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| **KS1 Disciplinary Knowledge** | | | |
| *Itallics: Year 1 progression statement /* **Bold: Year 2 progression statement** Gymnastics Dance Net and Wall Athletics Striking and Fielding, Invasion Games | **WTS** | **EXS** | **GDS** |
| *Shapes: understand that I can improve my shapes by extending parts of my body/* **Shapes: know that some shapes link well together.** |  | Rest of class |  |
| *Balances: know that balances should be held for 5 seconds/* **Balances: understand that squeezing my muscles helps me to balance.** |  | Rest of class |  |
| *Rolls: know that I can use different shapes to roll*  **Rolls: understand that there are different teaching points for different rolls** |  | Rest of class |  |
| *Jumps: know that landing on the balls of my feet helps me to land with control /* **Jumps: understand that looking forward will help me to land with control.** |  | Rest of class |  |
| *Strategy: know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended./* **Strategy: know that if I use****shapes that link well together, it will help my sequence to flow.** |  | Rest of class |  |
| *Actions: understand that actions can be sequenced to create a dance/*  **Actions: know that sequencing actions in a particular order will help me to tell the story of my dance.** |  | Rest of class |  |
| *Dynamics: understand that I can create fast and slow actions to show an idea/*  **Dynamics: understand that I can change the way I perform actions to show an idea.** |  | Rest of class |  |
| *Space: understand that there are different directions and pathways within space.*  **Space: know that I can use different directions, pathways and levels in my dance***.* |  | Rest of class |  |
| *Relationships: understand that when dancing with a partner, it is important to be aware of each other and keep in time.*  **R*elationships: know that using counts of 8 will help me to stay in time with my partner and the music*** |  | Rest of class |  |
| *Performance: know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished.*  **Performance: know that using facial expressions helps to show the mood of my dance** |  | Rest of class |  |
| *Strategy: know that if I use exaggerated actions, it helps the audience to see them clearly*  **Strategy: know that if I practice my dance, my performance will improve** |  | Rest of class |  |
| *Hitting: know to use the centre of the racket for control.*  **Hitting: know to watch the ball as it comes towards me to help me to prepare to hit it** |  | Rest of class |  |
| *Feeding: know to use an underarm throw to feed to a partner.*  **Feeding: know to place enough power on a ball to let it bounce once but not too much so that my**  **partner can't return it.** |  | Rest of class |  |
| *Rallying: know that throwing/hitting to my partner with not too much power will help them to return the ball.*  **Rallying: know that sending the ball towards my partner will help me to keep a rally going** |  | Rest of class |  |
| *Footwork: know that using a ready position will help me to move in any direction.*  **Footwork: know that using a ready position helps me to react quickly and return/catch a ball.** |  | Rest of class |  |
| *Tactics: know that tactics can help us to be successful when playing games.*  **Tactics: understand that applying simple tactics makes it difficult for my opponent***.* |  | Rest of class |  |
| *Rules: know that rules help us to play fairly.*  **Rules: know how to score points and follow simple rules.** |  | Rest of class |  |
| *Running: understand that if I swing my arms, it will help me to run faster.*  ***Running: know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster*** |  | Rest of class |  |
| *Jumping: know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees, it will help me to jump further*  **J*umping: know that swinging my arms forwards will help me to jump further*** |  | Rest of class |  |
| *Throwing: know that stepping forward with my opposite foot to hand will help me to throw*  ***Throwing: know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.*** |  | Rest of class |  |
| *Rules: know that rules help us to play fairly.*  **R*ules: know how to follow simple rules when working with others****.* |  | Rest of class |  |
| *Striking: understand that the harder I strike, the further the ball will travel.*  **Striking: understand the role of a batter. Know that striking quickly will increase the power** |  | Rest of class |  |
| *Fielding: know that throwing the ball back is quicker than running with it.*  **Fielding: understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points.** |  | Rest of class |  |
| *Throwing: know which type of throw to use to throw over longer distances.* **Throwing: know that stepping with opposite foot to throwing arm will help me to balance.** |  | Rest of class |  |
| *Catching: know to watch the ball as it comes towards me.*  **Catching: know to use wide fingers and pull the ball in to my chest to help me to securely catch.** |  | Rest of class |  |
| *Tactics: know that tactics can help us when playing games.*  **Tactics: understand and apply simple tactics for attack (batting) and defence (fielding).** |  | Rest of class |  |
| *Rules: know that rules help us to play fairly.*  **R*ules: know how to score points and follow simple rules****.* |  | Rest of class |  |
| *Sending and receiving: explore s&r with hands and feet to a partner.*  **Sending & receiving: developing s&r with increased control**  *Dribbling: explore dribbling with hands and feet.* |  | Rest of class |  |
| *Dribbling: explore dribbling with hands and feet.*  **Dribbling: explore dribbling with hands and feet with increasing control on the move.** |  | Rest of class |  |
| *Space: recognise good space when playing games.*  **Space: explore moving into space away from others** |  | Rest of class |  |
| *Attacking: explore changing direction to move away from a partner.*  **Attacking: developing moving into space away from defenders.** |  | Rest of class |  |
| *Dribbling: explore dribbling with hands and feet.*  **Defending: explore staying close to other players to try and stop them getting the ball** |  | Rest of class |  |

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| **Gymnastics** | | | |
|  | **WTS** | **EXS** | **GDS** |
| *Shapes: explore basic shapes straight, tuck, straddle, pike./*  **Shapes: explore using shapes in different gymnastic balances***.* |  | Rest of class |  |
| *Balances: perform balances making my body tense, stretched and curled/*  **Balances: remember, repeat and link combinations of gymnastic balances.** |  | Rest of class |  |
| *Rolls: explore barrel, straight and forward roll progressions.* **Rolls: explore barrel, straight and forward roll and put into sequence work.** |  | Rest of class |  |
| *Jumps: explore shape jumps, including jumping off low apparatus.*  **Jumps: explore shape jumps and take off combinations.** |  | Rest of class |  |

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| **Dance** | | | | |
|  | | **WTS** | **EXS** | **GDS** |
| *Actions: copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme*. | **Actions: accurately remember, repeat and link actions to express an idea.** |  | Rest of class |  |
| *Dynamics: explore varying speeds to represent an idea.* | **Dynamics: develop an understanding of dynamics.** |  | Rest of class |  |
| *Space: explore pathways within my performance.* | **Space: develop the use of pathways and travelling actions to include levels.** |  | Rest of class |  |
| *Relationships: begin to explore actions and pathways with a partner.* | **Relationships: explore working with a partner using unison, matching and mirroring.** |  | Rest of class |  |
| *Performance: perform on my own and with others to an audience.* | **Performance: develop the use of facial expressions in my performance.** |  |  |  |

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| **Net and Wall** | | | | |
|  | | **WTS** | **EXS** | **GDS** |
| *Hitting: explore hitting a dropped ball with a racket.* | **Hitting: develop hitting a dropped ball over a net.** |  | Rest of class |  |
| *Feeding: throw a ball over a net to land into the court area.* | **Feeding: accurately underarm throw over a net to a partner.** |  | Rest of class |  |
| *Rallying: explore sending a ball with hands and a racket.* | **Rallying: explore underarm rallying with a partner catching after one bounce.** |  | Rest of class |  |
| *Footwork: use the ready position to move towards a ball.* | **Footwork: consistently use the ready position to move towards a ball.** |  | Rest of class |  |

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| **Athletics** | | | | |
|  | | **WTS** | **EXS** | **GDS** |
| *Running: explore running at different speeds.* | **Running: develop the sprinting action.** |  | Rest of class |  |
| *Jumping: develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance* | **Jumping: develop jumping, hopping and skipping actions. Explore safely jumping for distance and height** |  | Rest of class |  |
| *Throwing: explore throwing for distance and accuracy.* | **Throwing: develop overarm throwing for distance.** |  | Rest of class |  |

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| **Invasion Games** | | | | |
|  | | **WTS** | **EXS** | **GDS** |
| *Sending & receiving: know to look at my partner before sending the ball.* | **Sending & receiving: know to control the ball before sending it.** |  | Rest of class |  |
| *Dribbling: know that moving with a ball is called dribbling.* | **Dribbling: know that keeping my head up will help me to know where defenders are.** |  | Rest of class |  |
| *Space: understand that being in a good space helps us to pass the*  *ball*  *.* | **Space: know that moving into space away from defenders helps me to pass and receive a ball.** |  | Rest of class |  |
| *Attacking: know that being able to move away from a partner helps my team to pass me the ball.* | **Attacking: know that when my team is in possession of the ball, I am an attacker and we can score.** |  | Rest of class |  |
| *Defending: know that staying with a partner makes it more difficult for them to receive the ball.* | **Defending: know that when my team is not in possession I am a defender, and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball.** |  | Rest of class |  |
| *Tactics: know that tactics can help us when playing games.* | **Tactics: understand and apply simple tactics for attack and defence.** |  | Rest of class |  |
| *Rules: know that rules help us to play fairly.* | **Rules: know how to score points and follow simple rules.** |  | Rest of class |  |

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| **Striking and Fielding** | | | | |
|  | | **WTS** | **EXS** | **GDS** |
| *Striking: explore striking a ball with their hand and equipment.* | **Striking: develop striking a ball with their hand and equipment with some consistency.** |  | Rest of class |  |
| *Fielding: develop tracking and retrieving a ball.* | **Fielding: develop tracking a ball and decision making with the ball.** |  | Rest of class |  |
| *Throwing: explore technique when throwing over and underarm.* | **Throwing: develop co-ordination and technique when throwing over and underarm.** |  | Rest of class |  |
| *Catching: develop co-ordination and technique when catching.* | **Catching: catch with two hands with some co-ordination and technique.** |  | Rest of class |  |

**Next Steps -Learning Points for next enquiry (noting revisit points for Pupils at WTS )**

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**2)**

**3)**

**4)**

**5)**