**PE Curriculum Progression KS1**

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| **CYCLE A** | LCC Question | **How could you be the next Simone Biles?** | **What birds and plants would Little Red Riding Hood find in our park?** | **Why can’t a meerkat live at the South Pole?** | **Why do we love to be beside the seaside?** | **Why were Christopher Columbus and Neil Armstrong brave people?** | **Who were the Wright brothers?** |
| Knowledge | **Games**   * Rules and tactics to simple games.   **Gymnastics**   * How to move and balance. * How to combine movements. | **Games**   * Rules and tactics to simple games..   **Dance**   * How to combine movements | **Games**   * Rules and tactics to simple games.   **Gymnastics**   * How to move and balance. * How to combine movements. | **Games**   * Rules and tactics to simple games..   **Dance**   * How to combine movements | **Games**   * Rules and tactics to simple games.   **Gymnastics**   * How to move and balance. * How to combine movements. | **Games**   * Rules and tactics to simple games..   **Dance**   * How to combine movements |
| Skills | * I can move in a variety of ways. * I can follow the rules of a game. * I can be active in a game. * I can control a ball with my hands and feet. * I can control a ball with equipment. * I can perform sequence of simple movements and balances. | * I can move in a variety of ways. * I can follow the rules of a game. * I can be active in a game. * I can control a ball with my hands and feet. * I can control a ball with equipment. * I can perform sequence of simple movements and balances. | * I can move in a variety of ways. * I can follow the rules of a game. * I can be active in a game. * I can control a ball with my hands and feet. * I can control a ball with equipment. * I can perform sequence of simple movements and balances. | * I can move in a variety of ways. * I can follow the rules of a game. * I can be active in a game. * I can control a ball with my hands and feet. * I can control a ball with equipment. * I can perform sequence of simple movements and balances. | * I can move in a variety of ways. * I can follow the rules of a game. * I can be active in a game. * I can control a ball with my hands and feet. * I can control a ball with equipment. * I can perform sequence of simple movements and balances. | * I can move in a variety of ways. * I can follow the rules of a game. * I can be active in a game. * I can control a ball with my hands and feet. * I can control a ball with equipment. * I can perform sequence of simple movements and balances. |
| Vocabulary | **Games**   * rule * run * jump * throw * catch * attack/defend * teamwork   **Gymnastics**   * forwards * backwards * sideways * roll * jump * shape * wide * narrow * tall * small | **Games**   * rule * run * jump * throw * catch * attack/defend * teamwork   **Dance**   * pattern * direction * shape * beat * rhythm * speed * shape | **Games**   * rule * run * jump * throw * catch * attack/defend * teamwork   **Gymnastics**   * forwards * backwards * sideways * roll * jump * shape * wide * narrow * tall * small | **Games**   * rule * run * jump * throw * catch * attack/defend * teamwork   **Dance**   * pattern * direction * shape * beat * rhythm * speed * shape | **Games**   * rule * run * jump * throw * catch * attack/defend * teamwork   **Gymnastics**   * forwards * backwards * sideways * roll * jump * shape * wide * narrow * tall * small | **Games**   * rule * run * jump * throw * catch * attack/defend * teamwork   **Dance**   * pattern * direction * shape * beat * rhythm * speed * shape |

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| **CYCLE B** | LCC Question | **What would an alien think about earth?** | **Why humans not like tigers?** | **What would …… find exciting about our town?** | **Where did the wheels on the bus go?** | **Who was to blame for the Great Fire of London?** | **What would our grandparents have played with?** |
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| Skills | * I can move in a variety of ways. * I can follow the rules of a game. * I can be active in a game. * I can control a ball with my hands and feet. * I can control a ball with equipment. * I can perform sequence of simple movements and balances. | * I can move in a variety of ways. * I can follow the rules of a game. * I can be active in a game. * I can control a ball with my hands and feet. * I can control a ball with equipment. * I can perform sequence of simple movements and balances. | * I can move in a variety of ways. * I can follow the rules of a game. * I can be active in a game. * I can control a ball with my hands and feet. * I can control a ball with equipment. * I can perform sequence of simple movements and balances. | * I can move in a variety of ways. * I can follow the rules of a game. * I can be active in a game. * I can control a ball with my hands and feet. * I can control a ball with equipment. * I can perform sequence of simple movements and balances. | * I can move in a variety of ways. * I can follow the rules of a game. * I can be active in a game. * I can control a ball with my hands and feet. * I can control a ball with equipment. * I can perform sequence of simple movements and balances. | * I can move in a variety of ways. * I can follow the rules of a game. * I can be active in a game. * I can control a ball with my hands and feet. * I can control a ball with equipment. * I can perform sequence of simple movements and balances. |
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