

Halstead Community Primary School P.E and Design Skills Progression

Agility

Cycles A and B

Saplings (Y1/2)
Term 3

		Saplings (Y1/2) Term 3	
		Year 1	Year 2
Agility	To follow commands (run, walk, stop, sideways).		To stay balanced whilst moving at full pace (move backwards, jump & hop with ease).
	To stay balanced whilst moving faster than jogging pace, pupils will be able to explain teaching points of each skill.		Follow commands (run, walk, stop, sideways) and list 2 key teaching points of these movements.
	Demonstrate changes of direction, speed & level.		
	To hop adequately on both feet (minimum of 3 consecutive hops on either foot).		