

PE progression of skills

	EYFS	Year 1 and 2	Year 3 and 4	Year 5 and 6
Gymnastics	<p>(Aut 2) <u>Gymnastics</u></p> <ul style="list-style-type: none"> • To experiment with different shapes. To experiment with different ways of rolling in small shape. • To experiment with different jumps. To experiment with balancing on different body parts • To move along the floor in different ways like aliens sliding, rolling, stretching etc • To show a start shape, middle and finishing shape (beginning of a sequence). • To move on and off apparatus safely. 	<p>Toy story (Spr 1 A) <u>Gymnastics</u></p> <ul style="list-style-type: none"> • To perform shapes with a strong body and control. • To perform jumps (straight, star, tuck jump) with control and a strong body. • To perform a tuck rock, tuck roll, forward roll and dish/arch roll • To perform a simple balance holding for 3 seconds. • To perform a balance on one or more parts of body. • To perform a bunny hop – hands flat with straight arms. • To perform a sequence on apparatus– (roll, jump and balance). • To move on and off apparatus with strong body and control. 	<p>Unwelcome visitors (Spring 1 A) <u>Gymnastics</u></p> <ul style="list-style-type: none"> • To perform a variety of shapes with good control and flexibility when performing various skills. • To perform various and more complex jumps, tuck, pike and a scissor kick and develop travelling across the mat. • To teddy bear roll with a partner/group in sequence with pointed toes. • To perform matching mirroring and asymmetrical balance routines on apparatus. • To perform a bunny-hop onto a variety of apparatus with control. • To perform a short sequence on mats and apparatus showing levels, unison, and pointed toes. • To link skills with fluency by cooperating, communicating and collaborating with others. • To hopscotch across the floor to develop hurdle step onto low apparatus. • To perform a hurdle step on the floor / springboard • To cartwheel on the floor using various apparatus. 	

<p style="text-align: center;">Dance</p>	<p>(Spr 1) <u>Dinosaur Dance</u></p> <ul style="list-style-type: none"> • To move in time to happy and sad music. • To experiment with actions at different levels. • To experiment with different ways of moving. • To move around as different characters or animals to the music. 	<p>Around the World (Spr 1 B) <u>Dance</u></p> <ul style="list-style-type: none"> • To move in time to the music showing some expression. • To perform dance movements with control. • To perform basic travelling movements e.g stepping, skipping and jumping showing a variety of levels. • To perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing. • To remember simple dance steps, perform with control in time to the music. 	<p>Poles apart (Aut 2 B) <u>Dance</u></p> <ul style="list-style-type: none"> • To cooperate to make a dance warm up and take on a leadership role. • To respond imaginatively to a stimulus. • To dance in unison with a partner/group performing a range of movement patterns. • To perform in canon showing a range of movement patterns. • To perform a variety of levels and pathways in a dance 	<p>Sum 2 A and B <u>Dance</u></p> <ul style="list-style-type: none"> • To co-operate, communicate and collaborate with a group to make up a warm up with good rhythm and timing • To translate ideas from a stimulus into movement showing expression, precision, control and fluency. • To dance in unison in a group showing good timing, energy and strength. • To use levels, travelling and space with timing and musicality. • To dance in canon in a group showing good timing, energy and strength.
<p style="text-align: center;">Multi-Skills</p>	<p>(Spr2) <u>Multi-skills</u></p> <ul style="list-style-type: none"> • To experiment with different ways of balancing. • To experiment with different ways of moving ball with different body parts (co-ordination). • To experiment with different ways of moving (agility). • To work with friends in a team-taking turns 	<p>Take a break (Aut 2 B) <u>Multi-skills</u></p> <ul style="list-style-type: none"> • To balance on low equipment with good control. • To change direction quickly with good balance and control (agility). • To co-ordinate body whilst beginning to move at different speeds with various equipment. • To complete challenges as a team in various running/obstacle games and working to improve performance. 		
<p style="text-align: center;">Football</p>	<p>(Sum 2) <u>Football</u></p> <ul style="list-style-type: none"> • To explore stopping a ball with different parts of the body • To experiment kicking the ball with feet to a partner. 	<p>Me, myself and I (Aut 1 A) <u>Football</u></p> <ul style="list-style-type: none"> • To stop a ball with the sole and inside of feet. • To pass the ball to a partner using Plant, Pass Point to help with accuracy. 	<p>A child of the times (Aut 1 B) <u>Football</u></p> <ul style="list-style-type: none"> • To move body to correct position to stop and control a ball. • To control the ball using either foot when moving. 	

	<ul style="list-style-type: none"> • To move a bean bag/ball on the floor using inside of foot • To apply skills learnt to play fox and rabbits game - the object of the game is to move away from the rabbit onto a spot (finding a space). • To shoot into a target on the floor <p>Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending).</p>	<ul style="list-style-type: none"> • To dribble the ball with the inside of feet, keeping the ball close to their body- dribble into a space. • To improve tackling by using adapted games- introduce intercepting play. • To score in a variety of ways and begin to use in a game situation. • To begin to include some basic tactics for attacking and defending in conditioned games. • To play an adapted and conditioned games 5v5. 	<ul style="list-style-type: none"> • To pass the ball with inside of feet, whist on the move. • To dribble the ball using inside, outside hook and drag back, beginning to accelerate • To defend- moving forward to close down space to tackle in a conditioned game. • To intercept a pass. • To shoot- strike a moving ball (past a goal keeper) with some accuracy. • To begin to use and apply tactics when attacking and defending. • To play small sided games - up to 7v7. • Within a team discuss tactics (communicate and collaborate). • To understand the positions and rules of the game. 	
<p>Invasion Games</p>	<p>(Aut 1) <u>First PE – Enjoy a ball</u></p> <ul style="list-style-type: none"> • To throw to self, catching a soft ball / balloon. • To experiment rolling the ball, throw and catch to self and to a partner (hand eye coordination). • To move around, changing direction and negotiating space • To follow a partner to steal their bib. • To experiment with different ways of shooting / pacing a n object into / on a target or hoop. • To begin to attack and defend - introducing fun games e.g player in the middle defending hoops. 	<p>Great Grange! (Aut 2 A) Never eat shredded wheat (Aut 1 B) <u>Ball games/ skills</u></p> <ul style="list-style-type: none"> • To introduce various passes (hands/ feet/object) continuing to develop control of pass. • Adapted games – to develop thought processes of footwork rule. • To move into a space to catch /receive a ball. • To pass the ball to someone in a space. • To follow / mark an opponent and try to intercept the ball. • To score in a variety of ways and begin to use in a game situation. 		

	<ul style="list-style-type: none"> To follow basic rules of a game and how you can score points. 	<ul style="list-style-type: none"> To develop tactics for attacking a defending. To play adapted games learning different rules, encouraging fair play and respect. 		
Kwik Cricket		<p>Beside the seaside (Sum 2 A) <u>Kwik cricket</u></p> <ul style="list-style-type: none"> To roll and stop a ball with control/accuracy. To throw underarm with some accuracy and catch a ball. To bowl underarm towards a target with control and accuracy. To begin to hold the bat in correct position and hit a ball off a tee. To play a modified game encouraging teamwork when fielding. To play small-sided games using various types of equipment. To develop tactics for striking and fielding 		
Tag Rugby		<p>Inside the castle walls (Sum 2 B) <u>Tag rugby</u></p> <ul style="list-style-type: none"> To tag a player when facing your partner - raise hand and call "Tag". To move with the ball, holding it with hands- chest height. To pass the ball sideways- with smile technique. To dodge around a defender in a small area. To score a try in an adapted game- focus placing ball down with 2 hands and staying on feet. 	<p>Ug! (Aut 1 A) <u>Tag rugby</u></p> <ul style="list-style-type: none"> To play a tag game whilst moving at speed, keeping close to an opponent. To pass the ball backwards/ sideways with control whilst moving. To move with control in a variety of directions holding the ball in the correct position. To use speed and space to avoid a passive defender. 	<p>Off with her head! (Spr 2 A) <u>Tag rugby</u></p> <ul style="list-style-type: none"> To tag a player using either hand when moving at full speed in a game situation. To dodge around a defender at speed with a ball in hands avoiding being tagged. To bring in pass and loop into a game situation. To loop around your teammate- to try and trick an opponent in game situation.

		<ul style="list-style-type: none"> • To play small-sided games using various types of equipment. • To develop tactics for attacking and defending. 	<ul style="list-style-type: none"> • To beat a defender at speed to score a try in an isolated game situation. • To play adapted games, thinking of tactics when attacking and defending 	<ul style="list-style-type: none"> • To work together as a team to score a try in a tag rugby game, e.g supporting diagonal runs. • Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending. • In a team, discuss tactics of attacking and defending (communicate and collaborate)
Dodgeball	<p>(Aut 1) <u>First PE – Enjoy a ball</u></p> <ul style="list-style-type: none"> • To experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination). • To throw to self and partner using soft objects • To aim at a target e.g a tall cone. • To jump over objects in a variety of ways. • To push a balloon away with two hands. • To move around safely in a variety of ways and negotiating spece. 	<p>All around us (Spr 2 A) <u>Dodgeball</u></p> <ul style="list-style-type: none"> • To roll a ball to a partner, increasing the distance of targets to improve accuracy. • To throw a ball to a partner underarm. • To introduce targets: throwing and catching, having control of the ball. • To aim at a variety of targets, beginning to develop accuracy e.g. through a hoop. • To protect a specific player in a game. • To jump and dodge to avoid being hit by a ball. • To play small-sided adapted dodgeball games, developing tactics for attacking and defending. 	<p>From field to fork (Aut 2 A) <u>Dodgeball</u></p> <ul style="list-style-type: none"> • To throw the ball in different ways e.g grip and claw with control. • To aim and improve the accuracy of throwing distance. • To catch the ball in a variety of ways and at various distances - moving towards the ball. • To begin to develop footwork to dodge and avoid being hit by the ball. • To block the ball in a variety of ways and beginning to protect other players. • To encourage children to talk about tactics when attacking and defending • To begin to used techniques learned in a game situation and to have an understanding of the key rules. 	
Handball	<p>(Aut 1) <u>First PE – Enjoy a ball</u></p> <ul style="list-style-type: none"> • To move ball on body • To experiment with moving an object along the floor. 		<p>Location, location, location (Spr 2 B) <u>Handball</u></p> <ul style="list-style-type: none"> • Ball Awareness- to move balls around different parts of the body with control 	<p>Protect our planet! (Aut 2 B) <u>Handball</u></p> <ul style="list-style-type: none"> • Ball Awareness- to copy a partner and keeping control while moving the ball.]

	<ul style="list-style-type: none"> • To throw to self, catching a soft ball / balloon. • To pass to a partner with different type of balls. • To throw at and into targets e.g on walls, on benches, cones – to score. • To run in an area, stop quickly and ‘Freeze’. • To move around safely in a variety of ways, negotiating space. • To play adapted games to get past players, with a ball – while attempting to bounce it. 		<ul style="list-style-type: none"> • To dribble and bounce a ball with control and using either hand. • To pass and receive, stepping into the pass (chest and bounce pass). • To score into a goal, beginning to take 3 steps- adding an active goalkeeper. • To bring footwork and travelling rules into a game situation. • To dodge around a player with the ball, focusing on dodging into a space. • To encourage children to talk about tactics when attacking and defending. • To introduce 4v4 or adapted game and begin to use some additional rules e.g travelling, contact. 	<ul style="list-style-type: none"> • To dribble the ball in various directions at speed. • To perform a variety of passes within a game with precision and control. • To use a variety of shooting techniques in a game situation e.g. feint and shoot, jump and shoot, step and shoot. • To move with the ball and perform the correct footwork in a competitive game situation. • To dodge around an active defender in a game situation. • To apply basic principles for attacking. • To apply defensive techniques e.g blocking and marking in a competitive game situation. • To use techniques learned and apply in a game situation. Children to officiate.
<p style="text-align: center;">Fitness</p>		<p>Back to school (Spr 2 B) <u>Fitness</u></p> <ul style="list-style-type: none"> • To balance in exercises static and when moving building control when performing movements. • To count scores, recording them and trying to beat their score. • To co-ordinate body whilst beginning to move at different speeds during various exercises. • To understand what is happening to your body when exercising and how to feel a pulse. 	<p>All wrapped up! (Spr 1 B) <u>Fitness</u></p> <ul style="list-style-type: none"> • To balance in different directions e.g. on leg- forward backward and side to side. • To complete a variety of fitness activities confidently and achieve a number of personal bests. • To co-ordinate body efficiently to perform a combination of movements or actions when exercising. • To begin to know different types of fitness. • To take pulse before and after exercise. 	<p>In the heat (Spr 1 A) <u>Fitness</u></p> <ul style="list-style-type: none"> • To balance on various body parts using harder balances e.g shutting eyes, adding explosive movements. • To evaluate previous performance levels and demonstrate improvements to achieve their personal best. • To co-ordinate using both sides of the body with fluency and speed to perform a combination of exercises.

				<ul style="list-style-type: none"> • To create an exercise to improve a specific fitness e.g. strength, co-ordination, power.
Hockey (Quicksticks)			<p>Under the canopy (Spr 2 A) <u>Quicksticks</u></p> <ul style="list-style-type: none"> • To dribble and stop the ball with control. • To pass the ball over a longer distance with accuracy and power. • To perform a short pass and begin to move into a space and receive the ball with some control. • To tackle a player beginning to use the correct grip and positioning - bend knees, low to the ground. • To develop shooting - at targets/goals, beginning to score whilst the ball is moving. • To play adapted games, encouraged to think of tactics when attacking and defending. 	<p>Raid, invade and stayed! (Aut 2 A) <u>Quicksticks</u></p> <ul style="list-style-type: none"> • To dribble the ball holding the stick in correct position. • To perform a pass and look for a space in an adapted game to receive the ball. • To pass and receive a ball with some control. • To begin to tackle a player safely- when stationary and moving. • To play adapted games, with variations of rules, beginning to apply some basic principles for attacking & defending. • To use techniques learned and apply in a game situation. • To apply basic principles for attacking and defending
Tennis			<p>Invaders and settlers (Sum 2 A) <u>Tennis</u></p> <ul style="list-style-type: none"> • To move with balance and control to catch a ball. • To hit a ball into a target from a variety of distances/ angles with no bounce. • To hit/bounce ball on racket when moving. • To hit ball in forehand/ backhand position with drop feed. • To play a game communicating as a team. • To play adapted games, children encouraged to think of tactics 	<p>Frozen (Aut 1 A) <u>Tennis</u></p> <ul style="list-style-type: none"> • To move the ball on floor with hand in a variety of ways. • To push ball with throw down strips to develop hand eye co-ordination. • To throw and catch a small, ball improving control- bounce catch to self/ partner. • To balance a ball on racket. • Racket familiarisation- to move ball with racket in forehand/backhand position Introduce modified games - eg hand tennis.

				<ul style="list-style-type: none"> • To play small-sided adapted games. • To begin to develop tactics in the adapted games. • To discuss tactics of attacking and defending in tennis (communicate and collaborate).
<p style="text-align: center;">Netball</p>	<p>(Aut 1) <u>First PE – Enjoy a ball</u></p> <ul style="list-style-type: none"> • To throw a ball to self, catching a soft ball / balloon. • To experiment with rolling a ball, throw and catch to self and to a partner. • To move around, changing direction and negotiating space. • To pass with a partner and counting to 5 and 10. • To shoot into a target or hoop on the floor. • To begin to attack and defend - introducing fun games e.g player in the middle defending hoops 		<p>Raging rivers (Sum 2 B) <u>Netball</u></p> <ul style="list-style-type: none"> • To pass and receive, stepping into the pass with control (chest, bounce and shoulder pass). • To perform a stride and jump stop with a pivot. • To perform two different dodges (Drive and the dodge) creating space to receive the ball. • To make a player, standing side on, sticking to player. • Shooting- to focus on bending the knees and place hand under the ball to shoot. • To encourage children to talk about tactics when attacking and defending. • To confidently play Bee Netball (Flier) 4 x \$. 	<p>Children of the revolution (Aut 1 B) <u>Netball</u></p> <ul style="list-style-type: none"> • To perform a variety of passes with some precision - quickly move into a space to receive another pass. • To perform correct footwork in a game - pivoting to turn the correct way to pass the ball. • To perform a variety of dodges to move into a space and receive a ball - in a practice and in a game situation. • To defend a player during a game, intercepting the ball. • To shoot into a netball post, focus on precision and accuracy and attempt to get the rebound if the shot is missed. • To discuss tactics in a team of how to win as a team (communicate and collaborate). • To use techniques learned and apply in a game situation. • To apply basic principles of attacking and defending. • To play Bee Netball (Stinger) – understanding the positions and rules.

<p>Basketball</p>	<p>(Aut 1) <u>First PE – Enjoy a ball</u></p> <ul style="list-style-type: none"> • To move ball on body • To experiment with moving an object along the floor. • To throw to self, catching a soft ball / balloon. • To pass to a partner with different type of balls. • To throw into hoops and targets to score. • To run in an area, stop quickly and ‘Freeze’. • To move around safely in a variety of ways, negotiating space. • To play adapted games to get past players, with a ball. 			<p>Pollution solution (Spr 2 B) <u>Basketball</u></p> <ul style="list-style-type: none"> • Ball Awareness-to copy a partner and keep control while moving the ball. • To dribble the ball in various directions at speed. • To perform a variety of passes within a game with precision and control, • To use the BEEF technique in a competitive game situation with some success. • To dribble the ball and perform the correct footwork when stopping in a competitive game situation. • Offensive play using your team member to screen the ball in combination. • To apply basic principles for attacking. • To apply defensive techniques in a competitive game situation. Apply basic principles for defending. • To use techniques learned and apply in a game situation. Children to officiate.
<p>Athletics</p>	<p>(Sum 1) <u>Athletics</u></p> <ul style="list-style-type: none"> • To march and run for co-ordination. • To experiment with different ways of jumping- measuring with various objects. • To experiment with different ways of throwing under/overarm. 	<p>Sum 1 A and B <u>Athletics</u></p> <ul style="list-style-type: none"> • To use arms and keeping head still when exploring running patterns. • To throw in correct stance ‘Usain Bolt position’. • To use arms to improve jumping technique – beating their own score. 	<p>Sum 1 A and B <u>Athletics</u></p> <ul style="list-style-type: none"> • To perform ‘FAST’ technique confidently when sprinting. • To throw a javelin/vortex with height and distance. • To perform a hop, step and jump (standing triple jump). 	<p>Sum 1 A and B <u>Athletics</u></p> <ul style="list-style-type: none"> • To accelerate quickly with speed and control in movement – timed/competitive races. • To throw a javelin/vortex /shot put safely, with accuracy and power.

	<ul style="list-style-type: none"> • To work with friends in a team – taking turns. • To leap over cones, spots and throw down strips from standing 	<ul style="list-style-type: none"> • To compete in a team in various running/obstacle games and work together to improve team performance. • To leap over hurdles beginning to compete against self and others. 	<ul style="list-style-type: none"> • To develop running for distance on warm ups, increasing with each lesson. • To pass a relay baton with control with a partner in adapted games. • To run and jump over hurdles with some speed and control. 	<ul style="list-style-type: none"> • To perform a jump for distance, varying techniques to improve performance. • To pass a relay baton in competitive situations (timed). • To develop long distance running-learning how to pace and show good technique. • To pass a relay baton in competitive situations (timed). • To run and jump over hurdles with fluency and speed, improving time to achieve a personal best.
<p>Swimming</p>			<p>Aut and Spr A and B</p> <ul style="list-style-type: none"> • To enter the pool safely either by sliding, jumping or diving. • To exit the pool by climbing out • To swim confidently using various strokes on the surface and under water • To use advanced breathing techniques in all strokes • To swim competently and confidently using correct stroke techniques • To be able to swim over 25 metres • To perform safe self-rescue in water-based situations 	