



Whitegate CE Primary School
 "Trusting in God; Growing in Wisdom"

Whitegate C of E Primary School – Physical Education

Year One Progressive Statement

Curriculum Requirements

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

	Games and athletics Netball, Football/Pinkball, Dodgeball, Multi-skills, Athletics, Cricket/Rounders	Dance	Gymnastics
Year One	<ul style="list-style-type: none"> • Show control when rolling a ball (dodgeball) • Hit a ball with control, using appropriate equipment (tennis) • Run with control (athletics) • Jump with control (athletics) • Catch a ball (any ball game) • Kick a ball with control (football) 	<ul style="list-style-type: none"> • Move with control and co-ordination • Link two movements in a sequence 	<ul style="list-style-type: none"> • Move with some control • Move with some awareness of space • Link two or more actions to make a sequence • Show contrasts (eg; wide/narrow, straight/curved) • Climb safely on low level equipment • Stretch and curl to develop flexibility • Jump in a variety of ways • Land with some control and balance