



Warren Wood Progression Grid



PE Skills and Knowledge Expected by the End of Year One	
Dance	Gymnastics
<ul style="list-style-type: none">• Copy, remember and repeat actions.• Choose actions for an idea.• Use changes of direction, speed and levels with guidance.• Show some sense of dynamic and expressive qualities.• Begin to use counts.	<ul style="list-style-type: none">• Perform balances making their body tense, stretched and curled.• Take body weight on hands for short periods of time.• Demonstrate poses and movements that challenge their flexibility.• Remember, repeat and link simple actions together.
Games	Athletics
<ul style="list-style-type: none">• Drop and catch a ball after one bounce on the move.• Move a ball using different parts of the foot.• Throw and roll towards a target with some varying techniques.• Kick towards a stationary target.• Catch a bean bag and a medium sized ball.• Attempt to track balls and other equipment sent to them.• Strike a stationary ball using a racket.• Run, stop and change direction with some balance and control.• Recognise space in relation to others.• Begin to use simple tactics with guidance.	<ul style="list-style-type: none">• Attempt to run at different speeds showing an awareness of technique.• Begin to link running and jumping movements with some control.• Jump, leap and hop and choosing which allows them to jump the furthest.• Throw towards a target.• Show some control and balance when travelling at different speeds.• Begin to show balance and co-ordination when changing direction.• Use co-ordination with and without equipment.
OAA	Swimming
<ul style="list-style-type: none">• Follow instructions.• Begin to work with a partner and a small group.• Understand the rules of the game and suggest ideas to solve simple tasks.	



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| <ul style="list-style-type: none">• Copy a simple diagram/map.• Identify own and others' success. | |
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