**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
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| 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
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| 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
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| Support  |  |
| More Able |  |