

**PE Skills Progression**

**Year 1 - skills**

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| <p><b><u>Multiskills</u></b><br/>Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> | <p><b><u>Team Games</u></b><br/>Engage in competitive physical activities (both against self and against others)<br/>Developing simple tactics for attacking and defending</p> | <p><b><u>Gym(DC)</u></b><br/>Developing balance, agility and coordination</p> | <p><b><u>Strike &amp; Field (Rounders)</u></b><br/>Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> | <p><b><u>Racket skills</u></b><br/>Engage in cooperative physical activities</p> | <p><b><u>Invasion Games</u></b><br/>Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> | <p><b><u>Dance</u></b><br/>Skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, speed, tension</p> | <p><b><u>Athletics.</u></b><br/>Skills of running, throwing, jumping, direction, control, accuracy<br/>Master basic</p> |
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**Year 2**

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| <p><b><u>Multiskills</u></b><br/>Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> | <p><b><u>Team Games</u></b><br/>Engage in competitive physical activities (both against self and against others)<br/>Developing simple tactics for attacking and defending</p> | <p><b><u>Gym(DC)</u></b><br/>Developing balance, agility and coordination</p> | <p><b><u>Strike &amp; Field (Rounders)</u></b><br/>Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> | <p><b><u>Racket skills</u></b><br/>Engage in cooperative physical activities</p> | <p><b><u>Invasion Games</u></b><br/>Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> | <p><b><u>Dance</u></b><br/>Skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, contrasts of speed, continuity of actions</p> | <p><b><u>Athletics</u></b><br/>Skills of running, throwing, jumping, direction, control, accuracy</p> |
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## Year 3 - Skills

| <b><u>Basketball</u></b>  | <b><u>Gym(DC)</u></b>  | <b><u>Strike &amp; Field</u></b>  | <b><u>Racket skills</u></b>   | <b><u>Invasion Games</u></b>  | <b><u>Dance</u></b>   | <b><u>OAA</u></b>   | <b><u>Athletics</u></b>  |
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| Use running, jumping, throwing and catching in isolation and in combination | Develop flexibility, strength, technique, control and balance<br>Learn how to use (skills) them in different ways and to link them to make actions and sequences of movement | Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space | Learn how to use (skills) them in different ways and to link them to make actions and sequences of movement<br>Compare their performances with previous ones and demonstrate Improvement to achieve their personal best | <b>Skills</b> , send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space | Skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, contrasts of speed, continuity of actions<br>Perform dances using a range of movement patterns | Improve skills of principles of safety in the outdoors, planning and recording in different activities, problem solving.<br>Be able to follow a map in a familiar context, use clues to follow a route and follow a route safely. | Improve skills of running, throwing, jumping; refine basic technique by emphasis on accuracy, time, measurement, length, distance. |

## Year 4 - Skills

| <b><u>Hockey</u></b>   | <b><u>Handball</u></b>  | <b><u>Gym(DC)</u></b>  | <b><u>Strike &amp; Field</u></b>  | <b><u>Racket skills</u></b>   | <b><u>Invasion Games</u></b>  | <b><u>Dance</u></b>   | <b><u>OAA</u></b>   | <b><u>Athletics</u></b>   |
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| communicating, collaborating with each other within a team, competing with each other<br>Apply basic principles suitable for attacking and defending | Use running, jumping, throwing and catching in isolation and in combination | Develop flexibility, strength, technique, control and balance<br>Learn how to use (skills) them in different ways and to link them to make actions and sequences of movement | Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space | Learn how to use (skills) them in different ways and to link them to make actions and sequences of movement<br>Compare their performances with previous ones and demonstrate Improvement to achieve their personal best | travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space with introduction of handball | Skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, contrasts of speed, continuity of actions<br>Perform dances using a range of movement patterns | Improve skills of principles of safety in the outdoors, planning and recording in different activities, problem solving. Be able to follow a map in a (more demanding) familiar context. Be able to follow a route within a time limit. | Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance |

## Year 5

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| <p><b><u>Tag Rugby</u></b><br/>         Become more competent, confident and expert in their techniques and apply them across different sports and physical activities<br/>         Develop their technique and improve their performance in other competitive sports<br/>         Use a range of tactics and strategies to overcome opponents in direct competition</p> | <p><b><u>Handball /Netball</u></b><br/>         Become more competent, confident and expert in their techniques and apply them across different sports and physical activities<br/>         Develop their technique and improve their performance in other competitive sports</p> | <p><b><u>Cross country</u></b><br/>         Use a range of tactics and strategies to overcome opponents in direct competition.<br/>         Pupils demonstrate stamina.</p> | <p><b><u>Strike &amp; Field</u></b><br/>         Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> | <p><b><u>Gym DC</u></b><br/>         Pupils make complex extended sequences by combining action, balance and shape.<br/>         Pupils perform consistently to different audiences.</p> | <p><b><u>Invasion Games</u></b><br/>         Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> | <p><b><u>Dance</u></b><br/>         Improve skills of Travelling, jumping, turning, stillness, changing size/shape/level/ direction; using body parts/actions/variations in speed/continuity and stepping patterns; compose, practise, adapt, refine actions; perform with part/whole body control; explore and select actions which can be developed within dances, practiced and repeated<br/>         Perform dances using advanced dance techniques in a range of dance styles and forms</p> | <p><b><u>Athletics</u></b><br/>         Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance, speed<br/>         Use a range of tactics and strategies to overcome opponents in direct competition</p> | <p><b><u>Yoga</u></b><br/>         Understand and apply the long-term health benefits of physical activity</p> |
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## Year 6

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| <p><b><u>Football/<br/>Basketball</u></b><br/>Pupils play to agreed rules. They can explain rules. Pupils make a team and communicate a plan. Pupils can lead others in a game situation. Use a range of tactics and strategies to overcome opponents in direct competition</p> | <p><b><u>Cross<br/>Country/<br/>Circuit<br/>training</u></b><br/>Use a range of tactics and strategies to overcome opponents in direct competition. Pupils demonstrate stamina.</p> | <p><b><u>Hockey</u></b><br/>communicating, collaborating with each other within a team to succeed, competing with each other. Apply more complex principles suitable for attacking and defending. Be able to pass and receive the ball at distance.</p> | <p><b><u>Strike &amp;<br/>Field</u></b><br/>Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> | <p><b><u>Gym (DC)</u></b><br/>Pupils make complex extended sequences by combining action, balance and shape. Pupils perform consistently to different audiences. Pupils link sequences to specific timings.</p> | <p><b><u>Invasion<br/>Games</u></b><br/>Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> | <p><b><u>Dance</u></b><br/>Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/ direction; using complex body actions/control of body parts/stepping patterns; compose, practise, adapt, refine actions; perform with part/whole body control; explore and select actions (include variations in speed/continuity/tension) which can be developed within dances, practices and repeated</p> | <p><b><u>Athletics</u></b><br/>Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, power, length, distance, speed<br/>Use a range of tactics and strategies to overcome opponents in direct competition</p> |  |
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