

PE Long Term Planning and Progression KS1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	FMS Supertato	Gymnastics Y1 Activities 2	Y1 FMS Zog	Y2 FMS Bounce a Ball	Striking /Fielding Y2	FMS End of Year assessment
Cycle A	Dance - Superheroes	Dance – Mr Men	Gymnastics Y2 Activities 2	Y1 FMS Underarm Throw	Athletics Y2	Seaside Dance
	<u>Basic Movement and Team Games</u>		<u>Gymnastics</u>		<u>Dance</u>	
	FMS Baseline Assessment  FMS End of KS1 assessment  Travelling, sending, receiving  1v1; 2v2; games		Linking 2/3 actions Linking 3/4 actions Remember and repeat Perform with control and co-ordination show a sense of dynamic, expressive and rhythmic qualities		Linking 2/3 actions Linking 3/4 actions Remember and repeat Perform with control and co-ordination show a sense of dynamic, expressive and rhythmic qualities	
	<u>Athletics</u>		<u>FMS</u>		<u>Evaluation</u>	
	Y1: Running, hopping, rolling a ball, underhand throw, jumping Y2: running, underarm throw, overarm throw, push throw and jumping for distance		gallop, underarm throw, overarm throw, running, roll a ball, skipping, hopping, jumping, kicking, catching and bouncing a ball.		Describe what they have done or seen others doing.  Comment on a skill or combination of skills and say how it could be improved.	

Cycle B	FMS – Lost and Found	Gymnastics Y1 activities 1	FMS and Gym Jack and the Beanstalk	FMS Kicking	Athletics Y1	FMS End of Year assessment
Cycle B	Y1 FMS Catching and Bouncing a Ball	Dance - Explorers	Dance – Once Upon a Giant / Robots	Y2 FMS Playground Games	Y2 Net and Wall / FMS Tri Throlf	Y2 The Great Outdoors
	<u>Basic Movement and Team Games</u> FMS Baseline Assessment FMS End of KS1 assessment Travelling, sending, receiving 1v1; 2v2; games		<u>Gymnastics</u> Linking 2/3 actions Linking 3/4 actions Remember and repeat Perform fundamental movement skills at a developing level and start to master some basic movements in: Travelling skills Perform body actions with control and co-ordination		<u>Dance</u> Perform fundamental movement skills at a developing level. (Y2 master some basic movements). Perform basic body actions with control and show some sense of dynamic, expressive and rhythmic qualities in their own dance. (Y2 perform short dances, showing an understanding of expressive qualities.)	
	<u>Athletics</u> Y1: Running, hopping, rolling a ball, underhand throw, jumping Y2: running, underarm throw, overarm throw, push throw and jumping for distance		<u>FMS</u> gallop, underarm throw, overarm throw, running, roll a ball, skipping, hopping, jumping, kicking, catching and bouncing a ball.		<u>Evaluation</u> Describe what they have done or seen others doing. Comment on a skill or combination of skills and say how it could be improved.	