

PE SKILLS PROGRESSION

AUTUMN 1 INVASION GAMES

Core Knowledge

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. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.

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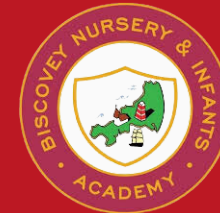
- Experiment with different ways of moving.
- Negotiate space successfully.
- Travel with confidence.
- Move freely using suitable spaces and speed or direction to avoid obstacles. (S&A)

1

- Throw a ball underarm, over arm and use a bounce pass.
- Move into a given space to catch a ball.
- Pass a ball to a partner using my hands and feet.
- Explore different ways using a ball (A&D)
- Explore ways to send a ball or other equipment
- Retrieve and stop a ball using different parts of the body. (A&D)
- Play a variety of running and avoiding games.
- Participate in simple team games (1v1, 2v2) Develop simple attacking and defending techniques (A&D)

2

- Hit a ball with a tennis style bat or racquet. Stop a ball with my feet before passing it. Move into a given space within a game. Begin to understand where to stand to make a game more difficult for an opponent. Develop control and accuracy when moving with a ball in a variety of different games.
- Pass and receive a ball with more control and accuracy. Recognise the best ways to score points and stop points being scored.
- Recognise how they work best with their partner. Use different rules and tactics for invasion games. Make it difficult for opponents.
- Keep the ball and find best places to score. S&A Watch others accurately. Describe what they see and ask to copy others' ideas, skills and tactics.
- Participate in team games. Understand and develop tactics for attacking and defending. (rugby, netball, football, basketball)



PE SKILLS PROGRESSION

AUTUMN 2 GYMNASTICS

Core Knowledge

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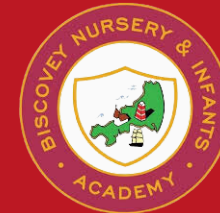
- Balance on different parts of the body Travel under and over and through apparatus.
- Travel with confidence and skill around, under, over and through balancing and climbing equipment .
- Move freely and with pleasure and confidence in a range of ways including, rolling, floor shapes, ways of travel.

1

- Balance using my hands and feet.
- Create different shapes when balancing eg, thin, wide, twisted, curl .
- Travel in different ways e.g, jumping, skipping, walking, leaping, hopping etc.
- Learn a variety of basic gymnastic movements. Be still in different body shapes and balances and combine different ways of travelling. (A&D)
- Move between mats and small apparatus and change the speed of movement.
- Handle apparatus safely Recognise how it feels when the body is tense in a balance.

2

- Combine short movements to combine simple balances e.g, balance-travel-balance. Perform simple rolls g, forward, pencil, teddy&bear.
- Travel in different ways e.g, jumping, skipping, walking, leaping, hopping etc.
- Develop short sequences on their own. Use imagination to find different ways of using apparatus.
- Form simple sequences of different actions using floor and apparatus. Have a clear start, middle and end. S&A Have a clear focus when watching others perform. (E&I)
- Say when a movement or skill is performed well (aesthetic appreciation. (E&I)
- Describe what they have done and what they have seen. (Make easier or harder. Use advice to improve.) (E&I)
- Develop balance, agility and coordination of travelling, stillness, jumping, timing, changing shape, size, direction



PE SKILLS PROGRESSION

SPRING 1 DANCE

Core Knowledge

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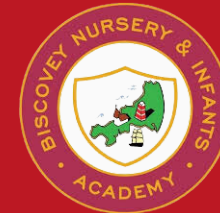
- Negotiate space when playing with other children.
- Use my imagination
- Move freely and with pleasure and confidence in a range of ways.
- Experiments with different ways of moving.
- Complete simple sequences to different stimulus

1

- Perform basic dance actions.
- Travel and change direction. Change size and shape.
- Learn basic movements relating to feelings.
- Learn what makes a good start and finish position in a sequence.
- Learn how to move their bodies in a variety of ways.
- Respond to different music showing a range of emotions and stimulus.
- Perform dance movements and simple sequences using simple movement patterns.

2

- Copy short dance motifs.
- Link two or more actions together Use a range of vocabulary to describe moods and how dances make them feel.
- Perform dances using simple movement patterns with a clear start middle and end.
- On their own can remember and perform short dance routines to other children (1-8 steps)
- Evaluate and improve a dance performance by recording and viewing their rehearsals. (E&I)



PE SKILLS PROGRESSION

SPRING 2 NET AND WALL

Core Knowledge

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- Catch a large ball.
- Demonstrate good control and coordination in large and small movements.
- Pass a ball: chest pass Kick a ball along the floor less than 10m with the correct technique.
- Dribble a ball at feet with control

1

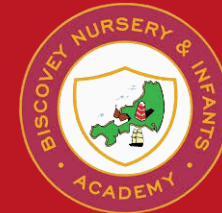
- Focus on throwing a ball with control both over and underarm with prompts.
- Focus on catching a ball from shorter and longer distances, on their own and in groups.
- Play games based on net games (tennis, badminton) children have the opportunity to play 1v1, 1v2, 2v2, 1v3, 3v3.
- Pass and receive a ball in different ways with control and increased accuracy. (tennis, badminton)

2

- Use their skills to play end to end games, games over a barrier and fielding games.
- Use their ability to solve problems and make decisions. S&A Watch others and describe what is happening.
- Talk about what they have done and how they did it.
- Participate in team games.
- Pass and receive a ball in different ways with control and increased accuracy.
- Perform fielding techniques with increased control and coordination. (tennis, badminton)



PE SKILLS PROGRESSION



SUMMER 1 STRIKING AND FIELDING

Core Knowledge

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. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.

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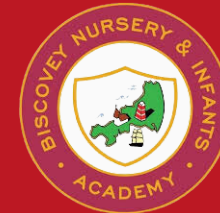
- Throw over and under arm in a general direction.
- Catch a variety of sized balls when bounced or thrown.
- Strike a ball in a general direction

1

- Focus on technique on striking a ball with control when shown.
- Focus on technique on fielding a ball using under and over arm throwing.
- Able to play simple games in small groups, applying rules and skills that have been taught. (cricket, rounders, baseball, softball, kickball, golf)

2

- Choose, use and vary simple tactics. S&A Recognise good quality in performance.
- Participate in team games. Pass and receive a ball in different ways with control and increased accuracy.
- Perform fielding techniques with increased control and co-ordination (cricket, rounders, baseball, softball kickball, golf)



PE SKILLS PROGRESSION

SUMMER 2 ATHLETICS

Core Knowledge

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. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.

- Children will be taught how to use their bodies to:
- Sprint 30m
- Jump for height 5- 9cm
- Jump for distance 30- 59cm
- Leap hurdles 30m within 16-12secs
- Overarm throw
- Chest push Run for longer distance.

- Children will be taught how to use their bodies to:
- Sprint 30m within 9- 6seconds
- Jump for height 10- 14cm
- Jump for distance 60 - 89cm
- Leap hurdles 30m within 11-8 secs
- Overarm throw 10- 19m
- Chest push 3-4m
- Run for longer distance 200m within 1:45-1:31

- Take part in multiskills festivals. (competitions: class, against other schools)
- Designed to develop the fundamental movement skills of balance, coordination and agility.
- Children will be taught how to use their bodies to: Sprint 30m under 6 secs
- Jump for height 15-19cm
- Jump for distance 60 - 89cm
- Leap hurdles 30m within 8 secs
- Overarm throw 10- 19m
- Chest push 3-4m
- Run for longer distance 200m under 1:30