

PE Skills EYFS and KS1

	Acquiring and developing skills	Selecting and applying skills, tactics and compositional ideas	Evaluating and improving performance	Knowledge and understanding of fitness and health	Vocabulary
ELG	Pupils move with confidence, imagination and safety.	Pupils move with confidence and coordination on simple equipment.	Teachers talk with children about what worked well and how they would change it next time.	Pupils recognise the importance of keeping healthy. They should recognise the changes that happen to their bodies when active e.g. increased heart beats.	space run walk balance jump hop healthy
	Move in a variety of ways in and out of cones and obstacles.	Be able to balance on one foot. Be able to balance on a piece of apparatus.			forwards backwards direction balance
		Be able to throw and catch a large ball, - overarm and underarm. Roll a ball to an end target. Kick a ball.			throw catch kick ball roll partner
KS1 (Year 1)	Pupils copy, repeat and explore simple skills and actions with basic control and co-ordination.	Pupils start to link skills and actions in ways that suit the activities.	Pupils describe and comment on their own and others actions.	Pupils talk about how to exercise safely and how their bodies feel during activities.	copy compare and contrast repeat
		Kick and dribble a ball with increasing accuracy to an end target.			kick dribble move
		Be able to participate in a game with an opposing side, following a set of rules.			rules tactics
KS1 (Year 2)	Pupils explore simple skills. Copy, remember, repeat and explore simple actions with control and co-ordination.	Pupils vary skills, actions and ideas and link these in ways that suit set activities. They begin to show some understanding of simple tactics and basic compositional ideas.	Pupils talk about differences between their own and others performances and suggest improvements.	Pupils understand how to exercise safely and describe how their bodies feel during various activities.	copy perform create control coordination tactics

		Hit a ball with some accuracy with a racket or bat. Throw a bean bag into a given target. Dribble a ball in and out of a set of obstacles.			hit throw underarm hit obstacle
		Be able to control a ball within a game setting, playing as part of a team with a set of rules. Pupils are able to work as a team in order to score goals.			team rules tactics control