**Progression of skills: PE Year Two**

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| National Curriculum  (Abbreviated from SPTO) | Master basic movements including running, jumping, throwing and catching, and begin to apply these in a range of activities.  Developing balance, agility and co-ordination, and begin to apply these in a range of activities.  Participate in team games, developing simple tactics for attacking and defending.  Perform dances using simple movement patterns. |
| Games Skills | * Use rolling, hitting, running, jumping, throwing, catching and kicking skills in combination * Use basic tactics for attacking and defending |
| Dance Skills | * Copy, repeat and remember moves and shapes * Movement shows control and coordination * Perform a dance phrase with 2 or more joined movements / shapes |
| Gym Skills | * Move and jump with some control and awareness of space * Create a sequence using 2 or more linked actions * Show contrasts on use of body and shape (such as small, tall, straight, curved) * Balance on different points of the body, holding a still position * Improve their own work through watching and commenting on others work |
| Support |  |
| More Able |  |