

Physical Education Progression of skill

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	Ball games	Invasion and space	Dance	Small group activity	Tennis	Competitive races
Progression	Be able to throw and catch a large ball – over arm and under arm, roll a ball to an end target, kick a ball with increasing accuracy to an end target, dribble a ball and balance a ball on a racket. ☒	Move in a variety of ways in and out cones and obstacles. For example: Jump with both feet leaving the ground, hop, stop on command, sprint, run, skip without a rope, jump for height, complete a single balance and balance on one foot.	Dance to link in with learning theme and copy a dance pattern moving to a beat. Link 2 dance movements together.	Be able to participate in a game with an opposing side Be able to control a ball within a game setting and use hands to control a ball with increasing accuracy Be able to play a game following a set of rules	Balance a ball on a racket. Perform a variety of coordination skills using a tennis ball. Use arm as a racquet Throw a ball with accuracy at a target	-Be able to participate in a game with an opposing side -Understand who has won and lost. -Understand the word fastest -Improve performance by using teaching points.
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y2	Invasion and space	Dance	Mini play leaders	Tennis	Personal Best	Level 1 competitions based around individual score setting
Progression	Move in a variety of ways; in and out cones and obstacles, jump with both feet leaving the group, hopping, stop on command, sprint, run, skip with/without a rope, jump for height and distance and gallop/side gallop. . ☒	Perform dances using simple movement patterns by using dance to link in with learning theme, copy a dance pattern, move to a beat and link a short series of dance sequences together.	Copy simple games and lead activities for group of 4 children. Begin to adapt these games and design own game using equipment available. Highlight good qualities of a playleader.	Do 5 keepy ups on a racquet Hit a ball against a wall and catch it with racquet Work in pairs hitting and catching ball to one another. Return a ball with a racquet that has been thrown to you.	-Set target using a throw or a jump -Understand how a throw and jump are measured in distance, and what unit of measurement is appropriate for which activity. -Learn and use teaching points to improve performance. -Share good practise with partner to attempt to improve their score. -Beat previous target set, applying practise and technique.	-Be able to participate in a game with an opposing side -Understand who has won and lost. -Show knowledge and understanding of scoring systems for a variety of games including athletics, dodgeball, tag rugby and gymnastics. -Improve performance of team by implementing individual improvement.
Y3	Gymnastics	Circuits	Invasion Games	Tennis	Personal best	Athletics OAA (Residential)

Progression	Perform a basic log, egg, shoulder and forward roll. Performing: Create and perform a short gymnastic sequence linking basic actions with a clear beginning, middle and end. Compare performances to previous ones and demonstrate improvement to achieve their personal best.	Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance.	Participate in team games where they can develop simple tactics for attacking and defending. Succeed and excel (in competitive sport) and other physically demanding indoor and outdoor activities.	Do 10 keepy ups on a racquet. In pairs play rallies where Player A hits and Player B catches then returns. Move towards short rallies where children can hit and throw the ball back. Learn how to grip a forehand and backhand. Play whole class competitive games where children use the above skills including 'round the clock' and 'time bomb'	-Set target using a timed scoring activity (speed bounce, tennis ball clap and catch etc.) -Pick a realistic goal to aim for based on previous performance. -Design short programme for how to improve own personal performance, based on coaching points of skill. -Set homework tasks to practise skill -Aim to match goal then evaluate why you did/ did not achieve this.	-Understand the basic principles of competing in athletics (running faster, jumping and throwing further) -Perform the Long jump and chest push when emphasis on improving performance. -Record scores for above events, then attempt to improve by using coaching points for improvement. -Take part in a variety of OAA activities including rock climbing, shelter building, bush art and archery.
Y4	Circuits	Invasion Games	Personal best	Dance	Racquets Swimming	Athletics
Progression	Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. Adapt activities to make them more suitable for the above fitness criteria e.g. how can you turn this exercise from a balance to a strength activity?	Show that they can bounce a ball on the spot with consistency Participate in team games where they can develop simple tactics for attacking and defending. Succeed and excel (in competitive sport) and other physically demanding indoor and outdoor activities.	Compare performances to previous ones and demonstrate improvement to achieve their personal best a skill of the child's choosing. Set short- and long-term goals for how to improve the skill. Work with a partner to help mentor their own performance and set ideas and targets for this person.	Performing: Create and perform a short dance sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment. Plan and perform a movement sequence showing contrasts in speed/level and direction. Apply basic compositional ideas to create dance phrases with a partner and in a small group.	Use skills learnt in tennis over previous years to apply to new games including badminton and squash. Understand how the forehand and backhand grip is adapted to hit a shuttlecock compared to hitting a tennis ball. Play pairs and doubles competitive adapted games. Put face in water and blow bubbles, fully submerge under water, be able to swim 20metres across the pool without support and swim 10 metres front crawl and back stroke.	-Start to improve performance when focusing on running. -Understand the different styles of running (jogging, running and sprinting) and for which activity each are appropriate for. -Complete races over a variety of distances and understand that some people are naturally more adapted for sprinting whereas some more naturally adapted for long distance.

	Etc.)					
Y5	Play Leaders Swimming	Circuits Swimming	Invasion Games Swimming	Gymnastics/ Dance Swimming OAA (Residential)	Tag Rugby Swimming	Athletics Swimming
Progression	<p>Learn a variety of game and competitive activities for other children to take part in at lunch times.</p> <p>Learn to adapt these games to different equipment and the needs and interests of the children taking part.</p> <p>Learn the characteristics needed to be a good playleader.</p> <p>Fully submerge under water, be able to swim 20metres across the pool without support and swim 10 metres front crawl and back stroke.</p>	<p>Can vary dynamics, speed, direction and level of their movements. Improvise freely, individually and with a partner.</p> <p>Swim 10 metres front crawl and back stroke.</p>	<p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Fully submerge under water, be able to swim 25 metres across the pool without support and swim 15 metres front crawl and back stroke.</p>	<p>Performing: Create and perform a short gymnastic or dance sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment.</p> <p>Perform a range of rolls consistently including a backward roll.</p> <p>Plan and perform a movement sequence.</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team, including: canoeing, rock climbing, gorge walker and orienteering.</p> <p>Swim 25 metres front crawl</p>	<p>Games: Participate in team games where they can develop simple tactics for attacking and defending. Succeed and excel (in competitive sport) and other physically demanding indoor and outdoor activities.</p> <p>Swim 25m front crawl and 1 other stroke (back crawl of breast stroke)</p>	<p>Perform the more complex jump and throw techniques (triple and high jump, javelin throw) with emphasis on improving performance.</p> <p>-Record scores for above events, then attempt to improve by using coaching points for improvement.</p> <p>Perform safe self-rescue in different water-based situations.</p>
Y6	Play Leaders Personal best	Circuits	Level 1 competitions	Athletics	Self-designed activity, peer coaching	Archery
Progression	Learn a variety of game and competitive activities for other	Can vary dynamics, speed, direction and level of their movements. Improvise	Play competitive games, modified where appropriate and apply basic principles suitable	Complete indoor athletics assessments, scoring to the best of your ability using the coaching points and	Games: Participate in team games where they can develop simple tactics for attacking and defending. Succeed and excel	Learn simple techniques for correct holding of the bow, safety instructions, and appropriate force to use when firing the arrow.

	<p>children to take part in at lunch times. Learn to adapt these games to different equipment and the needs and interests of the children taking part. Learn the characteristics needed to be a good playleader. Mentor Play leaders from Year 5 and provide feedback on sessions to improve delivery.</p>	<p>freely, individually and with a partner. Design a circuit session for one of the following: <i>strength, coordination, balance, speed, stamina</i></p>	<p>for attacking and defending. Officiate competitions with a clear understanding of the rules and scoring.</p>	<p>applying practise over the half term. Measure and score other participants and help assist them with improving their own performance. Take part in outdoor and adventurous activity challenges both individually and within a team, including: canoeing, rock climbing, gorge walker and orienteering.</p>	<p>(in competitive sport) and other physically demanding indoor and outdoor activities. Co-ordination: Can travel whilst bouncing a ball, showing control, improvise freely, individually and with a partner, can translate ideas from a stimulus into movement. Using either hand can dribble showing changes of speed and direction.</p>	<p>Take part in group competitions and look to move target further away as accuracy increases.</p>
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