

**KS1 progression of skills, knowledge and understanding.**

	Throw and catch	Agility	Effects on body	Dance	Gymnastics	Athletics	Swimming	Fair play and team work
1	Throw and catch displaying a degree of competency, in isolation and in varied environments	Demonstrate changes of direction, level & speed	Show an awareness of how the body functions/changes during exercise	Repeat and Perform sequences of movements	Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)	Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team	Show competence in one stroke when swimming	With guidance participate displaying respect, fair play and working well with others
2	Throw and catch displaying competency, in isolation and in varied environments	Demonstrate changes of direction, speed & level during performances or in competitive environments	Show an awareness of how the body changes/functions during exercise	Perform and repeat sequences of movements	Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)	Use FUNdamentals of movement to employ simple tactics in varied environments	Swim 25m unaided, proficient in a stroke	With guidance participate displaying respect, fair play and working well with others