

Halstead Community Primary School P.E and Design Skills Progression

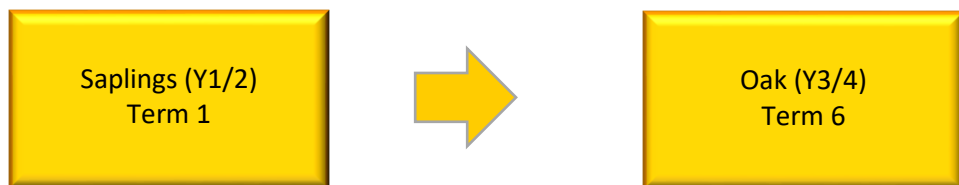
Multi-skills

Cycle A

Saplings (Y1/2)
Term 1

	Saplings (Y1/2) Term 1	
	Year 1	Year 2
Multi-skills	Have an understanding of the term 'agility'. Remain balanced when running, hopping and jumping. Develop the ability to run, stop and change direction effectively. Remain balanced when running, hopping and jumping. Throw and catch in isolation and in varied environments. Understand how the body changes during exercise.	

Cycle B



	Saplings (Y1/2) Term 1		Oak (Y3/4) Term 6	
	Year 1	Year 2		
Multi-skills	<p>Have an understanding of the term 'agility'.</p> <p>Remain balanced when running, hopping and jumping.</p> <p>Develop the ability to run, stop and change direction effectively.</p> <p>Remain balanced when running, hopping and jumping.</p> <p>Throw and catch in isolation and in varied environments.</p> <p>Understand how the body changes during exercise.</p>		<p>To run, stop and change direction effectively.</p> <p>To develop understanding of 'agility'.</p> <p>Remain balanced when running, hopping and jumping, listing teaching points of how to perform these skills.</p> <p>Remain balanced when running, hopping and jumping, can list teaching points of how to perform these skills.</p> <p>To catch and throw to a target consistently in isolation. (Small ball – completes 5 out of 5 at 6m)</p> <p>To throw and catch displaying control, in isolation and varied environments.</p> <p>To throw and catch with a degree of consistency in a conditioned game environment.</p>	<p>To catch and throw with consistency under pressure in a conditioned game environment.</p>