



Hadfield Infant School - Medium Term Progression

Subject - Physical Education	Term - Autumn 1	
Curriculum Content		
Year 1		Year 2
<p>Dance Copy dance moves. Make up a short dance, after watching one. Dance imaginatively. Change rhythm, speed, sequence, level and direction.</p> <p>Games To know and show different ways of using a ball. To know how to use apparatus for its intended purpose. To observe, copy and play games alone or with a partner. To move safely and actively around the space.</p>	<p>Dance Change rhythm, speed, level and direction with consistency. Dance with control and co-ordination. Make a sequence by linking sections together. Link some movement to show a mood or feeling.</p> <p>Games To throw, catch and bounce in different ways when standing still or on the move. To choose and apply skills to make up games. To develop simple strategies for extending their skills. To describe their game and teach it to a partner.</p>	
Vocabulary		
<p>Sequence, speed, level, direction, partner, mirror, follow, copy, shadow, shape, perform, travel, turn, jump, pathway, link, remember Throw, catch, underarm, overarm, aim, pass, space, teamwork, improve, challenge</p>	<p>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. Jump, throw, catch, underarm, overarm, send, pass, receive, focus, speed, distance, game, defend, challenge, rules, teamwork, Equipment names e.g. quoit</p>	