



Physical Education Progression of skills

Year 1	Invasion Games	Gymnastics	Dance	Net + Wall	Striking and Fielding	Athletics
	-Change direction and speed. -Send and receive equipment with control -Underarm throw towards a target. -Learn and develop techniques of sending different equipment. -Trap equipment with control and various body parts. -Develop catching skills with learning aids. -Begin blocking by using their bodies.	-Can travel with control and co-ordination. -Use imagination to travel like various animals on different body parts. -Perform simple shapes; Tuck, Pike, Straddle, Pencil, Star. -Perform controlled 1-4 point balances and different body parts. -Perform basic gym rolls; Pencil, Egg, Forward. -Can use shape top aid jumps to a safe landing. -Begin combining Jumps and balances. -Perform simple balance and jump on apparatus.	-To explore basic body patterns and movements to music. -To use a variety of moves that change speed and direction. -To link together dance moves with gestures. -To practise taking off from different positions.	-Handle equipment with more dominant hand. -Strike a static ball with two hands. -Strike static ball towards a target. -Strike a rolling ball with control. -Able to stand in correct form of being side on. -Step into shots to increase power. -Return a ball to a partner which is coming towards them. -Begin to place shots with control of power and direction. -Travel towards a moving ball to return to a partner. -Introduce points for accurate shots.	-Can travel at different speeds to chase equipment. -Trap equipment with use of their bodies. -Throw equipment underarm whilst aiming towards a target. -Begin to judge use of power accurately whilst throwing. -Standing side on to a ball before striking with two hands on equipment. -Understand a sideways, step, strike technique when striking a ball. -Can strike a static ball towards a partner. -Strike a static ball away from a partner. -Can return a ball quickly after a partner has hit it. -Discuss how to handle equipment safely.	-Run at different speeds and distances. -Change direction whilst running, up and down a lane. -Perform basic jump patterns 1-1, 1-2, 2-2, and 2-1 for height and distance. -Engage different body parts to increase height and distance. -Perform different throwing techniques of overarm and underarm both thrown for distance. -Introduce different body parts to increase power.



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Year 2

	Invasion Games	Gymnastics	Dance	Net + Wall	Striking and Fielding	Athletics
	-Change speed and direction with control and co-ordination. -Send and receive equipment whilst controlling accuracy and power. -Correct form for both overarm and underarm throwing. -Send equipment in various ways using different body parts. -Develop understand of aiming and power when throwing. -Throw and catch at close range. - Develop passing and moving skills in pairs or small teams.	- Travel with control and creativity. -Perform dynamic movements in pairs. -Remember and repeat shapes with control and correct form (Tuck, Pike, Pencil, Straddle, and Star.) -Perform Controlled safe jumps from a small height to safe landing. - Roll with control and correct form (Pencil, Egg, Forward.) -Hold balances on varied body parts. -Combine simple skills together with smooth transitions between each skills. -Copy and mirror a partner's short combination of skills. -Apply skills to apparatus with control.	-Can link moves together. -Can use a variety of moves. -Can explore basic body patterns and movements to music. -Can use a variety of moves that change speed and direction. -Can link together dance moves with gestures and changing direction in time to music. -Can develop taking off from different positions. -Can demonstrate and explore different levels and speeds of movement. -Can perform simple dance phrases. -Can develop a range of dance movements and improve timing. -To work to music, creating movements that show rhythm and control.	-Confidently strike a static ball using correct form. -Strike equipment with accuracy and control. -Judge distances before swing. -Return a bouncing ball to partner with control. -Strike using both sides of a racket. -Become accurate with forehand and back hand shots. -Move their bodies to correct positions to play forehand and backhand shots. -Begin playing floor rally's with a partner. -Strike over a net to a safe zone. -Move confidently whilst handling the equipment.	-Can travel at speed to return equipment. -Identify space and move into it. -Confidently trap equipment with their hand before returning it to the batsmen. -Accurately throw equipment underarm towards a target whilst aiming. -Follow and adapt the sideways, step, strike technique with control. - Strike a ball which is rolling towards them confidently. -Strike equipment in different directions with power. -Begin action towards striking a bouncing ball with control. -Discuss how they are using their bodies.	-Run at different speeds dependant on how much the distance they are cover. - Change directions with ease. -Perform standing long jumps with correct form and use of arms. -Confident when performing basic jumping sequences. -Change jumping technique to jump for height or distance. -Follow simple steps towards a pushed shotput throw. -Take steps towards a javelin throw. -Show understand personal best distances and or times. -Can describe how they are using their body parts and why.



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Year 3

	Invasion Games	Gymnastics	Dance	Net + Wall	Striking and Fielding	Athletics
	-Learn and perform passing and moving skills in pairs or small groups. -Develop knowledge and skills in keeping possession in teams. -Find space to move into to receive a pass. - Learn basic shooting techniques. - Apply skills in small game based activities. - Develop team skills of communication and fair play. -Basic defending and tackling skills in possession based games. -Game related rules applied in matches.	-Travel and change direction of both hand at feet with control. -Can perform all shapes with correct form and consistency. - Able to travel into and come out of 1-4 point balances smoothly. -Combine 3-5 skills with smooth transitions between each skill. -Perform quality (shape) jumps from apparatus into safe landing. -Can create short sequences in pairs to be perform with control. - Able to mirror skills in small groups. -Describe their actions and how they could improve their short sequences.	-To explore dance movements and create patterns of movement. -To work with a partner to create dance patterns. -To perform a dance with rhythm and expression. -To use knowledge of dance to create a story in small groups. -To develop precision of movement. -To work co-operatively with a group to create a dance piece. -To perform in front of others with confidence.	-Handle equipment with correct form for both forehand and back hand shots. -Gain confidence in using backhand shots for both static and moving balls. -Strike a moving ball confidently to a partner. -Look at the beginning actions for a serve to a partner. -Move left and right to return a ball to the other side. - Accurately place shots into a space. - Begin steps to playing rally's with a partner. - Start serving underarm to a partner over a net. - Return shots with both backhand and forehand techniques.	-Begin understanding the two roles of batting team and fielding team. -Identify space and return equipment quickly. -Confidently trap a ball coming towards them with speed (short and long barrier.) -Use correct form when attempting to catch balls after being struck. -Striking static balls accurately with power and control. -Strike moving balls into space to score points. -Continue to step into shots and strike with power and accuracy. - protect a stump/wicket when striking a ball. -Begin making decision to help them score highly.	-Can run with speed whilst showing control of body and direction, can confidently change speed and direction consistently. -Understand running techniques such as right angle arms, straight hands, and lean forward on toes. -Able to run further distances without stopping (pacing the run) -Perform correct handovers during relay races. -Can perform a standing long jump with power and control in the take-off and landing. -Use both upper and lower body to enhance jumping distance and height. -Throw shotput and javelin equipment with correct form and accuracy.



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Year 4

	Invasion Games	Gymnastics	Dance	Net + Wall	Striking and Fielding	Athletics
	-Change direction and speed easily. -Identify space and move into it. -Pass and move effectively in pairs or small teams. - Develop simple transferable attack and defending skills. -Begin traveling with equipment into spaces. -Show strong teamwork within match play. -Begin marking the opposition to prevent. - Uses the full range of passes at the right time. - Simple tactic and strategy skills. -Begin shooting from different distances. -Identify their own strength and weakness in performance. -Abide and adhere to rules during match play.	-Manipulate movements across floor or on apparatus with control. -Confidently perform shapes at different heights with correct form and posture. -Begin looking into actions of counter balancing. -Execute jumps with Precision and safe landing. -Combine series of skills together in pairs and small groups. - Perform both floor sequences and sequence on apparatus both individually and in pairs. -Improve quality and control between rolls. - Begin backwards roll actions. - Self/peer assess sequences. -Critical feedback given to groups.	-To identify and practise the patterns and actions of chosen dance style. -To demonstrate an awareness of the music's rhythm and phrasing when improvising. -To create an individual dance that reflects the chosen dancing style. -To create partnered dances that reflect the dancing style and apply the key components of dance. -To perform dance using a range of movement patterns. -To perform and evaluate own and others' work.	-Strike back hand and forehand shots to a partner confidently. -Play short rally's with a partner over a net. -Serve underarm away from partners with power. -Begin serving actions for overarm serve. -Travel across the court whilst showing agility when changing directions and speeds. -Begin playing shots to move your opponent around the court. -Play small 1vs 1 to match rules. -Play manipulate matches in pairs against other pairs. - Review own performance, recommend steps to improve.	- Clear understand of two roles of batting and fielding teams. -Begin bowling towards a target from a close distance underarm. -Confidently trap and return equipment at speed. -Become more consistent when catch balls out the air. -Work more effectively as a fielding team. -Strike a moving ball confidently into space with power and accuracy. -Begin positioning shots to create chances to run and score points. -Work in batting pairs to score highly for their teams. -Make more correct decisions when to or not to run. -Communicating clearly as a team.	-Clearer understanding of techniques to use in long or short distance running events. -Beginning actions of starting a sprinting event. -Pace accurately during long distance runs. -Can participate in team events such a relay race and understand the teamwork involved. -Can utilised their body part to enhance jump distances and heights. -Can begin performing a hop, skip and jump for distance. - Can clearly demonstrate the difference in throwing events and techniques used. -Explain techniques use and why they are effective. -Can identify errors in others techniques and correct form.



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Year 5

	Invasion Games	Gymnastics	Dance	Net + Wall	Striking and Fielding	Athletics
	-Change speed and direction in order to outwit their opponent. -Pass and move with attacking intent (directional.) -Choose the right type of pass to play at the right time. -Defend against an overload. -Show accuracy when shooting from different distances and angles. -Develop strong tactic and strategy knowledge to implement in games. -Begin making regular correct decisions in a match. -Recognise own and other strengths and weaknesses. -Identify/explain and review their team's performance.	-Perform symmetrical and asymmetrical shapes and balances using different body parts. -Match and mirror a partner's short sequence. - Perform counter balances in pairs and small groups with body parts on the floor. -Combine a number of rolls together with control including a backwards roll. -Vaulting onto small apparatus with legs straight. -Perform jumps from high apparatus, show correct form in air and land safely. -Perform longer sequences of contrasting speeds and heights. -Identify areas of improvement in own performance.	-To identify and practise the patterns and actions of the chosen dance style. -To demonstrate an awareness of the music's rhythm and phrasing when improvising. -To create and perform an individual dance that reflects the chosen dance style. -To create partnered dances that reflect the chosen dancing style and apply the key components of dance. -To create group dances that reflect the dance style. -To perform a dance using a range of movement patterns. -To perform and evaluate own and others' work. -To add depth to dance routines and performances by adding elements such as cannons/unison/mirror.	-Agile movement in all directions when striking and returning shots. -Play 1 vs 1's and 2 vs 2's to match rules. -Strike with power and accuracy to score highly. -Serve accurately underarm to a partner to start a game. - Serve confidently overarm to begin a match. -Begin officiating others matches and abide by match rules. -Self and peer assess performance in competitive environments. - Identify and exploit opposition's weakness. -Work co-operatively to compete in doubles matches.	-Can describe what make a good batting or fielding team, what skills that team possess. -Begin following simple steps to an overarm bowl towards a stump or wicket. -Consistently catch and trap balls from different distances. -Work effectively in teams to field and bat, understand what make and effective team. -Strike a moving ball to any direction they please in order to score runs. -Work closely in batting pairs to become successful in scoring highly. -Begin officiating small games by abiding by match rules. -Develop knowledge of the transferable skills between cricket and rounder's.	-Can understand and explain importance of pacing during longer runs. -Can explain the most effectively technique during a sprint and why. -Show efficient teamwork during relay races. -Sprint then jump over hurdles with control on take-off and landing. -Begin to measure own jumping distances and understand importance of controlled landings. -Triple jump sequences become more controlled and are travelling further. -Can throw with greater power and accuracy. - Understands what makes a good performance in each event. -Can identify others strengths.



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Year 6

	Invasion Games	Gymnastics	Dance	Net + Wall	Striking and Fielding	Athletics
	-Change direction and speed with equipment in order to outwit opposing team. -Begin making impactful movements during game based activities. -Consistently accurate passes within a team to retain possession. -Accurately shoot from different distances. -Develop stronger defensive skills (player, Space, Ball, Goal) - Attack with pace, power and precision. -Strong understanding of tactics and effective strategies. -Review personal + team performance and suggest ways in which to improve. -Begin working to others strengths and weaknesses.	-Synchronise movements in pairs, use both symmetrical and asymmetrical shapes to assist. -Improve quality of rolls (Forwards, Backwards, and Teddy bear.) during longer sequences to combine skills. -Vaulting onto and over apparatus, perform jumps from height with correct shape mid-air. -Create contrasting sequences to perform in small groups. -Improved sequence fluidity and pace individually and in pairs. -Describe planning and preparation that went into making the sequence. -Evaluate own and others performances using correct terminology to describe technique.	-To demonstrate an awareness of the music's rhythm and phrasing when improvising. -To create a dance that represents a specific theme or style. -To create a dance as a group, using moves that link to a specific theme. -To distinguish the difference between a dance routine and an act/play. EG use of repetition/cannons etc. -To create a dance with limited teacher support that works to the timing/rhythm, uses components of dance. -To perform and analyse own and others performance. -To add depth to dance routines and performances by adding elements such as cannons/unison/mirror.	-Agile movement in all directions when striking and returning shots. -Compete fairly in both 1 vs 1's and 2 vs 2's. -Strike with power accuracy and control consistently. -Begin playing more sport specific shots in game based situations. -Serve with power, accuracy and control both over and underarm. -Officiate matches pricelessly whilst abiding by match rules. - Identify and exploit opposition's weakness. -Reflect on performance and adapt match plan to score highly.	-Demonstrate good to outstanding teamwork as both a member of a fielding team and a batting team. -Bowl overarm both accurately and confidently towards a wicket/stump. - Catch consistently from different distances and heights. -Field and return rapidly as a team. -Strike with accuracy and consistency to scoring highly in pairs and individually. -Understand batting and bowling order and the impact they can have. -Develop strong understand of officiating larger games and how to abide by all rules. -Can clearly identify own teams and oppositions strengths and weaknesses to exploit during batting and fielding.	-Can identify running lines when taking part in long distance events. -Can effectively use a sprint start position to affect their power on take-off. -Consistently pass baton with correct form and control. -Show speed and rhythm throughout a hurdle race. -Use body effectively to generate maximum power when jumping for height and distance. -Record times and scores in each event accurately. -Can triple jump confidently ensuring distance is main priority. -Can throw javelin and shotput with maximum power and accuracy using correct form and showing control throughout.