



# Progression of Skills PE



Big idea	Aspect	Reception	Year 1	Year 2		Year 3	Year 4	Year 5	Year 6
Master Basic Movements	Walking, Running and Dodging	<b>Locomotion: Running</b> Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game	<b>Locomotion: Running</b> Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a competitive game	<b>Locomotion: Dodging</b> Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams	Develop flexibility, strength, technique, control and balance				
	Jumping	<b>Locomotion: Jumping</b> Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping	<b>Locomotion: Jumping</b> Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game	<b>Locomotion: Jumping</b> Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations		<b>Athletics</b> Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump	<b>Athletics</b> Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Javelin Standing triple jump	<b>Athletics</b> Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the hurdles	<b>Athletics</b> Running for speed competition Running for distance competition Throwing competition Jumping competition
	Health, Wellbeing Fitness		<b>Health &amp; Wellbeing</b> Introduce and explore agility Introduce and explore balance Introduce and explore coordination: Bouncing, rolling and throwing	<b>Health &amp; Wellbeing</b> Consolidate agility Consolidate balancing: Explore balancing on apparatus Introduce and explore coordination: Dribbling and kicking		<b>Health, Wellbeing &amp; Mindfulness</b> Exploring warm ups Continuous training Interval training	<b>Health, Wellbeing &amp; Mindfulness</b> Mental well being Mindfulness Leadership Exploring cool downs	<b>Health Related Exercise</b> Cardio Fitness 1 Flexibility Strength Cardio Fitness 2	<b>Health Related Exercise</b> Cardio Fitness 1 Flexibility Strength Cardio Fitness 2
	Gymnastics	<b>High, Low, Over, Under</b> Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus	<b>Wide, Narrow, Curled</b> Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together	<b>Linking</b> Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and performance		<b>Symmetry &amp; Asymmetry</b> Introduction to symmetry Application of learning onto apparatus Sequence formation Sequence completion	<b>Bridges</b> Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion	<b>Counter Balance &amp; Counter Tension</b> Introduction to counterbalance Application of counterbalance learning onto apparatus Sequence formation Counter Tension	<b>Matching &amp; Mirroring</b> Introduction to matching/mirroring Application of matching/mirroring learning onto apparatus Sequence development
	<b>Moving (Gymnastics)</b> Explore moving and making shapes using different body parts Explore moving in different directions Explore big and small ways of moving and making shapes Moving in pairs Creating shapes in pairs	<b>Body parts</b> Introduction to big/small body parts Combining big and small with wide, narrow and curled Transition between wide narrow and curled using big and small body parts Adding (linking) movements together	<b>Pathways</b> Explore/develop zig-zag pathways/on apparatus Explore/develop curved pathways/on apparatus Creation of pathway sequences and performance						
Team Games	Understand Games	<b>Games for Understanding</b> Taking turns/keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring Applying attacking and defending into a game	<b>Games for Understanding</b> Understanding the principles of attack/defence Applying attacking/ defending principles into a game Consolidate attacking/defending	<b>Games for Understanding</b> Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/defensive tactics	Play Competitive Games				
			<b>Introducing teamwork</b> Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork	<b>Introducing teamwork</b> Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork		<b>Communication &amp; Tactics</b> Creating and applying Simple tactics Developing leadership Developing communication as a team / collaborate effectively as a team Create defending and attacking tactics as a team	<b>Problem Solving</b> Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges	<b>Orienteering</b> Face orienteering Cone orienteering Point and return Point to point Timed course Orienteering competition	<b>Orienteering</b> Face orienteering Cone orienteering Point and return Point to point Timed course Orienteering competition
	Hands	<b>Ball Skills Hands</b> Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing	<b>Ball Skills Hands</b> Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills	<b>Ball Skills Hands</b> Develop dribbling/passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing and receiving to score a point		<b>Basketball</b> Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting	<b>Basketball</b> Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities Introduce marking	<b>Basketball</b> Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities Introduce marking	<b>Basketball</b> Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities Introduce marking
				<b>Netball</b> Introduce passing, receiving and creating space Develop/combine passing and moving Combine/develop passing and shooting	<b>Netball</b> Refine passing and receiving Develop passing and dribbling creating space Develop passing, moving and shooting Refine passing and shooting Develop footwork	<b>Netball</b> Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending	<b>Netball</b> Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations		



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						Explore the function of other passing styles			
						<p><b>Dodgeball</b> Developing changing direction Introduce throwing with accuracy Introduce catching Develop moving, changing direction at speed Combine throwing and dodging</p>	<p><b>Dodgeball</b> Introduce jumping and ducking Develop throwing with accuracy and power over an increased distance Develop catching Consolidate dodging, jumping and ducking into games Combine dodging, catching and throwing</p>	<p><b>Dodgeball</b> Introduce blocking Consolidate catching Understand where we throw and why we need to throw with accuracy and power Explore basic attacking and defending tactics</p>	<p><b>Dodgeball</b> Consolidate/understanding attacking and defending tactics Transition between attack and defence Applying the rules: Officiating games Managing tactics and officiate games</p>
<b>Feet</b>	Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent	<b>Ball Skills Feet</b> Understanding the principles of attack/defence Applying attacking/ defending principles into a game Consolidate attacking/defending	<b>Ball Skills Feet</b> Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/defensive tactics			<p><b>Football</b> Introduce/develop dribbling keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling</p>	<p><b>Football</b> Refine dribbling Turning Refine passing and receiving Develop passing and dribbling creating space Introduce shooting</p>	<p><b>Football</b> Refine dribbling and passing to maintain possession Introduce and develop defending Develop shooting Refine attacking skills, passing, dribbling and shooting, introduce officiating</p>	<p><b>Football</b> Consolidate keeping possession, develop officiating Consolidate defending Organise formations and manage teams Organise formations, decide tactics, manage teams and officiate games</p>
						<p><b>Tag Rugby</b> Introduce moving with the ball, passing and receiving Introduce tagging Create space when attacking Develop passing and moving Combine passing/moving to create attacking opportunities</p>	<p><b>Tag Rugby</b> Develop passing, moving and creating space Apply learning to 3v3 mini games Develop defending in game situations Combine passing and moving to create an attack and score</p>	<p><b>Tag Rugby</b> Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Develop officiating</p>	<p><b>Tag Rugby</b> Consolidate passing and moving Consolidate defending Create, understand and apply attacking/defending tactics in game situations Consolidate attacking and defending in mini games</p>
<b>Strike</b>						<p><b>Hockey</b> Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting</p>	<p><b>Hockey</b> Refine dribbling and passing Develop shooting; combine passing and dribbling to create shooting opportunities Develop passing and dribbling creating space for attacking opportunities Introduce defending; blocking and tackling</p>	<p><b>Hockey</b> Develop defending; block and tackling Recap and refine dribbling and passing to create attacking opportunities Refine attacking skills, passing dribbling and shooting Refine defending skills developing transition from defence to attack</p>	<p><b>Hockey</b> Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations</p>
						<p><b>Cricket</b> Understand the concept of batting and fielding Introduce throwing overarm Introduce throwing underarm Introduce catching Striking with intent</p>	<p><b>Cricket</b> Develop an understanding of batting and fielding Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angles and speeds</p>	<p><b>Cricket</b> Refine batting, understand and develop batting and bowling tactics Refine fielding stooping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring</p>	<p><b>Cricket</b> Consolidate batting/ fielding/bowling Create, understand and apply attacking/defensive tactics in game</p>
						<p><b>Rounders</b> Introduce to rounders Introduce overarm throwing Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game</p>	<p><b>Rounders</b> Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics</p>	<p><b>Rounders</b> Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games</p>	<p><b>Rounders</b> Introduction to full rounders Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations</p>
						<p><b>Tennis</b> Introduction tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game introduce rackets Introduce the forehand</p>	<p><b>Tennis</b> Developing the forehand Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point</p>	<p><b>Tennis</b> Introduce/develop the volley Controlling the game from the serve Doubles, understanding and applying tactics to win a pint</p>	<p><b>Tennis</b> Game application Game application, mixed ability doubles, round robin games</p>
<b>Dance</b>	<b>Nursery Rhymes</b> Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements	<b>The Zoo</b> Exploring expression Developing our movements, adding movements together Responding to a rhythm: Introducing partner work Creating an animal sequence motifs Exploring relationships within our motifs	<b>Exploring</b> Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequences, relationships and performance	<b>Perform dances using a range of movements</b>	<b>Wild Animals</b> Responding to stimuli Developing character dance into a motif Developing sequences with a partner in character that show relationships Extending sequences with a partner in character	<b>Cats</b> Responding to stimuli working together Extending sequences with a partner in character Exploring two contrasting Relationships and interlinking dance moves	<b>Greeks</b> Exploring the Greeks using compositional principles Extending sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive	<b>Carnival</b> Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture Chorographical elements including still imagery	



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### **Ourselves**

Moving in sequence  
Responding in movement to words and music  
Moving with props and contrasting tempos  
Creating their own movements  
Exploring opposites and creating simple movement sequences

### **Growing**

Responding to rhythm  
Developing the growing plant 'dance'  
Introduction to motifs  
Creating motifs  
Creating movement sequences  
Relationships and performance

### **Water**

Responding to stimuli  
Developing whole group movement  
Improvisation and physical descriptions  
Creating contrasting movement sequences  
Sequences, relationships and performance

### **Weather**

Responding to stimuli, extreme weather  
Developing thematic dance into a motif  
Extending dance to create sequences with a partner  
Developing sequences with a partner

### **Space**

Extending sequences with a partner in character  
Developing sequences with a partner in character that show relationships and interlinking dance moves  
Sequences, relationships, choreography and performance

### **The Circus**

Developing character movements linked to 19th Century prejudices  
Creating movements to represent different characters and performers in a 19th Century circus  
Extending our Performance incorporating props and apparatus linked to the variety of performers

### **Titanic**

Creating rhythmic patterns using our body  
Extending our choreography through controlled movements, character emotion and expression  
Explore the relationships between characters applying character emotion and expression  
Performance and reflection