

**PE – Key Stage 1  
Progressive statements**

	<b>Games/Athletics</b>	<b>Dance</b>	<b>Gymnastics</b>
<b>EYFS</b>	<ul style="list-style-type: none"> <li>I can move freely and with pleasure and confidence in a range of ways such as: slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, hopping,</li> <li>I can run skilfully and negotiate space successfully</li> <li>I can mount stairs and steps using alternative feet</li> <li>I can hop and skip confidently</li> <li>I can run safely on whole foot</li> <li>I can walk upstairs or downstairs holding onto a rail two feet to a step</li> <li>I can pat a ball with my hand</li> <li>I can use different equipment to move a ball</li> <li>I can understand that if I hit a ball harder it will go further</li> <li>I can kick a large ball</li> <li>I can catch a large ball</li> <li>I can throw a range of balls</li> <li>I can move a ball with some control using different body parts</li> <li>I can push or pat a large bouncing ball</li> <li>I can hit a stationary ball off a tee using racquet</li> <li>I can flick a ball upwards off a racquet surface</li> </ul>	<ul style="list-style-type: none"> <li>I can skip in time to music</li> <li>I can hop confidently</li> <li>I can move confidently, freely and with pleasure in a variety of ways</li> <li>I can create movements in response to music</li> <li>I can use movements to express feelings</li> <li>I enjoy joining in with dancing and ring games</li> <li>I can sing songs, make music and dance and experiment ways of changing them</li> </ul>	<ul style="list-style-type: none"> <li>I can jump off an object and land appropriately</li> <li>I can travel with confidence under, over and through balancing and climbing equipment</li> <li>I can show control over and co-ordination in large and small movements.</li> <li>I can move confidently in a range of ways, safely negotiating space.</li> <li>I can experiment with different ways of moving.</li> </ul>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>I show control when rolling a ball</li> <li>I can run with control</li> <li>I can jump with control</li> <li>I can catch a ball / moving object</li> <li>I can kick with control</li> <li>I can race against others</li> <li>I can race as part of a team</li> <li>I can overcome obstacles as part of a race eg. small hurdles</li> <li>I can know the difference between jogging and sprinting</li> <li>I can show control when throwing a ball underarm</li> <li>I can catch a ball when it is thrown to me</li> <li>I can hit a ball with control, using appropriate equipment</li> <li>I can hit a ball in different directions</li> <li>I can bounce and catch a ball</li> <li>I can play catch with a partner</li> <li>I can play piggy in the middle</li> <li>I can bounce and then pat a small ball with my hand after 1 bounce</li> <li>I can sometimes catch a small ball which I have thrown to myself</li> <li>I can bounce a ball and hit it with a racquet</li> </ul>	<ul style="list-style-type: none"> <li>I can move with control and co-ordination</li> <li>I can link two or more actions in a sequence</li> <li>I am confident expressing moods and feelings through dance</li> </ul>	<ul style="list-style-type: none"> <li>I can move with some control and awareness of space</li> <li>I can link two or more actions to make a sequence</li> <li>I can show contrasts (eg: small / tall, straight / curved, wide / narrow)</li> <li>I can climb safely on low level equipment</li> <li>I can stretch and curl to develop flexibility</li> <li>I can jump in a variety of ways and land with some control and balance</li> <li>I can balance with control on different body parts</li> <li>I can perform a forwards roll to sitting independently</li> </ul>

<p><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• I understand the terms 'opponent' and 'team mate'</li> <li>• I can develop basic tactics for small team games</li> <li>• I can lead others in small game situations</li> <li>• I can set myself targets to improve my performance.</li> <li>• I can jump for distance</li> <li>• I can throw a ball or small javelin with correct technique</li> <li>• I can safely pass a baton to a teammate as part of a relay race</li> <li>• I can compete in short and middle-distance races</li> <li>• I can change direction at speed</li> <li>• I can throw a ball through a target e.g. hoops</li> <li>• I can hit a ball, with control, in different directions e.g. up, down, left, right.</li> <li>• I can kick a ball to a partner accurately</li> <li>• I can continuously bounce a bouncy ball</li> <li>• I can dribble with control using my feet</li> <li>• I can dribble with control using a hockey stick</li> <li>• I can hit a ball after 1 bounce in a given direction</li> <li>• I can hit a ball with a 1 handed grip on a racquet</li> <li>• I can hit a ball thrown to me after only 1 bounce</li> <li>• I can catch a tennis ball</li> <li>• I can return a thrown ball in the general direction of the thrower</li> </ul>	<ul style="list-style-type: none"> <li>• I can copy and remember moves and positions</li> <li>• I can choose appropriate movements to communicate mood / feelings / ideas</li> <li>• I can follow a simple 4 or 8 count</li> <li>• I can move in time to the music and take my cues from the music</li> </ul>	<ul style="list-style-type: none"> <li>• I can copy and remember actions</li> <li>• I can travel by rolling forwards, backwards and sideways</li> <li>• I can hold a position whilst balancing on different points of my body</li> <li>• I can climb safely on large equipment</li> <li>• I can stretch and curl to develop increasing flexibility</li> <li>• I can perform a forwards roll to standing independently</li> <li>• I can perform a backwards roll to kneeling</li> <li>• I can jump from low level apparatus performing a tuck or stretch jump and land safely with control.</li> </ul>
----------------------	---	---	---