



PE Progression Development in Year 1			
Dance	Gymnastics	Games	Athletics
<p><b><u>Aim of Educational Dance</u></b> Children will explore basic body actions e.g. jumping and turning and use different parts of their body to make movements. They create and repeat short dances.</p> <p><b><u>Performance of skills – Progression</u></b> Perform fundamental movement skills at a developing level. Perform basic body actions with control and show some sense of dynamic, expressive and rhythmic qualities in their own dance.</p> <p><b><u>Developing Physical Skills – Lancashire scheme</u></b> <b>Body Actions</b> Copy and explore basic body actions from a range of stimuli. Travel, Turn, Jump, Gesture, Stillness. Copy simple movement patterns. Show and tell using body actions to explore emotions. Vary speed, strength, energy and tension of their movements.</p> <p><b><u>Application of skills – Lancashire scheme (Core Task)</u></b> Choose movements to make their own simple dance phrase with beginning, middle and ending. Practice and repeat these short dance phrases so they can be performed in a controlled way. Choose and link actions that express a mood, idea or feeling. <b>‘Imagination’</b> and <b>‘Empathy’</b> are the character traits that are important.</p>	<p><b><u>Aim of Educational Gymnastics</u></b> In gymnastics as a whole, children use skills and abilities individually, in combination and in sequence with the aim of showing as much control and precision as possible. Children investigate movement, stillness and how to find and use space safely. They explore basic gymnastic actions on the floor and using apparatus. They copy or create, remember and repeat, short movement phrases of ‘like’ linked actions e.g. two jumps, or two rolls.</p> <p><b><u>Performance of skills – Progression</u></b> Perform fundamental movement skills at a developing level in travelling skills. Perform body actions with some control and coordination.</p> <p><b><u>Developing Physical Skills – Lancashire scheme</u></b> Shape – Wide, thin. Travelling on feet – jog, skip, gallop, hop, and walk forwards, backwards. Travelling on hand and feet – frog, bunny, caterpillar, crab, bear, crocodile, monkey etc. Balancing – Front support, balance on 4 and 3 points, large body parts, tummy, back, bottom, shoulder. Jumping and Landing – 2-2 for height. Rolling – Rocking on back, pencil, egg rolls. Apparatus <b><u>Application of skills – Lancashire scheme (Core Task)</u></b> Involves children knowing how to create a gymnastic sequence on floor, mats and apparatus by linking gymnastic shapes through rolling, travelling, balancing or jumping individually at first and then with a partner. <b>‘Concentration’</b> is the character trait that is important.</p>	<p><b><u>Aim of Educational Games</u></b> In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition. Children develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.</p> <p><b><u>Performance of skills – Progression</u></b> Perform fundamental movement skills at a developing level in : Travelling skills, Sending skills, Receiving skills</p> <p><b><u>Developing Physical Skills – Lancashire scheme</u></b> Side gallop, Underarm throw, Running, Rolling a ball, Bouncing a ball, Catching a ball, Jumping, Hopping, Skipping, Overarm throw.</p> <p><b><u>Application of skills – Lancashire scheme (Core Task)</u></b> They have an opportunity to play one against one, one against two and one against three. <b><u>Knowledge</u></b> To use a simple tactic i.e. Pretend to throw one way then throw the other. To use a simple tactic i.e. Look one way and roll the ball the other. To use a simple tactic i.e. Throw away from the cones (fielders). <b>‘Determination’</b> is the character trait that is important.</p>	<p><b><u>Aim of Educational Athletics</u></b> In all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy. Children will explore the FMS of running, jumping and throwing activities and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance.</p> <p><b><u>Performance of skills – Progression</u></b> Perform fundamental movement skills at a developing level.</p> <p><b><u>Developing Physical Skills – Lancashire scheme</u></b> Running, Hopping, Rolling a ball, Underhand throw, Jumping.</p> <p><b><u>Application of skills – Lancashire scheme (Core Task)</u></b> The ‘Honey pot’ core task involves children running in different directions to pick up objects as quickly as they can. The children work in pairs. They then swap roles and carry out the task again. <b>‘Honesty’</b> is the character trait that is important.</p>