







YEAR 1	HEALTH & FITNESS
HANDS 	Copy simple exercise actions
	Move arms with control when running
	Run with improved control over different distances
	Reach target distance set in time by keeping pace
HEAD 	Comment on what happens to my body when I exercise
	Identify key parts of my body I need to use when exercising
	Beginning to understand running at 1 pace
HEART 	Comment about how my body feels when I exercise
	Lead and copy a partner
	Take turns in running activities
	Work at the same pace as a partner




Find Us:

HANDS, HEAD, HEART PROGRESSION OF KEY SKILLS - YEAR 1




YEAR 1	GAMES
HANDS 	Travelling and changing direction on command or around obstacles.
	Travelling with an object in hands and at feet.
	Roll a ball underarm.
	Throw a bean bag underarm.
	Throwing objects overarm.
	Kicking a ball.
	Throwing and kicking at targets using different equipment (bean bag, ball, quoit etc.)
	Trap a ball with feet and hands.
	Catch a bean bag / large ball
	Strike a ball with bat and/or racket
HEAD 	Recognise and use space in games
	Describe what body actions you see using simple language
	Describe what you have done
	Understand the importance of aiming
HEART 	Watch others and comment on their actions
	Send and receive equipment with a partner
	Join in simple chasing, tagging and ball games

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HANDS, HEAD, HEART PROGRESSION OF KEY SKILLS - YEAR 1




YEAR 1	DANCE
HANDS 	Copy simple travelling actions; hop, gallop, spin.
	Copy changes in speed, strength, tension, direction.
	Freeze on command in different shapes/positions.
	Copy simple movement patterns i.e. spin, walk, clap hands.
	Copy and explore basic large and small body actions from a range of stimuli (words, sounds, pictures, objects etc.)
HEAD 	Describe what they have done
	Describe what body actions they see using simple dance language.
	Say what they like and dislike giving reasons.
HEART 	Explore feelings/emotions through body actions
	Describe how a dance/sound/picture makes them feel.
	Copy and lead a partner in actions, taking turns
	Watch others and say what they are doing

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YEAR 1	ATHLETICS
HANDS 	Copy different ways for running for speed and distance.
	Run in different directions and at different speeds.
	Copy basic jumping patterns and land with control. 2-2, 1-1, 1-2, 2-1.
	Beginning to use body more effectively to generate height/distance when jumping.
	Copy throwing techniques with some accuracy i.e. underarm, overarm, chest push.
	Begin to use body to generate power when throwing for distance.
HEAD 	Describe what body actions you see using simple language
	Describe what you have done
HEART 	Watch others and comment on their actions
	Work with a partner in activities, taking turns.
	Work with a group in relay activities and help my team

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HANDS, HEAD, HEART PROGRESSION OF KEY SKILLS - YEAR 1

YEAR 1	GYMNASTICS
HANDS 	Copy - Jogging, galloping, hopping, and travelling in different directions.
	Travelling on different body parts in different ways; bunny hop, bear, caterpillar, crab, snake etc.
	Link 'like' actions together 3 x different travelling actions.
	Copy - wide, tall, small, tuck, star shapes.
	Balance on large and small body parts.
	Copy sideways rolls, log, egg. Rocking forwards and backwards in tuck.
	May attempt $\frac{3}{4}$ forward roll to pike possibly using incline.
	Copy 2 feet to 2 feet, 2- 1, 1-2 feet. Landing safely, basic shapes in the air
	Create and link simple combinations of 2+ actions – travel & balance.
	Observe and copy a partner's sequence accurately.
HEAD 	Create and link simple combinations of 2+ actions – travel & balance.
	Manage the space safely, showing good awareness of each other, mats, and apparatus
	Comment on quality of actions shown
	Talk about differences between their own and others' performance and suggest improvements
HEART 	Watch others and comment on what you see
	Be aware of others when moving around a space and using apparatus safely

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