

KS1 OUTDOOR PE – UNITS 1 to 6 – SKILLS PROGRESSIONS



Year 1	Fundamental Movement	Object Manipulation	PE Concepts	OTHER SKILLS
Unit 1 Developing Fundamental Movements through Tag games	<ul style="list-style-type: none"> • Moving with Control • Recognising space • Dodging • Reactions • Accelerating • Evasive movements (agility) • Dynamic balance • Walking with opposite arm to leg action (coordination) 		<ul style="list-style-type: none"> • Safety in PE • Reacting to instructions • Conserving energy in tag games • Tagging safely • Directions • Playing Areas 	<ul style="list-style-type: none"> • Helping others in tag games • Playing by the rules • Listening • Following Instructions • Taking Turns • Solving problems • Collaborating with others • Social Skills • Health and Fitness • Counting points • Vocabulary • Creative solutions
Unit 2 Exploring Manipulative Skills	<ul style="list-style-type: none"> • Agility • Balance • Coordination 	<ul style="list-style-type: none"> • Sending a ball • Dribble a ball with feet • Dribble a ball with hands • Kicking a ball • Strike a ball with a racket • Throw and catch with a partner • Throwing a variety of objects • Throw and catch whilst moving • Overarm throw • Throw a ball at a target • Catching from various heights • Throw a variety of objects at a target • Throwing for distance (Pull throw) • Push Throw 	<ul style="list-style-type: none"> • Hand to Eye Coordination • Throw a ball in a team game 	<ul style="list-style-type: none"> • Playing by the rules • Listening • Following Instructions • Taking Turns • Solving problems • Collaborating with others • Social Skills • Health and Fitness • Counting points • Vocabulary • Creative solutions
Unit 3 Developing Functional Movement	<ul style="list-style-type: none"> • Walk and run using opposite arm to leg action • Run with an upright stance • Bend and stretch at various levels 	<ul style="list-style-type: none"> • Trap a moving ball with hands & feet • Kick a ball towards a target • Kick a ball to a partner • Strike a static ball with a bat • Strike a ball that is moving towards 	<ul style="list-style-type: none"> • Change movements on command • Follow instructions of a partner • Remember a movement pattern • Aim accurately when sending a ball 	<ul style="list-style-type: none"> • Playing by the rules • Listening • Following Instructions • Taking Turns • Solving problems • Collaborating with others • Social Skills • Health and Fitness • Counting points • Vocabulary

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Unit 4 Developing Manipulative Skills	<ul style="list-style-type: none"> • Agility • Balance • Coordination 	<ul style="list-style-type: none"> • Throw and catch a ball with a partner • Catch a ball with two hands • Throw and catch a variety of different objects • Throw and catch a ball whilst on the move • Throw a small object using an overarm throw • Throw a ball at a target over a short distance • Throw and catch a ball in competitive team games 		<ul style="list-style-type: none"> • Following Instructions • Taking Turns • Solving problems • Collaborating with others • Social Skills
Unit 5 Exploring Movement Concepts	<ul style="list-style-type: none"> • Develop jumping for height and distance • Develop the lunge position 	<ul style="list-style-type: none"> • Develop catching a ball from various directions and heights • Bounce and catch a variety of balls 	<ul style="list-style-type: none"> • To move in time to a rhythm • Step and hop in various directions 	<ul style="list-style-type: none"> • Playing by the rules • Listening • Following Instructions • Taking Turns • Solving problems • Collaborating with others • Social Skills • Health and Fitness • Counting points • Vocabulary • Creative solutions
Unit 6 Athletics Fundamentals	<ul style="list-style-type: none"> • To jump over an obstacle with two feet to two feet • To jump for distance using two feet • To explore different ways of jumping over an obstacle • To explore sprinting • Running over obstacles with control 	<ul style="list-style-type: none"> • To develop throwing an object at a target • To throw an object for distance • To explore throwing various objects in different ways • Explore the two handed push throw 	<ul style="list-style-type: none"> • Apply a range of skills in a competition • Exploring Competition 	<ul style="list-style-type: none"> • Taking Turns • Solving problems • Collaborating with others • Social Skills • Health and Fitness • Counting points • Vocabulary • Creative solutions

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Year 2	Fundamental Movement	Object Manipulation	PE Concepts	OTHER SKILLS
Unit 1 Developing Fundamental Movements through Tag games	<ul style="list-style-type: none"> • Changing direction and speed in various ways (side-step) • Beating a 'defender' whilst facing them • Applying balance in tag games 		<ul style="list-style-type: none"> • Playing by the rules • Team Tag Games • Attacking & Defending 	<ul style="list-style-type: none"> • Safety in PE • Developing decision making • Solving problems • Cooperation • Exploring competition • Social Skills • Health and Fitness • Keeping Score • Vocabulary • Creative solutions
Unit 2 Exploring Manipulative Skills	<ul style="list-style-type: none"> • Agility • Balance • Coordination 	<ul style="list-style-type: none"> • Rolling a ball to hit a target • Throw underarm at a moving target • Dribble a ball with feet to shield it from an opponent • Dribble a ball with feet to evade or get past an opponent • Dribble a ball with hands to shield it from an opponent • Dribble a ball with hands to evade or get past an opponent 	<ul style="list-style-type: none"> • Directions • Playing Areas • Targets • Distances 	<ul style="list-style-type: none"> • Solving problems • Cooperation • Exploring competition • Social Skills • Health and Fitness • Keeping Score • Vocabulary • Creative solutions
Unit 3 Developing Functional Movement	<ul style="list-style-type: none"> • Run at a variety of speeds to develop a fluent running technique • To explore a range of jumping techniques • To develop turning and spinning actions (agility) 	<ul style="list-style-type: none"> • To send and receive an object whilst on the move • To explore kicking a ball to a partner whilst on the move • To develop striking a ball with a bat or racket 	<ul style="list-style-type: none"> • Combining movement and object manipulation 	<ul style="list-style-type: none"> • Solving problems • Cooperation • Social Skills • Health and Fitness • Keeping Score • Vocabulary • Creative solutions

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Unit 4 Developing Manipulative Skills	<ul style="list-style-type: none"> • Agility • Balance • Coordination 	<ul style="list-style-type: none"> • Throw and catch a ball in a variety of ways • Throw and catch a variety of objects with both one and two hands • Throw and catch a variety of objects whilst on the move • Throw a variety of objects over a long distance using an overarm throw • Throw a variety of different objects at a target over various distances • Throw and catch a variety of different objects in competitive team games 	<ul style="list-style-type: none"> • Targets • Measuring Distances 	<ul style="list-style-type: none"> • Solving problems • Cooperation • Exploring competition • Social Skills • Health and Fitness • Keeping Score • Vocabulary • Creative solutions
Unit 5 Exploring Movement Concepts	<ul style="list-style-type: none"> • Explore leaping over various distances and heights • Developing agility through tag games • To explore striking a moving ball in a competitive game 	<ul style="list-style-type: none"> • Develop catching skills with changes of height, speed and direction whilst on the move • To explore the chest pass and apply this in a competitive game • To apply dribbling a ball with feet in a game scenario 	<ul style="list-style-type: none"> • Combining movement and object manipulation 	<ul style="list-style-type: none"> • Solving problems • Cooperation • Exploring competition • Social Skills • Health and Fitness • Keeping Score • Vocabulary • Creative solutions
Unit 6 Athletics Fundamentals	<ul style="list-style-type: none"> • Develop running with good posture • Jump quickly from side to side • Explore combining hops and jumps in a sequence • Run along a curve with control • Accelerate quickly in a sprint relay • Jump from one foot to two feet 	<ul style="list-style-type: none"> • Develop throwing for distance with the pull throw • Throw a ball using the bounce push • Throw a foam javelin using a pull throw 	<ul style="list-style-type: none"> • Selecting the best way to jump over obstacles • Apply a range of skills in a competitive athletics event 	<ul style="list-style-type: none"> • Solving problems • Cooperation • Exploring competition • Social Skills • Health and Fitness • Keeping Score • Vocabulary • Creative solutions