

Year 1
Skills Progression

Ashford Oaks Primary School
Curriculum Skills Progression Map
September 2021



At Ashford Oaks we aim to provide a clear path in order for all children to learn together so that we can succeed. We have created a skills progression document based around the important skills needed for our children to progress in life.

Year 1 Skills Progression

Dance

- Copies and explores basic movements and body patterns
- Remembers simple movements and dance steps
- Links movements to sounds and music.
- Copies and explores basic movements with some control and coordination.
- Can perform different body shapes
- Performs at different levels

Gymnastics

- Can perform different body shapes
- Performs at different levels
- Can perform 2 footed jump
- Can use equipment safely
- Balances with some control
- Can link 2-3 simple movements

Athletics

- Can travel in a variety of ways including running and jumping.
- Beginning to perform a range of throws.
- Beginning to develop hand-eye coordination
- Can run at different speeds.
- Can jump from a standing position

Games

- Beginning to perform a range of throws.
- Receives a ball with basic control
- Beginning to develop hand-eye coordination
- Participates in simple games

Personal & Health

- Can comment on own and others performance
- Can give comments on how to improve performance.
- Use appropriate vocabulary when giving feedback.