



Hill View Progression Map – Year 1

<u>Thinking</u>	<u>Emotional Intelligence</u>
	
<p>Begin to follow and apply simple rules of games</p> <p>Demonstrate willingness to participate</p> <p>Show resilience when faced with new actions</p> <p>Watch, copy and describe what they and others have done</p> <p>Begin to demonstrate creativity</p> <p>Engage in competitive situations</p> <p>Recognise their own success</p>	<p>Demonstrate working independently and collaboratively with a partner and small groups</p> <p>Begin to understand winning and losing</p> <p>Know that exercise keeps our body healthy and that warm up and cool downs help out bodies to be ready/recover for/from exercise</p> <p>Communicate in small groups</p> <p>Listen to instructions</p> <p>Watch others perform</p> <p>Wait their turn</p>

Practical Skills

<u>Games</u>	<u>Gymnastics</u>	<u>Dance</u>
<p>Changing direction and speed to move fluently and avoid collision</p> <p>develop dribbling with your feet.</p> <p>Develop passing to a teammate with your feet.</p> <p>Develop dribbling with your hand</p>	<p>Perform basic actions such as travelling, rolling and jumping</p> <p>Explore linking movements</p> <p>Begin to have an awareness of others space and safety</p> <p>Link together simple sequences of balance and movement including creating their own</p>	<p>With adult support, select and use movements to creatively represent an idea</p> <p>Remember and repeat simple movement phrases</p> <p>Discuss how the stimuli made them feel</p> <p>Discuss and share dance ideas with a partner</p>

<p>Develop underarm throwing and rolling a ball to a teammate</p> <p>Develop dodging and use it to lose a defender</p> <p>Develop taking a ball towards goal</p> <p>Understand the concepts of aiming and hitting into space</p> <p>Begin to apply skills in small sided games and respond to the actions of an opponent</p>	<p>Perform movements in a controlled manner</p>	<p>Link actions to create dance phrases and short dances within a given structure</p> <p>Copy simple movement patterns from each other (follow the leader)</p> <p>Compose and link movements to make simple dances with a clear beginning, middle and end</p> <p>Perform movements in a controlled manner</p>
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