

Progression through Key Stage 1

Activity	Year Group	
	1	2
Gymnastics	Experimenting with balancing and learning new balances. Working with a partner and themselves to travel at different levels	Develops their balance, agility and co-ordination, applying them in a range of activities
Athletics	Practising the skill of running, jumping, throwing and catching	Masters the basics movements of running, jumping, throwing and catching
Games	Participates in attacking and defending games. Looks for space. Traps a ball and can find a way to roll and pass to a partner	Beginning to develop simple methods for attacking and defending Close control of a ball Looks and creates space Understands the importance of finding space within a game
Dance	Copies simple dances by mirroring patterns and routines	Copies simple dances and begins to think of their own adaptations