

PE Long Term Planning and Progression KS1 Year 1 and 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1 2024- 25	FMS – Y1 Baseline Assessment – Lost and Found	KS1 – Y1 – Gymnastics activities 1	FMS – Y1 – Underarm Throw	FMS – Y1 – Catching and Bouncing a ball	KS1 Athletics	FMS – Y1 – Overarm Throw
Y1 2024- 25	FMS – Rolling a Ball	FMS – Y1 - Zog	Dance – Once Upon a Giant	KS1 – Y1 – Gymnastics activities 2	Dance – Wind in the Willows	KS1 – Y1 – Tri Thorlf
	<u>Basic Movement and Team Games</u>	<u>Gymnastics</u>		<u>Dance</u>		
	FMS Baseline Assessment FMS End of KS1 assessment Travelling, sending, receiving 1v1; 2v2; games	Linking 2/3 actions Linking 3/4 actions Remember and repeat Perform with control and co-ordination show a sense of dynamic, expressive and rhythmic qualities		Linking 2/3 actions Linking 3/4 actions Remember and repeat Perform with control and co-ordination show a sense of dynamic, expressive and rhythmic qualities		
	<u>Athletics</u>	<u>FMS</u>		<u>Evaluation</u>		
	Y1: Running, hopping, rolling a ball, underhand throw, jumping Y2: running, underarm throw, overarm throw, push throw and jumping for distance	gallop, underarm throw, overarm throw, running, roll a ball, skipping, hopping, jumping, kicking, catching and bouncing a ball.		Describe what they have done or seen others doing. Comment on a skill or combination of skills and say how it could be improved.		

Y1 2023- 24	FMS – Y1 Baseline Assessment – Supertato	KS1 – Y1 – Gymnastics activities	FMS – Y1 – Underarm Throw	FMS – Y1 –Catching and Bouncing a ball	FMS – Y1 – Overarm Throw	KS1 - Athletics
Y1 2023- 24	FMS – Rolling a Ball	Dance –Y1 - Fire! Fire!	Dance - Animals	KS1 – FMS and Gym – Jack and the beanstalk	FMS – Y1 - Supertato	KS1 – Y1 – Tri Thorlf
	<u>Basic Movement and Team Games</u> FMS Baseline Assessment FMS End of KS1 assessment Travelling, sending, receiving 1v1; 2v2; games		<u>Gymnastics</u> Linking 2/3 actions Linking 3/4 actions Remember and repeat Perform fundamental movement skills at a developing level and start to master some basic movements in: Travelling skills Perform body actions with control and co- ordination		<u>Dance</u> Perform fundamental movement skills at a developing level. (Y2 master some basic movements). Perform basic body actions with control and show some sense of dynamic, expressive and rhythmic qualities in their own dance. (Y2 perform short dances, showing an understanding of expressive qualities.)	
	<u>Athletics</u> Y1: Running, hopping, rolling a ball, underhand throw, jumping Y2: running, underarm throw, overarm throw, push throw and jumping for distance		<u>FMS</u> gallop, underarm throw, overarm throw, running, roll a ball, skipping, hopping, jumping, kicking, catching and bouncing a ball.		<u>Evaluation</u> Describe what they have done or seen others doing. Comment on a skill or combination of skills and say how it could be improved.	

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y2 2024- 25	FMS – Y1 - Supertato	KS1 – Y2 – Gymnastics activities	Dance – Once Upon a Giant	KS1 – Net and Wall	Dance – Wind in the Willows	Games – Striking and Fielding
Y2 2024- 25	KS1 – Y2 – B Bounce a Ball	FMS – KS1 – Kicking a ball	KS1 – Y2 Games – Playground games	KS1 – Y2 – Piggy in the Middle	KS1 – Y2 Striking and Fielding	FMS – Y2 – FMS EKS1 assessment
	<u>Basic Movement and Team Games</u>		<u>Gymnastics</u>		<u>Dance</u>	
	FMS Baseline Assessment FMS End of KS1 assessment Travelling, sending, receiving 1v1; 2v2; games		Linking 2/3 actions Linking 3/4 actions Remember and repeat Perform with control and co-ordination show a sense of dynamic, expressive and rhythmic qualities		Linking 2/3 actions Linking 3/4 actions Remember and repeat Perform with control and co- ordination show a sense of dynamic, expressive and rhythmic qualities	
	<u>Athletics</u>		<u>FMS</u>		<u>Evaluation</u>	
	Y1: Running, hopping, rolling a ball, underhand throw, jumping Y2: running, underarm throw, overarm throw, push throw and jumping for distance		gallop, underarm throw, overarm throw, running, roll a ball, skipping, hopping, jumping, kicking, catching and bouncing a ball.		Describe what they have done or seen others doing. Comment on a skill or combination of skills and say how it could be improved.	

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y2 2023- 24	FMS – Y1 - Zog	KS1 – Y2 – Gymnastics activities	FMS – KS1 – Kicking a ball	KS1 – FMS and Gym – Jack and the beanstalk	KS1 – Net and Wall	KS1 Athletics
Y2 2023- 24	KS1 – Y2 - Bounce a Ball	Dance – Y2 - Explorers	KS1 – Y2 – Piggy in the Middle	Dance - Minibeasts	KS1 – Y2 Striking and Fielding	FMS – Y2 – FMS EKS1 assessment
	<u>Basic Movement and Team Games</u>		<u>Gymnastics</u>		<u>Dance</u>	
	<p>FMS Baseline Assessment</p> <p>FMS End of KS1 assessment</p> <p>Travelling, sending, receiving</p> <p>1v1; 2v2; games</p>		<p>Linking 2/3 actions</p> <p>Linking 3/4 actions</p> <p>Remember and repeat</p> <p>Perform with control and co-ordination show a sense of dynamic, expressive and rhythmic qualities</p>		<p>Linking 2/3 actions</p> <p>Linking 3/4 actions</p> <p>Remember and repeat</p> <p>Perform with control and co- ordination show a sense of dynamic, expressive and rhythmic qualities</p>	
	<u>Athletics</u>		<u>FMS</u>		<u>Evaluation</u>	
	<p>Y1: Running, hopping, rolling a ball, underhand throw, jumping</p> <p>Y2: running, underarm throw, overarm throw, push throw and jumping for distance</p>		<p>gallop, underarm throw, overarm throw, running, roll a ball, skipping, hopping, jumping, kicking, catching and bouncing a ball.</p>		<p>Describe what they have done or seen others doing.</p> <p>Comment on a skill or combination of skills and say how it could be improved.</p>	