

P.E Skills Progression Document

	Gymnastics	Dance	Multi skills	Ball skills (invasion games)	Throwing at catching (field games)	Striking and fielding (field games)	Athletics
N	Benches and boxes used for children to balance and pull themselves up on to build shoulder strength.	Imitates movement in response to music.		Runs skilfully and negotiates space successfully Adjusting speed or direction to avoid obstacles.	Can catch a large ball.		
R	Jungle Journey – Programme for building core strength and shoulder and pelvic girdle strength	Children represent their own feelings, thoughts and ideas through dance.		Negotiates space successfully when playing racing and chasing games with other children Adjusting speed or changing direction to avoid obstacles.	Can catch a bean bag/ smaller ball.		
1	To explore movement actions with control and link them together with flow. To explore gymnastic actions and shapes. To explore travelling on benches. To explore movement actions with control, and to link them together with flow.	To change direction during travelling moves. To link travelling moves that change direction and level. To link moves together. To use a variety of moves. To explore basic body patterns and movements to music. To use a variety of moves that change	To explore static balancing and understand the concept of bases. To combine a number of co-ordination drills, using upper and lower body movements. To aim a variety of balls and equipment accurately. To time running to stop or intercept the path of a ball.	To master basic sending and receiving techniques. To develop balance, agility and co-ordination. To master basic sending and receiving skills. To develop balance, agility and co-ordination. To master basic sending and receiving techniques	To use throwing and catching skills in a game. To practise accuracy of throwing and consistent catching. To play a game fairly and in a sporting manner.		To use varying speeds when running. To explore footwork patterns. To explore arm mobility. To explore different methods of throwing. To practise short distance running

	<p>To choose and use simple compositional ideas by creating and performing sequences.</p> <p>To repeat and link combinations of gymnastic actions.</p> <p>To link combinations of movements and shapes with control.</p>	<p>speed and direction.</p> <p>To link together dance moves with gestures and changing direction in time to music.</p> <p>To practise taking off from different positions.</p> <p>To complete an obstacle course with control and agility.</p>	<p>To travel in different ways, showing clear transitions between movements.</p> <p>To travel in different directions (side to side, up and down) with control and fluency.</p> <p>To practise ABC (agility, balance and coordination) at circuit stations.</p>	<p>To develop balance, agility and co-ordination.</p> <p>To master basic sending and receiving as well as developing balance agility and co-ordination.</p> <p>To make use of coordination, accuracy and weight transfer.</p> <p>To develop receiving skills.</p>			
2	<p>To remember and repeat simple gymnastic actions with control.</p> <p>To balance on isolated parts of the body using the floor and hold balance.</p> <p>To develop a range of gymnastic moves, particularly balancing.</p> <p>To link together a number of gymnastic actions into a sequence.</p> <p>To explore ways of travelling around on large apparatus.</p> <p>To choose and use a variety of</p>	<p>To explore different levels and speeds of movement.</p> <p>To compose and perform simple dance phrases.</p> <p>To show contrasts in simple dances with good body shape and position.</p> <p>To develop a range of dance movements and improve timing.</p> <p>To work to music, creating movements that show rhythm and control.</p>		<p>To use hand-eye coordination to control a ball.</p> <p>To catch a variety of objects.</p> <p>To vary types of throw.</p> <p>To kick and move with a ball.</p> <p>To develop catching and dribbling skills.</p> <p>To use ball skills in a mini festival.</p>	<p>To throw a ball for distance.</p> <p>To practise throwing skills in a circuit.</p> <p>To play a game fairly and in a sporting manner</p>	<p>To learn how to hold a bat appropriately.</p> <p>To position the body to strike a ball.</p> <p>To develop catching skills.</p> <p>To learn skills for playing striking and fielding games.</p> <p>To use fielding skills to play a game.</p>	<p>To run with agility and confidence.</p> <p>To learn the best jumping techniques for distance.</p> <p>To throw different objects in a variety of ways.</p> <p>To hurdle an obstacle and maintain effective running style.</p> <p>To run for distance.</p> <p>To complete an obstacle course with control and agility.</p>

	gymnastic actions to make a sequence.	To work to music, creating movements that show rhythm and control.					
3	<p>To explore jumping techniques and link them with other gymnastic actions.</p> <p>To explore jumping techniques and to link them with other gymnastic actions.</p> <p>To select and adapt gymnastics actions to meet the task.</p> <p>To work with a partner or a small group to create a sequence that develops jumping skills.</p> <p>To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music.</p>	<p>To explore dance movements and create patterns of movement.</p> <p>To work with a partner to create dance patterns.</p> <p>To perform a dance with rhythm and expression.</p> <p>To use knowledge of dance to create a story in small groups.</p> <p>To develop precision of movement.</p> <p>To work co-operatively with a group to create a dance piece.</p> <p>To perform in front of others with confidence.</p>	<p>Swimming</p> <p>To develop basic pool safety skills and confidence in water.</p> <p>To develop travel in vertical or horizontal position and introduce floats.</p> <p>To develop push and glides, any kick action on front and back with or without support aids.</p> <p>To develop entry and exit, travel further, float and submerge.</p> <p>To develop balance, link activities and travel further on whole stroke.</p> <p>To show breath control.</p> <p>Introduction to deeper water.</p> <p>Treading water.</p> <p>To swim front crawl for 25m.</p>	<p>To develop different kicks</p> <p>To develop dribbling skills</p> <p>To be aware of others when playing games.</p> <p>To choose the correct skills to meet a challenge.</p> <p>To perform a range of actions, maintaining control of the ball.</p>		<p>To consolidate and develop a range of skills in striking and fielding.</p> <p>To develop and investigate different ways of throwing and to know when it is appropriate to use them.</p> <p>To consolidate and develop a range of skills in striking and fielding.</p> <p>To practise the correct technique for catching a ball and use it in a game.</p> <p>To consolidate and develop a range of skills in striking and fielding.</p> <p>To practise the correct batting technique and use it in a game situation.</p> <p>To consolidate and develop a range of skills in striking and fielding.</p>	<p>To run in different directions and at different speeds, using a good technique.</p> <p>To improve throwing technique.</p> <p>To reinforce jumping techniques.</p> <p>To understand the relay and passing the baton.</p> <p>To choose and understand appropriate running techniques.</p> <p>To compete in a mini-competition, recording scores.</p>

						<p>To practise the correct technique for fielding and use it in a game situation.</p> <p>To consolidate the throwing, catching and batting skills already learned.</p> <p>To strike the ball for distance</p>	
4	<p>To identify and practise body shapes.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>To construct sequences using balancing and linking movements.</p> <p>To use counterbalances and incorporate them into a sequence of movements.</p> <p>To perform movements in canon and in unison.</p> <p>To perform and evaluate own and others' sequences.</p>	<p>To identify and practise the patterns and actions of chosen dance style.</p> <p>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>To create an individual dance that reflects the chosen dancing style.</p> <p>To create partnered dances that reflect the dancing style and apply the key components of dance.</p> <p>To perform dance using a range of movement patterns.</p>		<p>To keep possession of a ball.</p> <p>To use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation.</p> <p>To use accurate passing and dribbling in a game.</p> <p>To identify and apply ways to move the ball towards an opponent's goal.</p> <p>To learn concepts of attack and defence.</p> <p>To play in a mini competition.</p>	<p>Rounders</p> <p>To develop and investigate different ways of throwing, and to know when each is appropriate. To use ABC (agility, balance, co-ordination) to field a ball well.</p> <p>To use ABC (agility, balance, co-ordination) to move into good positions for catching and apply it in a game situation.</p> <p>To use hand-eye coordination to strike a moving and a stationary ball.</p> <p>To develop fielding skills and understand their</p>	<p>Short tennis</p> <p>To become familiar with balls and short tennis rackets.</p> <p>To get the ball into play.</p> <p>To accurately serve underarm.</p> <p>To build up a rally.</p> <p>To build a rally, focusing on accuracy of strokes.</p> <p>To play a variety of shots in a game situation and to explore when different shots should be played.</p>	<p>To select and maintain a running pace for different distances.</p> <p>To practise throwing with power and accuracy.</p> <p>To throw safely and with understanding.</p> <p>To demonstrate good running technique in a competitive situation.</p> <p>To explore different footwork patterns.</p> <p>To understand which technique is most effective when jumping for distance.</p> <p>To utilise all the skills learned in a competition.</p>

		To perform and evaluate own and others' work.			importance when playing a game. To play in a competitive situation, and to demonstrate sporting behaviour (rounders).		
5	<p>To identify and practise body shapes and balances.</p> <p>To identify and practise symmetrical and asymmetrical body shapes. :</p> <p>To use and refine the following skills: flexibility, strength, balance, power and mental focus.</p> <p>To develop skills for movement, including rolling, bridging and dynamic movement.</p> <p>To use counterbalances and incorporate them into a sequence of movements.</p> <p>To perform movements in canon and in unison.</p>	<p>To identify and practise the patterns and actions of the chosen dance style.</p> <p>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>To create and perform an individual dance that reflects the chosen dance style.</p> <p>To create partnered dances that reflect the chosen dancing style and apply the key components of dance.</p> <p>To create group dances that reflect the dance style.</p> <p>To perform a dance using a range of</p>		<p><u>Netball</u></p> <p>To demonstrate basic passing and receiving skills using a netball.</p> <p>To develop an understanding and knowledge of the basic footwork rule of netball.</p> <p>To use good hand/eye co-ordination to pass and receive a ball successfully.</p> <p>To develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel.</p> <p>To understand the importance of 'getting free' in order to receive a pass.</p>	<p><u>Cricket</u></p> <p>To develop skills in batting and fielding. To choose fielding techniques.</p> <p>To run between the wickets.</p> <p>To run, throw and catch.</p> <p>To develop a safe and effective overarm throw.</p> <p>To learn batting control.</p> <p>To learn the rules for cricket.</p> <p>To use all the skills learned by playing in a mini tournament.</p>	<p><u>Tennis</u></p> <p>To identify and apply techniques for hitting a tennis ball.</p> <p>To develop the techniques for ground strokes and volleys.</p> <p>To develop a backhand technique and use it in a game.</p> <p>To practise techniques for all strokes.</p> <p>To use the scoring system and court for singles tennis.</p> <p>To play a tennis game using an overhead serve and the correct selections of shots.</p> <p>To understand and use doubles scoring in a tennis game.</p>	<p>To use correct technique to run at speed.</p> <p>To develop the ability to run for distance.</p> <p>To throw with accuracy and power.</p> <p>To identify and apply techniques of relay running.</p> <p>To explore different footwork patterns.</p> <p>To understand which technique is most effective when jumping for distance.</p> <p>Learn how to use skills to improve the distance of a pull throw.</p> <p>To demonstrate good techniques in a competitive situation.</p>

	To perform and evaluate own and others' sequences.	movement patterns. To perform and evaluate		<p>To understand how to make space by moving away and coming back and by dodging.</p> <p>To be able to demonstrate a range of defending skills and understand how to mark an opponent.</p> <p>To understand how to intercept a pass.</p> <p>To learn how to shoot.</p> <p>To understand the different positions in a netball team (five-a-side).</p> <p>To recognise which positions are attacking and which are defending.</p>			
6	<p>To identify and practise gymnastic shapes and balances.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>To construct sequences using balancing and linking movements</p>	<p>To identify and practise the patterns and actions in a street dance style.</p> <p>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>To create a dance that represents a street dance style.</p>	<p>Swimming</p> <p>To develop basic pool safety skills and confidence in water.</p> <p>To develop travel in vertical or horizontal position and introduce floats.</p> <p>To develop push and glides, any kick action on front and back with or</p>	<p>Rugby</p> <p>To understand the basic rules of tag rugby.</p> <p>To work as a team, using ball-handling skills.</p> <p>To pass and carry a ball using balance and coordination.</p> <p>To use skills learned to play a game of tag rugby.</p>	<p>Cricket</p> <p>To throw and catch under pressure.</p> <p>To use fielding skills to stop the ball effectively.</p> <p>To learn batting control.</p> <p>To learn the role of backstop.</p> <p>To play in a tournament and work as team, using tactics in</p>	<p>Badminton</p> <p>To demonstrate and use the correct grip of the racket and understand how to get into the ready position.</p> <p>To use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket.</p>	

	<p>To use counterbalances and incorporate them into a sequence of movements.</p> <p>To perform movements in canon and in unison.</p> <p>To perform and evaluate own and others' sequences.</p>	<p>To create a dance as a group, using any street dance moves.</p> <p>To create a dance as a group, using any street dance moves.</p> <p>To perform and analyse own and others' performance.</p>	<p>without support aids.</p> <p>To develop entry and exit, travel further, float and submerge.</p> <p>To develop balance, link activities and travel further on whole stroke.</p> <p>To show breath control.</p> <p>Introduction to deeper water.</p> <p>Treading water.</p> <p>To swim front crawl for 25m.</p>	<p>To apply rules and skills learned to a game.</p> <p>To play in a mini tag rugby competition.</p>	<p>order to beat another team.</p>	<p>Understand how to serve the shuttle in order to start the game.</p> <p>Recognise the difference between the low serve and the high serve.</p> <p>To understand how to use different shots to outwit an opponent in a game.</p> <p>To develop knowledge, understanding and principles within a singles and doubles game, including tactics and strategies used.</p>	
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