing games is good for them.</p>

<p>Year 2</p>	<p><b>Running</b> – Change speed and direction when running; chest upright; head facing forward  <b>Jumping</b> –Arms used to add propulsion; lean forwards on landing  <b>Hopping</b> – Hop confidently with both legs using arms for propulsion  <b>Under arm throw</b> – One handed throws are used effectively to hit a target: throwing arm is brought back as opposite arm aims/points at target  <b>Skipping</b> – Confident, ‘fluid’ movement: body upright, arms swinging, head facing forward  <b>Catching</b> – Beginning to move towards the ball / beanbag to catch it; catch a number of different objects  <b>Rolling a ball</b> – One hand is used to roll a ball from the side of the body; rolling arm starts behind body and there is a transfer of weight as the ball is released  <b>Kicking a ball</b> – Kicking leg ‘follows through’ after contact is made  <b>Over arm throw</b> – Throwing arm starts behind body and ‘follows through’ after the throw; opposite arm aims/points at target; opposite leg steps forward  <b>Bouncing a ball</b> – A ball is bounced under control, using one hand; bounces are at hip height or lower</p>	<p>Perform controlled balances on large body parts – legs, tummy, back, side, shoulders, backside, hips   Show confidence when travelling on different levels, using different body parts, on the floor and on apparatus   Perform controlled pencil rolls and egg rolls and begin to use teddy bear rolls   Smoothly link 4 actions using a roll and a travel</p>	<p>Compose a dance phrase – individually or with a partner   Change rhythm, speed, level and direction   Link movements to show mood or feeling   Respond to stimuli, including music</p>	<p>When playing games, know that they should try to stop the other team from scoring points   Play 2V2 or 3V3 games   Follow rules  Work with team mates, passing a ball or beanbag between them   Move towards a ball / beanbag in an attempt to intercept it   Communicate with team mates by talking and using gestures (e.g. pointing)   To decide where the best place to be is during a game</p>	<p>Run with agility and confidence   Know the best jumping techniques for distance   Throw different objects in a variety of ways   Hurdle an obstacle (e.g. small plastic hurdle) while running   Run for distance</p>	<p>Recognise risks when handling and placing large apparatus   Experiment with different ways of communicating with a partner or small group and identify successful strategies   Explain why running and playing games is good for them</p>
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