



PE Knowledge Mat / Success Criteria: Year 1

	Developing skills	Making & applying	Physical & mental	Evaluate & improve
Dance	<ul style="list-style-type: none"> Copy and explore basic body actions demonstrated by teacher Choose movements to make into their own phrases 	<ul style="list-style-type: none"> Know where their heart is and why it beats faster Link movement to moods, ideas and feelings 	<ul style="list-style-type: none"> Practise and repeat their phrase with some control Copy simple movement patterns from each other 	<ul style="list-style-type: none"> Use simple dance vocabulary to describe movement Respond to different stimuli with a range of actions
Gymnastics	<ul style="list-style-type: none"> Perform simple gymnastics movements (jump, roll, travel, climb, still) Use space safely, being aware of others and apparatus 	<ul style="list-style-type: none"> Make up and perform simple movement phrases Link and perform basic gymnastic actions Perform movements with some control and accuracy 	<ul style="list-style-type: none"> Know the difference between tension and relaxation Carry apparatus safely, with guidance 	<ul style="list-style-type: none"> Watch and describe a basic phrase using accurate language
Games	<ul style="list-style-type: none"> Move fluently, changing direction and speed easily without collision Roll, throw, strike, kick with some control Get in line with the ball to receive 	<ul style="list-style-type: none"> Know how to aim and hit into a good space Use and change skills to win games Use space to their advantage 	<ul style="list-style-type: none"> Describe what it feels like when breathing faster during exercise Explain why running and playing games is good for them 	<ul style="list-style-type: none"> Watch others' movements carefully Describe what they have done or seen others do Copy what they see and say why it is good

Main progression points:

- 🔍 Copy & explore (Shown body actions to repeat and experiment with)
- 🔍 Choose movements to make short phrase (2/3 movements)
- 🔍 Practise simple movements (jump, roll, travel, climb)
- 🔍 Make up & perform simple movement phrases (2/3 actions)
- 🔍 Basic actions – roll a ball, throw it underarm, kick it and strike it, just making connection
- 🔍 Aim and hit into a good space (3-5m areas)