

PE

Progression and Skills Document

PE is an essential part of the curriculum. It develops pupils physical competence and confidence and their ability to use these to perform in various activities. It promotes physical skill, physical development and knowledge of the body in action. PE provides opportunities for pupils to be creative, competitive, and to face different challenges as individuals, groups and teams. It engenders positive attitudes towards an active and healthy lifestyle. Pupils learn to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness. Through this process pupils discover their aptitudes, abilities and preferred physical activities.

Key skills Key knowledge	1	2	3	4	5	6
	<p>Invasion games</p> <p>To engage in appropriate competitive games against self and others.</p> <p>Participate in team games developing simple tactics for attacking and defending.</p>	<p>Gymnastics</p> <p>To develop fundamental movement skills and become increasingly competent and confident to access a broad range of opportunities to extend their agility, balance and co-ordination.</p>	<p>Dance</p> <p>To develop fundamental movement skills to perform dances using simple movement patterns.</p>	<p>Athletics</p> <p>To master basic movements including running, jumping and throwing.</p> <p>To begin to apply these in a range of activities individually and with others.</p>	<p>Swimming</p> <p>To begin to develop the ability to swim competently, confidently and proficiently over 25 meters.</p> <p>To use a range of strokes effectively.</p>	<p>Outdoor and Adventurous activity</p> <p>To begin to take part in outdoor and adventurous activity challenges both individually and within a team.</p>
YR R	<p>To be able to kick a large ball.</p> <p>To be able to run skilfully and negotiate space successfully, adjusting speed or</p>	<p>To squat with steadiness to rest or play with an object on the ground.</p> <p>To be able to rise to feet without using hands.</p>	<p>To move freely with pleasure and confidence in a range of ways. E.g. slithering, shuffling, rolling, crawling, walking, running,</p>	<p>To be able to run safely on whole foot.</p>	NA	<p>To begin to participate in outside games within a team and individually.</p> <p>To develop fine and gross motor skills through woodland craft.</p>

	<p>direction to avoid obstacles.</p> <p>To be able to catch a large ball.</p> <p>To negotiate space successfully in racing and chasing games with others.</p> <p>To show increasing control of an object when pushing, patting, throwing, catching or kicking.</p>	<p>To be able to climb confidently and begin to pull themselves up on equipment.</p> <p>To mount stairs, steps or climbing equipment using alternate feet.</p> <p>To be able to stand on one foot.</p> <p>To be able to jump off an object and land appropriately.</p> <p>To travel with confidence and skill around, under and over balancing and climbing equipment.</p>	<p>jumping, sliding, hopping.</p> <p>To be able to experiment with different ways of moving.</p>			
YR 1	<p>To introduce basic skills e.g. throwing and catching, rolling a ball, stopping a ball etc.</p> <p>To experience and engage in modified competitive games against self and others.</p>	<p>To introduce fundamental movement skills eg. Travel.</p> <p>To begin to develop agility, balance and co-ordination.</p> <p>To introduce the safe use of apparatus appropriate for age.</p>	<p>To introduce basic simple movement patterns linked to dance.</p>	<p>To introduce basic movements of running, jumping and throwing.</p> <p>To begin to engage in competition against self and others.</p>	NA	<p>To develop taking part in outside games within a team and individually.</p> <p>To introduce scavenger hunts as a team and individually.</p>
YR 2	<p>To develop basic skills e.g. throwing and catching.</p> <p>To introduce and develop tactics for attacking and defending in a range of increasingly challenging situations.</p>	<p>To master basic fundamental movement skills including balance, agility and co-ordination.</p> <p>To develop the safe use of apparatus appropriate for age.</p>	<p>To perform dances using simple movement patterns.</p>	<p>To master basic movements of running, jumping and throwing and begin to apply these in arrange of activities.</p> <p>To become increasing competent and confident in competitive situations.</p>	<p>To introduce basic strokes.</p>	<p>To confidently take part in outside games within a team and individually.</p> <p>To introduce small scale structure bulding.</p>

<p>Key skills Key knowledge</p>	<p>1 Invasion games</p> <p>To apply and develop skills appropriate to play competitive games, modified where appropriate. Apply basic principles suitable for attacking and defending. Enjoy competing and learn how to recognise their own success.</p>	<p>2 Gymnastics</p> <p>To apply and develop a broad range of skills learning how to use them in different ways by linking them to make actions and sequences of movements. Develop the core components of gym which include: flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvements.</p>	<p>3 Dance</p> <p>To apply and develop a broad range of skills learning how to use them in different ways by linking them to make actions and sequences of movements. To perform dances using a range of movement patterns whilst communicating and collaborating with each other.</p>	<p>4 Net and wall</p> <p>To play competitive games, modified where appropriate. Apply basic principles suitable for attacking and defending. Enjoy competing and learn how to recognise their own success.</p>	<p>5 Striking and fielding</p> <p>To play competitive games, modified where appropriate. Apply basic principles suitable for attacking and defending. Enjoy competing and learn how to recognise their own success. To be able to throw and catch in isolation and in combination.</p>	<p>6 Athletics</p> <p>To be able to run, jump and throw in isolation and combination. To develop strength, technique, control and balance. To compare performances with previous ones and demonstrate improvements to achieve their personal best. Enjoy competing and learn how to recognise their own success.</p>	<p>7 Swimming</p> <p>To be able to swim competently, confidently and proficiently over 25 meters. To use a range of strokes effectively.</p>	<p>8. Outdoor and Adventurous activity</p> <p>To take part in outdoor and adventurous activity challenges both individually and within a team.</p>
<p>YR 3</p>	<p>To develop basic skills linked to invasions games. e.g throwing and catching.</p> <p>To play modified games.</p>	<p>To introduce core components of gym through creating basic sequences using travel, shapes and actions.</p> <p>To complete basic self evaluation.</p> <p>To safely use the apparatus, age appropriately.</p>	<p>To learn a basic range of dance movements.</p> <p>To perform dances using a basic range of movement patterns with support.</p>	<p>To introduce basic skills for net and wall games. e.g. mini red tennis.</p> <p>To play modified games.</p>	<p>To introduce basic skills in isolation. Eg throwing, catching, batting, fielding.</p>	<p>To introduce running, jumping and throwing in isolation.</p> <p>To develop control and balance in track and field events.</p> <p>To understand how to improve athletic performance.</p>	<p>To begin to use a range of strokes.</p>	<p>Introduce rules and boundaries through group and individual activities.</p> <p>Activities based on wildlife and nature. Building bug shelters using motor skills.</p>

<p>YR 4</p>	<p>To master basic skills linked to invasion games.</p> <p>To play competitive modified games.</p> <p>To apply basic principles of attacking and defending.</p>	<p>To develop core components of gym through creating basic sequences using travel, jumps and actions. E.g. handstands cartwheels etc.</p> <p>To complete basic self and peer evaluation.</p> <p>To develop the use of individual skills on apparatus.</p>	<p>To apply a range of dance movements.</p> <p>To perform dances using a range of movement patterns whilst communicating and collaborating with each other.</p>	<p>To develop skills for mini red tennis.</p> <p>To play competitive games of mini red tennis.</p>	<p>To develop basic skills in isolation and combination. Eg throwing and catching, batting and fielding.</p> <p>To play competitive modified games.</p>	<p>To develop running, jumping and throwing in isolation.</p> <p>To develop strength, control and balance in track and field events.</p> <p>To compare athletic performances with previous performance.</p>	<p>To develop a range of strokes.</p>	<p>Building larger shelters/ den building. Gross motor skills. Dead hedging, willow weaving.</p> <p>Knot tying- fine motor skills.</p>
<p>Yr 5</p>	<p>To apply skills linked to invasion games.</p> <p>To play competitive games.</p> <p>To apply basic principles of attacking and defending.</p> <p>To learn how to recognise their own success.</p>	<p>To apply core components of gym and learn how to use them in different ways including springboards, vaults and large matts.</p> <p>To compare performances with previous ones and identify strengths and areas for development.</p>	<p>To apply a range of dance movements and learn how to use them in different ways.</p> <p>To perform and evaluate dances that uses a range of movement patterns.</p>	<p>To continue to develop skills for net and wall games. E.g badminton.</p> <p>To enjoy playing competitive games applying the basic principles of attacking and defending.</p>	<p>To incorporate basic skills into a competitive game and develop basic principles for attacking and defending.</p> <p>To play competitive games.</p>	<p>To combine running, jumping and throwing.</p> <p>To develop strength, technique, control and balance in track and field events.</p> <p>To compare athletic performances and demonstrate improvements to achieve personal best.</p>	<p>To use a range of strokes effectively.</p> <p>To swim confidently over a short distance.</p>	<p>Introduce the use of tools. Develop hand and eye co-ordination and fine motor skills to use tools skilfully to create of items. To be done individually and as part of a team.</p>

		To collaborate with other to use apparatus effectively.						
Yr 6	<p>To master a range of skills linked to invasion games.</p> <p>To enjoy playing competitively in a range of games.</p> <p>To apply principles of attacking and defending in a variety of games.</p> <p>To enjoy competing and learn how to recognise their own success in a range of sports.</p>	<p>To apply and develop a broad range of skills and learn how to use them in different ways including floor work and equipment.</p> <p>To compare performances with previous ones and identify strengths and areas for development. Then demonstrate improvement.</p> <p>To combine individual and group work over a arrange of apparatus.</p>	<p>To apply a large range of dance movements and learn how to use them in different ways by linking them to make actions and sequences of movements.</p> <p>To perform and evaluate dances that uses a large range of movement patterns.</p>	<p>To master skills for net and wall games. e.g tennis or badminton.</p> <p>To enjoy playing competitive games applying the principles of attacking and defending.</p> <p>To recognise their own success.</p>	<p>To master skills associated with striking and fielding.</p> <p>To use knowledge of attacking and defending to develop tactics to play competitive games.</p>	<p>To master running, jumping and throwing in isolation and combination.</p> <p>To master strength, technique, control and balance in track and field events.</p> <p>To compare athletic performances and demonstrate improvements to achieve personal best. To enjoy competing and learn how to recognise their own success.</p>	<p>To be able to swim competently and proficiently over 25 meters.</p>	<p>To apply knowledge from previous years to independently develop their own skills.</p>