



## Hadfield Infant School - Medium Term Progression

<b>Subject - Physical Education</b>	<b>Term - Summer 6</b>
<b>Curriculum Content</b>	
<b>Year 1</b>	<b>Year 2</b>
<p><b>Athletics</b>  <u>Running</u>            Vary their speed when running, show good posture and balance.            Jog in a straight line, change direction when jogging. Sprint in a straight line, change direction when sprinting.</p> <p><u>Jumping</u>            Perform different types of jumps; two feet to two feet, two feet to one foot, one foot to the same foot or one foot to the opposite foot            Perform a short jumping sequence.            Jump as high as possible            Jump as far as possible            Land safely and with control.            Work with a partner to develop the control of their jumps.</p> <p><u>Throwing</u>            Throw underarm and overarm.            Throw a ball towards a target with increasing accuracy            Improve the distance they can throw by using more power.</p> <p><b>First Funs Skills</b>            To explore actions and shapes.            To travel in different ways, changing direction and speed.            Hold still shapes and simple balances.            Move around, under, over and through different objects and equipment.            Perform a range of actions and body parts with some co-ordination and control.</p>	<p><b>Athletics</b>  <u>Running</u>            To run at different speeds and describe how to change their pace.            To use a variety of different stride lengths.            To vary the direction and speed in which they are travelling.            To complete an obstacle course with increased speed.            To maintain control as they change direction when jogging or sprinting.</p> <p><u>Jumping</u>            Perform and compare different types of jumps, for example; two feet to two feet, two feet to one foot, one foot to the same foot or one to the opposite foot.            Combine different jumps together with fluency and control.            Jump for distance from a standing position with accuracy and control.</p> <p><u>Throwing</u>            Throw different types of equipment in different ways, for accuracy and distance.            Throw with accuracy at different targets.            Investigate ways to alter their throwing technique to achieve a greater distance.</p> <p><b>First Funs Skills</b>            To hold a still shape whilst balancing on isolated parts of the body.            Jump in a variety of ways and land with increased control and balance.            Move with increasing control and care.            Link a variety of actions and movements.            Perform sequences of their own composition with co-ordination and increasing control.</p>
<b>Vocabulary</b>	
Running, jumping, throwing, catching, sprint, balance, jump, gallop, high, low, land, safely, overarm, underarm, distance. High, low, travel, forwards, backwards, sideways, balance,	Speed, pace, travel, direction, obstacle, throw, jump, control, distance, balance, co-ordination, overarm, underarm, aim, focus, hurdles, take off, landing, target, baton, replay, evaluate, improve, sprint, Balance, pivot, twist, leap, flexibility, strength, stamina, extend, stretch,

