



Hadfield Infant School - Medium Term Progression

Subject - Physical Education	Term - Autumn 2	
Curriculum Content		
Year 1		Year 2
<p>Gymnastics To travel confidently and competently on different parts of the body, including hands. To hold still balances positions on large or small body parts. To link balances together. To adapt floor work safely onto apparatus.</p> <p>Dance Copy and repeat dance moves. Make up a short dance, after watching one. Dance imaginatively. Change rhythm, speed, level and direction. Perform using a range of actions and changing direction. Use a variety of moves and link them altogether.</p>	<p>Gymnastics To travel and balance confidently showing different parts of the body, high or low. To show contrasts in shape and speed. To link movements together smoothly in a planned sequence. To adapt and transfer work safely from the floor to the apparatus.</p> <p>Dance Copy, remember and repeat actions. Change rhythm, speed, level and direction with consistency. To travel in a variety of ways including rolling. To compose and perform simple dance phrases. Dance with rhythm, control and co-ordination. Make a sequence by linking sections together. Link travel movements that change speed and direction.</p>	
Vocabulary		
Balance, apparatus, sequence, speed, level, direction, partner, mirror, follow, copy, repeat, shadow, shape, perform, travel, turn, jump, pathway, link, remember, safely,	Travel, balance, levels, shape, speed, sequence, apparatus, safely, change direction, safe space, apparatus, teamwork, perform Mirror, shadow, gesture, cannon, control, expression, co-ordination, rhythm, speed, level, direction, reflect, mood, feeling, movement, sequence, turn, height, positional vocabulary - under, over, through, above, behind.	