

Lancashire Activity Progression Key Stage 1

During Key Stage 1 pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Pupils should master basic movements including running, jumping, throwing and catching and apply these individually and in team games where they should develop simple tactics for attacking and defending. In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition.

Year 1			Year 2		
Athletic Activity	Dance	Gymnastic Activity	Athletic Activity	Dance	Gymnastic Activity
<p>The 'Honey pot' core task involves children running in different directions to pick up objects as quickly as they can. The children work in pairs. Each pair has a hoop (their honey pot) with five objects in it. Other objects are spread out around the playing area, along with cones to act as obstacles. Each pair decides who is going to be the Bee and who is going to be the Queen. The Bee's job is to run around collecting one object at a time for their honey pot. These can be picked up from the playing area and from other people's hoops. The Queen sits in the honey pot and makes sure that other children only take one object. The Bees have two minutes to get as many objects as possible into their honey pot, after which they count how many objects they have collected and record the number on their score sheets.</p>	<p>Create, perform and share short dances based on themes such as:</p> <ul style="list-style-type: none"> • clowns - funny walking patterns, balancing, tumbling, jumping, falling • penguins - huddling, flapping, waddling • folk dance patterns - dancing in a circle, skipping to the centre and out, clapping and stamping a pattern on the spot, walking backwards and forwards in a chain <p>Make sure children can remember how to start and finish the dance, and what shapes or actions they have in the middle. Make sure these are always the same</p>	<p>The 'Making shapes' core task involves children creating a gymnastic sequence on floor, mats and apparatus by linking two gymnastic shapes through rolling, travelling or jumping.</p> <p>The children begin by developing a sequence on floor and mats, starting away from a mat, performing an action towards the mat and then an action across</p>	<p>The 'Colour match' core task involves children throwing different pieces of equipment as accurately as possible in order to hit targets. The children work in groups of three and take it in turns to be the thrower, scorer and collector. Each group has three different-coloured targets, set at different distances and selects 10 pieces of equipment in colours to match the targets. The thrower tries to throw each object to the target of the same colour (eg red beanbag to red hoop). The scorer counts how many times the thrower succeeds in hitting the target. The collector gathers up the equipment ready for the next person to have a go. Each child has two turns at being the thrower</p>	<p>The 'Moving along' core task involves children creating short dance performances on the theme of travel. They explore how to move like different vehicles, drawing inspiration from toys, pictures and video.</p> <p>Working individually and in pairs, they compose a short dance to music that involves them travelling on a journey as a particular type of vehicle, speeding up, slowing down and moving in different pathways.</p> <p>You could suggest they base their dance on a particular title, such as 'Travelling in style', 'Going on holiday' or 'Traffic jam'.</p>	<p>The 'Families of actions' core task involves children creating a gymnastic sequence on floor, mats and apparatus by linking a roll, a balance, a jump and travel.</p> <p>The children develop a sequence on the floor and mats before transferring it to apparatus. They link the four actions together smoothly, choosing one action from each of the families of actions.</p> <p>The balance focus is large body parts - side, back, tummy, hips and shoulders</p>