#### **Physical Education Progression of Skills**



Physical
<b>Education</b>
Curriculum
Intent

It is our aim at South Avenue Primary School to offer opportunities to our children that provide a variety of physical activity, school sport and physical education. Through continued professional development for school staff, we ensure that our children are provided with an improved, skill-based curriculum which supports the developmental needs throughout both key stages. In turn, we highlight the importance of a healthy, balanced lifestyle through cross curricular links in PSHE and Science. As a school we recognise the benefits of PE and how they provide support for not only the physical domain but also the social and emotional developmental needs. Through supporting the whole child, it is key that our sports clubs and competition cater for all abilities. When combining all of these attributes we hope that every child strives to succeed and has a positive and enjoyable experience in PE.

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EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Experiment with	Balance on lines	Balance on low	Balancing on	Balancing	In combination	Balance
different ways of	with control and	apparatus with	various body parts	confidently using	with different skills	equipment on
balancing	use equipment to	good control	while moving	various equipment	can balance	various body parts
	balance on various			and body parts	equipment while	whilst moving or
Experiment with	parts of body	Changing direction	Agility focus -		moving and co-	co-ordinating
different ways of		quickly with good	changing direction	Agility focus -	ordinating another	another body
moving (agility)	Changing direction	balance and	at speed	changing direction	body action	actions accurately
	quickly with some	control (agility)		at speed with good		
Experiment with	control (agility)		Co-ordinate body	technique	Agility focus –	Agility focus – can
different ways of		Co-ordinating	to perform a		change direction	change direction
throwing a moving	Co-ordinating	body whilst	combination of	Co-ordinate body	quickly and	at speed with
a ball with	body whilst	beginning to move	movements	efficiently to	efficiently with	balance and
different body	beginning to move	at different speeds		perform	equipment	control whilst
parts (co-	with equipment	with various	Complete a variety	combination of		using various
ordination)		equipment	of fitness test	movements or	Co-ordinate using	equipment
	Co-operate,		successfully and	actions	both sides of the	
Working with	compete and	Compete	get a personal		body	Co-ordinate using
friends in a team –	challenge	challenges in a	best	Complete a variety		both sides of the
taking turns	themselves as a	team in various		of fitness tests		body with fluency



		T		T	T		
	Continue to develop their ball-skills	team in various	running/obstacle		confidently and	Test and measure	to perform
	buil skiiis	games	games and		achieve a number	balance agility and	combination of
	Show a preference for a		working together		of personal bests	coordination	movements or
	dominant hand.		to improve team			confidently and	actions
			performance			accurately.	
	Develop the overall body						Complete each
	strength, co-ordination, balance and agility					Can compare their	test with fluency
	needed to engage					performances with	and accurately
	successfully with future physical education					previous ones and	measure and
	sessions and other					a strive to achieve	record
	physical disciplines					a personal best	
	including dance, gymnastics, sport					•	Evaluate previous
	gyiiiiastics, sport						performance
	Develop confidence,						levels and
	competence, precision						demonstrate
	and accuracy when engaging in activities that						improvements to
	involve a ball.						achieve their
							personal best
	(Taught through	Throwing and	Throw and catch	Move to catch a	Move with balance	Move to hit a ball	Move in a variety
	intro of first P.E.	catching a small	from one hand to	ball	and control to	with some control	of directions when
	unit)	ball with control	the other and	Dan	catch a ball	Hit/ bounce a ball	hitting a ball
	Throw and catch	and bounce catch	bounce catch into	Control a ball on	caterra ban	with control when	Hit/bounce ball to
<b>Tennis</b>	to self with a soft	to self and partner	a target with a	racket when	Hit/bounce ball on	moving	a partner with
<b>=</b>	ball and attempt	to sell and partile	partner	moving Hit ball	racket when	Inoving	control
<b>6</b>	to bounce catch to	Balance a ball on	partifer	across the floor	moving	Moving into	Control
<b>—</b>	self	racket	Balance a ball on	with forehand	Intoving	position to hit a	Move to hit a ball
	Sell	Tacket			Hit ball in forehand	ball with forehand	
	Dalamaa an ahis-st	Dodint	racket with control	position			in game in
	Balance an object	Racket	Darlint	I lika ka la ka li a sa sa sa	position with drop	in skills practice	forehand position
	e.g. beanbag on	familiarisation-	Racket	Hit the ball across	feed	and game	
	racket	moving ball with	familiarisation-	the floor using			
			moving ball with	back hand position			



	land eye co-	racket in forehand	racket in forehand		Hit a ball in	Moving into	Move into position
0	ordination passing	position	and backhand	Hit a ball into a	backhand position	position to hit a	to hit a ball with
b	pall to a partner		position whilst	target (with one	with a drop feed	ball with backhand	backhand.
		Racket	moving	bounce)	Hit a ball into a	in skill practice and	
N	Move on the floor	Familiarisation –			target from a	game	Begin to choose
b	oall with hand in a	moving a ball in	Racket		variety of distances		which shot it best
V	ariety of ways	backhand position	Familiarisation –		with no bounce	Serve diagonally	in a game.
			moving a ball in			with	
P	Push the ball with	Tap up tennis to	backhand position			underarm/overarm	Serve diagonally
th	hrow down strips	self-keeping	whilst moving			throwing into	under/overarm in
to	o develop hand	control				target/game.	a game of mini
e	eye co-ordination		Tap up tennis with				tennis
			a partner to keep			Begin to use with	
	how a preference for a ominant hand.		control of the ball			racket to serve into	
do	ominant nand.					a target.	
Fu	urther develop and						
re	efine a range of ball skills						
	ncluding: throwing, atching, kicking, passing,						
	atting, and aiming.						
	evelop confidence,						
	ompetence, precision nd accuracy when						
er	ngaging in activities that						
in	nvolve a ball.						



			T	Τ	T - 4 /	T	<u> </u>
	ht through	(Taught through	(Taught through	Begin to perform	Perform 'FAST'	React quickly and	Accelerate quickly
	of first P.E.	indoor athletics)	indoor athletics)	'FAST' technique	technique	accelerate over	with speed and
unit)					confidently when	short distances	control in
				Throw a	sprinting Throw a		movement –
Marci	hing/running			javelin/vortex	javelin/vortex with	Throw a	timed/competitive
for co	-ordination			using correct	height and	javelin/vortex/	races Throw a
Exper	iment with			stance rotating	distance	tennis ball using	javelin/vortex
differ	ent ways of			hips forward		correct stance	/shot put safely
throw	/ing				Perform a hop,	rotating hips	with accuracy and
under	r/overarm			Perform a hop,	step and jump	forward with good	power.
Exper	iment with			step and jump	(standing triple	height and	
differ	ent ways of			(standing triple	jump) In warm ups	distance	Perform a jump
jumpi	ng-			jump) in isolation	develop running		for distance
meas	uring with			and in	for distance	Perform a variety	varying techniques
variou	us objects			combination In	increasing each	of jumps (Long	to improve
Work	ing with			warm ups develop	lesson	jump and triple	performance In an
frienc	ls in a team –			running for		jump) and	competitive game
taking	g turns			distance	Pass a relay baton	measure for	and begin to
					with control with a	distance	hit/place a ball
				Develop relay	partner in adapted		into a space
				change over	games	Develop pace	
				techniques		when running	Develop long
					Run and jump over	longer distance	distance running-
				Run and take off	hurdles with some		learning to pace
				over obstacles at	speed and control	Pass a relay baton	and show good
				some speed		with control and	technique
<b>3</b>						timing in a pairs	
Athletics						change over	Pass a relay baton
							in competitive
<							situations (timed)



	Continue to develop their balancing	Can perform	Can perform	Can perform a	Can perform a	Can perform	Can perform
	balancing	shapes	shapes with a	variety of shapes	variety of shapes	complex shapes	complex shapes
	Go up steps and stairs, or		strong body and	with good control	with good control	with control and	when performing
	climb up apparatus, using	Perform basic	control	Perform a rocket	when performing	some flexibility	
	alternate feet.	space jump		jump with a half	various skills		Sequences and
	Revise and refine the	(rocket jump)	Perform jumps	turn Teddy bear		Perform more	skills with
	fundamental movement		(rocket, star,	roll	Perform a rocket	complex jumps,	flexibility
	skills they have already acquired: • rolling •	Perform a moon	moon jump) with		jump with a ¾ and	tuck, pike and	
	crawling • walking •	rock and a moon	control and a	Perform matching	full turn with	begin leaps Side	Perform more
	jumping • running • hopping • skipping •	roll	strong body	and mirroring	pointed toes Teddy	star roll and T-roll	complex jumps,
	climbing			balances	bear roll with a		tuck, pike and
40		Perform a rocket	Perform a moon		partner/group in	Perform point and	leaps scissor kick
8	Develop the overall body	roll with pointed	rock, moon roll	Perform a bunny	sequence with	patch balances	and cat leap Side
	strength, co-ordination, balance and agility	toes	and forward roll	hop across a mat	pointed toes	Perform a 'squat	star roll, T-roll
<b>9</b>	needed to engage			run and		on and squat off'	(with pointed
<u>~</u>	successfully with future physical education	Perform a bunny	Perform a rocket	onto/across low	Perform matching	on various	toes), backwards
Gymnastics	sessions and other	hop- hands first	roll and extend to	benches and	and mirroring	apparatus	roll
<b>\E</b>	physical disciplines	then feet	a dish/saucer roll	apparatus	balance routines		
<b>5</b>	including dance, gymnastics, sport				on apparatus	To perform a	Perform more
	gymnastics) sport	Perform a basic	Perform a bunny	Hopscotch on		hurdle step on the	complex point and
	Combine different	sequence (roll and	hop – hands flat	throw down feet	Perform a bunny	floor/springboard	patches balances
	movements with ease and fluency.	a jump)	with straight arms		hop onto variety of	Link and sequence	in a sequence on
	and nuency.			Perform a short	apparatus with	actions.	apparatus
	Confidently and safely		Perform a	sequence on mats	control Hopscotch		
	use a range of large and small apparatus indoors		sequence – (roll,		across the floor to	Co-operate,	Perform a 'squat
	and outside, alone and		jump and balance)		develop hurdle	communicate and	on and squat off
	in a group.				step	collaborate with	'apparatus with a
	Develop overall body-				Doutous o shout	others.	run up (with or
	strength, balance, co-				Perform a short		without a spring
	ordination and agility.				sequence on mats		board)
					showing levels,		



					control and		Perform a hurdle
					pointed toes		step on the
							floor/springboard
							and onto low
							apparatus
							Compete in teams
							to win points with
							sequences and a
							vault competitions
	Moving in time to	Listen to the music	Move in time to	Collaborate to	Cooperate to make	Co-operate and	Co-operate,
	happy and sad	and begin to move	the music showing	make a dance	a dance warm up	collaborate to	communicate and
	music	in time to it	some expression	warm up	and take on a	create a warm up	collaborate with
			-	-	leadership role	displaying a variety	group to make up
	Experiment with	Perform basic	Perform dance	Use a stimulus to	·	of movement	a warm up with
	different ways of	dance movements	movements with	create a dance	Respond	patterns	good rhythm and
	moving		control		imaginatively to a	•	timing
	· ·	Perform dance		Dance in unison	stimulus	I can translate	
<b>6</b> 0	Experiment with	movements	Perform dance	with a partner		ideas from a	I can translate
<b>5</b>	actions at	showing some	movements		Dance in unison	stimulus showing	ideas from a
<b>_</b>	different levels	levels	showing a variety	Perform canon	with a	control and fluency	stimulus into
Dance			of levels	with a group	partner/group	•	movement
	Moving around as	Perform basic			, , ,	Dance in unison in	showing
	different	dance travelling	Perform dance	Use some	Performing a range	a group keeping in	expression,
	characters or	movements e.g.	movements	different levels	of movement	time with each	precision, control
	animals to the	stepping, skipping,	showing travelling	and pathways	patterns	other	and fluency
	music	jumping	in different				·
			directions e.g.		Perform canon	Dance in canon	Dance in unison in
	Continue to develop their	Perform simple	sliding, turning,		showing a range of	showing good	a group showing
	movement	dance moves with	gesturing		movement	timing	good timing,
		some control			patterns		<u>.</u>



Skip, hop, stand on one	Remember simple		Perform using a	energy and
leg and hold a pose for	-	Dorform a variety		
a game like musical	dance steps	Perform a variety	variety of levels	strength
statues.	perform with	of levels and	and using the	
	control in time to	pathways in a	space	Dance in canon in
Use large-muscle			Space	
movements to wave flags	the music	dance		a group showing
and streamers				good timing,
				energy and
Increasingly be able to				
use and remember				strength
sequences and patterns				
of movements which				Use levels,
are related to music and				-
rhythm.				travelling and
- Inyumin				space with timing
				and musicality
Revise and refine the				and masicality
fundamental movement				
skills they have already				
acquired: • rolling •				
crawling • walking • jumping • running •				
hopping • skipping •				
climbing				
Cililbing				
Progress towards a more				
fluent style of moving,				
with developing control				
and grace.				
Develop the overall body				
strength, co-ordination,				
balance and agility				
needed to engage				
successfully with future				
physical education				
sessions and other				
physical disciplines				
including dance,				
gymnastics, sport				



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	Combine different						
	movements with ease and fluency.						
	and nuency.						
	Develop overall body-						
	strength, balance, co-						
	ordination and agility.						
	/Tourshat the country	Dallianand	Dell and stan a hall	Dall the healt:th	Dallaha hallth	Danis to	Danitianian in a
	(Taught through	Rolling and	Roll and stop a ball	Roll the ball with	Roll the ball with	Begin to use	Positioning in a
	intro of first P.E.	stopping a ball	with	one hand and stop	one hand and stop	fielding techniques	modified game to
	unit)	with one/two	control/accuracy	the ball	the ball from	with throwing and	field a ball (both
		hands		attempting	different directions	stopping and	throwing and
	Rolling and		Throw underarm		using	scooping up the	stopping it)
	stopping a ball	Throw and catch a	with some	Long barrier		ball	
	sitting down and	ball with some	accuracy and catch	method	Long barrier		Making correct
	standing up	control	a ball		method	Throwing	decisions with the
	Starraing ap	Control	a ban	Throw and catch	method	over/underarm	type of throw to
	Move with	Bowl underarm	Bowl underarm	underarm with	Throw and catch	=	use in modified
						and catching over	
<b>a</b>	different objects in	towards a target	towards a target	both hands (in	under pressure in	various distances	game
<b>Ž</b>	their hands		with control and	isolation)	modified games		
Cricket		Hit a ball off a tee	accuracy			Bowl attempting to	Move body into a
2	Passing an object	using various bats		Bowl at a wicket	Bowl at a wicket	hit the wicket	position to catch
	to another child		Begin to hold the	underarm and	underarm/overarm	using	the ball
		Play a modified	bat in correct	attempt overarm	with accuracy and	under/overarm	
	Pushing a ball	game hitting off a	position and hit a	'	control	,	Bowl
	away from body	tee	ball off a tee	Control with a bat		Hit a moving ball	(over/underarm)
	with hands			(holding it	Hit a drop fed ball	with control and	at a wicket in a
			Play a modified	correctly) hitting a	and/or moving ball	some distance	game against a
	Push ball with		game encouraging	ball off a tee and	with a bat		batter with some
	throw down strips		teamwork when	whilst moving		Communicate and	speed and control
	to develop hand		fielding	_	Play a game	collaborate as	to hit the wicket
	eye co-ordination			Play a modified	communicating as	team to beat an	
				game using	a team	opponent	



elop their		fielding and			In a competitive
		batting skills			game begin to
ace for a					tactically hit/place
ice for a					a ball into a space
					'
					Use a variety of
					tactics to attack
<u>o.</u>					and defend in a
					game of quick
					cricket
•					CHICKEL
. /	<b>/-</b>	0		0	
			· ·		Move into space
unit)   ball skills)	ball skills)		•	_	to receive the ball
			· •	when moving	and control with
		of feet	ball		either foot in a
ferent with the inside of					game
body feet	inside of feet	Pass the ball with	Pass the ball with	inside, front or	
		inside of feet with	inside of feet whist	laces on the foot	Select the correct
kicking Pass the ball	Pass the ball to a	accuracy	on the move		pass for various
n feet   beginning to use	partner with			Dribble the ball	distances in a
inside of feet	accuracy	Dribble the ball	Dribble the ball	using various turns	game situation
		beginning to turn	using inside,	beginning to	
n bag Dribble the ball	Dribble the ball	with some control	outside hook and	accelerate past an	Dribble the ball in
using with the inside of	with the inside of	(inside and	drag back	opponent	a game situation
ot feet	feet keeping the	outside hook)	beginning to		around a defender
	ball close to their	·	accelerate	Show good body	
e	body	Begin to defend		position to defend	Communicate with
		making a standing			team when
	kicking he feet beginning to use inside of feet  Dribble the ball with the inside of	and f ball skills ing, g, passing, ning.  Pough unit)  Ough unit)  Ough ball skills)  Ough unit)  Ough ball skills)  Ough ball skills ough ball with the sole and inside of feet ough ball with the inside of feet with the inside of feet with the inside of feet ough ball with the inside of feet with the inside of feet ough ball wit	batting skills  and f ball skills graphsing, graphsing, graphsing	batting skills    Control a ball   Move body to	batting skills    Control a ball with the inside of feet inside of feet inside of feet inside of feet in ball with the inside of feet inside



away from the rabbit onto a spot (finding a space)  Passing with a partner and counting to 5 and 10  Continue to develop ther ball skills  Further develop and refine a range of ballskills including: throwing, catching kexing, pasting, and aiming.  Competence, precision and accoracy when elegical timely as a soft ball skills)  Throw to self, catching a soft ball safely catching a soft ball safely catching as oft ball safely and partner and counting to 5 and 10  (Taught through first P.E. unit)  Throw to self, catching as oft ball safely catching the ball,  Experiment with form chest – 'W' shape when a spartner'  Tag game—trying to catch theric a ball stakl safe land sald stations and sald station and station as a start sald safely catching as oft ball safel								
Passing with a partner and counting to 5 and 10   Scoring point in a variety of ways in adapted games and playing fairly ball-silis   Substitute that the partner ball ball-silis   Substitute that the partner ball ball-silis   Substitute tha		away from the	Follow my leader –	Tag game– trying	tackle in a 1v1 Kick	Begin to defend	and press in a 2v2	defending in a
Passing with a partner and counting to 5 and 10  Continue to develop their ball-skills  Further develop and refine a range of ball skills including throwing. Develop confidence, competence, precision and acturary when engaging in activities that involve a ball.  (Taught through first P.E. unit)  Throw to self, catching a soft ball (Actor) and play in grain as soft ball (Actor) and play in grain as the soft ball safely and play in grain as the soft ball safely and begin to store and appears and play in grain as the soft ball safely (chest and bounce)  Pass the soft ball Experiment with from chest - 'W'  Pass the soft ball Experiment with a partner and counting to 5 and 10  Scoring point in a variety of ways and begin to use scoring techniques game situations  Scoring using top of fox (laces)-adiming from corners of the goal whilst moving past a goal keeper with some accuracy Inspire others with fair play and beling gracious in victory and defeat  Taught through first P.E. unit)  Pass and receive a netball safely (chest and bounce) and accuracy when enable is a pass  Throw to self, catching a soft ball skills)  Pass the soft ball Experiment with from chest - 'W'  Pass the soft ball from chest - 'W'  Pass the soft ball from chest - 'W'  Pass the soft ball from chest - 'W'  Pass the soft distance to a store that wariety of ways and begin to use scoring the chinques game shitled and playing fairly  Embracing rules  Embracing rules  And playing fairly  Kick a ball whilst moving past a goal keeper with some accuracy Inspire others with fair play and beling gracious in victory and defeat  Communicate with team to develop tactics for attacking and receive anethal safely (chest and bounce) anethal safely (chest and bounce) and shoulder pass)  Pass and receive anethal safely (chest, abounce and shoulder pass)  Perform a stride stop in the precision and control on the move and precision and control on the move		· ·		to catch their			games	-
Passing with a partner and counting to 5 and 10  Continue to develop their ball-skills  Further develop and refine a range of ball skills including: throwing, batting, and aiming.  Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.  Throw to self, catching a soft ball ball balloon  Throw to self, catching a soft ball ball balloon  Pass the soft ball  Experiment with  Pass the soft ball  Experiment with  Experiment with  Pass the soft ball  Experiment with  Experiment with  Pass in a variety of ways in a variety of ways and begin to uses scoring in a variety of ways and begin to uses scoring to use scoring to use scoring to touse scoring to use scoring to touse scoring to use scoring to the said safely of ways and begin to use scoring to the sus scoring to sus escoring to the spass and playing fairly  In work as a team to develop their ball skills in the play and being gracious in victory and defeat  To work as a team to score, shooting from various angles  Communicate with team to develop their ball statics for attacking and defending  To work as a team to scoring in a variety of the goal  In work as a team to develop their ball safely and being gracious in victory and defeat  To work as a team to scoring to the span and preceive and defending  Pass and receive and bounce and shoulder pass)  Pass and receive and bounce and shoulder pass (chest, bounce and shoulder pass)  Pass the soft ball from chest – 'W'  Pass and receive and beneve and stride stop in netball  Perform a stride stop in netball  Perform a stride stop in netball  Perform a stride stop with a pivot communicate with team to develop the team to develop attacking and defending  Pass and receive and beneve and stride stop in netball and team perform to score, shooting from various angles  Communicate with team to develop attacking and the receive and team to score, shooting from various and segin to communicate with team to develop the tea		(finding a space)	their partner	partner	past a goal keeper	tackle or intercept		interceptions,
partner and counting to 5 and 10  Continue to develop their ball-skills  Further develop and refine a range of ball skills plating, eaching, including; throwing, catching, including; throwing and accuracy when engaging in activities that involve a ball.  Throw to self, catching a soft ball safely  Throw to self, catching a soft ball/balloon  Throw to self, catching a soft ball/balloon  Pass the soft ball Experiment with  Experiment with  To work as a team to dovelop and receive and playing fairly to use scoring to the use pass in the use of the goal  To work as a team moving past a goal keeper with some accuracy Inspire others with fair play and being gracious in victory and defeat  Communicate with team to develop to defending  Communicate with team to develop and receive anethall safely (chest and bounce and shoulder pass)  Pass and receive anethall safely (chest, and bounce)  Throw to self, catching a soft ball safely  Pass the soft ball from chest – W' a short distance to  To work as a team moving accuracy Inspire others with fair play and being gracious in victory and defeat  To work as a team to score, shooting from various angles  To work as a team to score, shooting from various angles  To work as a team to score, shooting from various angles  To work as a team to score, shooting from various angles  To work as a team to develop to the saccuracy Inspire others with fair play and being accuracy Inspire accuracy Inspire accuracy Inspire others with fair play and being accuracy Inspire others w						a pass		cover space
counting to 5 and 10  Continue to develop their ball-skills  Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.  Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.  Throw to self, catching a soft ball safely  Throw to self, catching a soft ball/balloon  Throw to self, catching a soft ball/balloon  Pass the soft ball Experiment with from chest - 'W'  Throw to self, catching a soft ball from chest - 'W'  Pass and receive a netball safely chest and bounce pass from a short distance to stop with a pivot  Throw to self, catching a soft ball from chest - 'W'  Throw to self, catching a soft ball from chest - 'W'  Throw to self, catching a soft ball from chest - 'W'  Throw to self, catching a soft ball from chest - 'W'  Throw to self, catching a soft ball safely  Communicate with team to develop tacticis for and accuracy when accuracy lnspire others with fair play and being gracious in victory and defeat  Throw to self, catching a soft ball safely  Catch a ball in an adapted game  Throw to self, catching a soft ball safely  Catch a ball in an adapted game  Perform a stride  Stop in netball  Perform a stride  Stop with a pivot  Throw to self, catching a soft ball safely  Catch a soft ball safely  Catch a soft ball safely  Catch a ball in an adapted game  Perform a stride  Stop with a pivot  Throw to self, catching a soft ball safely  Catching a soft ball safely  Catch a soft ball safely  Catch a soft ball safely  Catch a ball in an adapted game  Perform a stride  Stop with a pivot  Throw to self, catching a soft ball safely  Catching a soft ball safely  Catching a soft ball safely  Catch a soft ball safely  Catching		Passing with a			~		•	
techniques game situations    Continue to develop their ball-skills		•	· ·	of ways and begin	and playing fairly	Kick a ball whilst	_	
Continue to develop their ball-skills  Further develop and refine a range of ball skills including: throwing catching, kicking, passing, batting, and aiming.  Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.  Throw to self, catching a soft ball safely  Catch a soft ball safely  Pass the soft ball Experiment with to more chest — "W"  situations  saccuracy Inspire others with fair play and being gracious in victory and defeat  statcking and defending  succuracy Inspire others with team to develop tactics for attacking and defending  recognise success to help improve individual and team performance  stepping into the pass (chest, pounder and shoulder pass)  safely  Perform a stride stop in netball  Superiment with  situations  succuracy Inspire others with fair play and being gracious in victory and defeat  stop in witch team to develop tactics for attacking and defending  successive to help improve (chest, shoulder earn performance (chest, shoulder pass) (chest, pounce and shoulder pass)  safely  samples  Communicate with team to develop tactics for attacking and defending  recognise success to help improve individual and team performance  stepping into the pass (chest, pounce and shoulder pass)  solution and efeat  stop in stride stop in netball  Perform a stride stop in netball  Perform a stride stop in netball  Perform a stride stop in netball or perform the correct footwork in a since in the pass of the pass of the properties of the pass		counting to 5 and	adapted games	to use scoring		moving past a goal	of the goal	to score, shooting
Continue to develop their ball-skills  Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.  Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.  (Taught through first P.E. unit)  Throw to self, catching a soft ball safely  Catch a soft ball safely  Pass and receive and adapted game  Pass the soft ball  Pass the soft ball  Pass the soft ball  Experiment with  Tontinue to develop their ball skills are refine a range of ball skills and adapted game  Throw to self, catching a soft ball safely  Pass and receive anetball safely (chest, shoulder pass)  Perform a stride stop in netball  Perform a stride stop with a pivot  Throw to self, catching a soft ball safely  Perform a stride stop with a pivot  Throw to self, catching a soft ball safely  Perform a stride stop with a pivot  Throw to self, catching a soft ball safely  Perform a stride stop with a pivot  Throw to self, catching a soft ball safely  Perform a stride stop with a pivot  Throw to self, catching a soft ball safely  Perform a stride stop with a pivot  Throw to self, catching a soft ball safely  Perform a stride stop with a pivot  Throw to self, catching a soft ball safely  Perform a stride stop with a pivot  Throw to self, catching a soft ball safely  Throw to self, catching a soft ball safely  Throw to self, catching a soft ball safely  Throw to self, catching a soft ball skills)  Throw to self, catching a soft ball skills on the move and shoulder pass soft ball shoulder pass soft ball shoulder pass soft ball stop in netball		10		techniques game		keeper with some		from various
Further develop and refine a range of ball skills including: through catching, kicking, passing, batting, and aiming.  Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.  (Taught through first P.E. unit)  Throw to self, Catching a soft ball/balloon  Throw to self, Catching a soft ball/balloon  Pass the soft ball Experiment with  Pass the soft ball from chest – 'W'  Pass and receive and bounce pass from a short distance to stop in netball stop in netball  Perform a stride stop with a pivot  Pass and receive and bounce pass and receive and shoulder pass)  Perform a stride stop with a pivot  Perform the communicate with team to develop tactics for attacking and defending  Pass and receive and bounce pass of the pass and receive stepping into the pass (chest, bounce and shoulder pass)  Receive the ball on the move and perform the correct footwork in a				situations		, ·	Begin to	angles
Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.  Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.  (Taught through first P.E. unit)  Throw to self, catching a soft ball skills)  Catch a soft ball safely  Catch a soft ball safely  Pass the soft ball pass the soft ball Experiment with  Pass the soft ball from chest – 'W'  Purcher develop and refine a range of ball skills and defeat and recognise success to help improve individual and team performance  Pass and receive a netball safely (chest and bounce pass)  Perform a stride stop in netball stop with a pivot  Perform a stride stop with a pivot  Communicate with team to develop tacticis for attacking and receive an attacking and receive and receive stepping into the pass and receive stepping into the pass (chest, bounce and shounce)  Perform a stride stop in netball  Perform a stride stop with a pivot  Perform a stride stop with a pivot  Perform correct footwork in a								
Troine a range of ball skills including: throwing, batting, and aiming.  Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.  Throw to self, catching a soft ball safely  Catch a ball in an adapted game  Perform a stride  Stop in netball stop in netball stop with a pivot  Perform the correct footwork in a		Sun signis				' '		
including: throwing, catching, kicking, passing, batting, and aiming.  Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.  (Taught through first P.E. unit)  Throw to self, catching a soft ball catching a soft ball/balloon  Throw to self, catching a soft ball/balloon  Pass the soft ball from chest – 'W'  Experiment with  Including: throwing, kicking, passing, batting, kicking, passing, batting, and aiming.  Taught through ball skills)  (Taught through ball skills)  (Taught through ball skills)  (Taught through ball skills)  (Taught through ball skills)  (Catch a ball in an adapted game adapted game  Perform a stride stop in netball  Experiment with  Throw to self, catching a soft ball safely chest and bounce pass (chest, bounce and shoulder pass)  Perform a stride stop in netball  Perform a stride stop with a pivot  Throw to self, catching a soft ball skills)  Perform a stride stop with a pivot  Throw to self, catching a soft ball skills)  Catch a soft ball skills ball stelly (chest and bounce pass)  Perform a stride stop in netball  Perform a stride stop with a pivot  Throw to self, catching a soft ball skills)  Catch a soft ball skills ball stelly (chest and bounce pass)  Perform a stride stop with a pivot  Throw to self, catching a soft ball skills)  Catch a soft ball skills ball skills ball skills ball skills ball skills ball stelly (chest and bounce pass)  Perform a stride stop with a pivot  Throw to self, catching a soft ball skills ball skills ball stelly (chest and bounce pass (chest, bounce and shoulder pass)  Receive the ball on the pass (chest, bounce and shoulder pass)  Receive the ball on the pass (chest, bounce and shoulder pass)		Further develop and						
Catching a soft ball catching a soft ball catching a soft ball ball/balloon  Pass the soft ball Experiment with  Catching hat single a soft ball from chest – 'W'  Catching a soft ball Experiment with  Catching a soft ball from chest – 'W'  Catching a soft ball in an adapted game  Catching a soft ball in an adapted game  Perform a stride stop in netball  Perform a stride stop with a pivot  Catching a soft ball from chest – 'W'  Catching a soft ball in an adapted game  Catching a soft ball skills)  Catching a soft ball in an adapted game  Perform a stride stop with a pivot  Catching a soft ball from chest – 'W'  Catching a soft ball in an adapted game  Catchi						and defeat	_	_
Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.  (Taught through first P.E. unit)  Throw to self, catching a soft ball safely catching a soft ball/balloon  Pass the soft ball Pass the soft ball Experiment with  Experiment with  Pass and receive a netball safely (chest and bounce pass)  Catch a ball in an adapted game  Pass and receive a netball safely (chest, shoulder pass)  Receive the ball on the move and perform the stop in netball Perform a stride stop with a pivot  Perform a stride stop with a pivot  Individual and team performance  Perform a variety of passes within a game with precision and control  Perform a stride stop with a pivot  Perform team performance		0,					defending	· ·
Catch a soft ball/balloon   Pass the soft ball Experiment with   Pass the soft ball from chest - 'W'   Pass and receive a shoulder pass from a short distance to   Pass and receive a netball safely (chest and bounce pass from a short distance to   Pass and receive a netball safely (chest and bounce pass)   Pass and receive and stop in netball as fely (chest, shoulder and shoulder pass)   Pass and move (chest, shoulder and stop in netball as fely pass (chest, bounce and shoulder pass)   Pass and receive anetball safely (chest and bounce pass (chest, bounce and shoulder pass)   Pass and receive anetball safely (chest and bounce pass (chest, bounce and shoulder pass)   Pass and receive anetball safely (chest and bounce pass (chest, bounce and shoulder pass)   Pass and receive anetball safely (chest, shoulder and bounce)   Pass and move (chest, shoulder and shoulder pass)   Pass and receive anetball safely (chest and bounce)   Pass and receive anetball as fely (chest and bounce)   Pass and receive anetball as fely (chest and bounce)   Pass and receive anetball as fely (chest and bounce)   Pass and receive anetball as fely (chest and bounce)   Pass and receive anetball as fely (chest and bounce)   Pass and receive anetball as fely (chest and bounce)   Pass and receive anetball as fely (chest and bounce)   Pass and receive anetball as fely (chest and bounce)   Pass and receive anetball as fely (chest and bounce)   Pass and receive anetball as fely (chest and bounce)   Pass and receive anetball as fely (chest and bounce)   Pass and receive anetball as fely (chest and bounce)   Pass an		batting, and aiming.						
Throw to self, catching a soft ball safely  Catch a soft ball safely  Catch a soft ball safely  Catch a soft ball safely  Catching a soft ball/balloon  Pass the soft ball Experiment with  Catch a soft ball from chest – 'W'  Catch a soft distance to  Catch a ball in an adapted game  Catch a ball in an and bounce pass (chest, bounce and shoulder pass)  Receive the ball on the pass (chest, bounce and shoulder pass)  Catch a ball in an an a								team performance
Throw to self, catching a soft ball/balloon  Pass the soft ball Experiment with  Throw characterized a catching a soft ball from chest - 'W'  Pass and receive a netball safely (chest and bounce pass from a short distance to leave a short distance to leave a network in a leave and shoulder pass)  Taught through first P.E. unit)  (Taught through ball skills)  (Catch a ball in an adapted game adapted game)  Perform a stride stop with a pivot  (Chest, shoulder and bounce)  Perform a stride stop with a pivot  Perform a stride stop with a pivot  Perform a stride stop with a pivot  Perform the correct footwork in a		· · · · · · · · · · · · · · · · · · ·						
(Taught through first P.E. unit)  Throw to self, catching a soft ball safely ball/balloon  Pass the soft ball Experiment with  (Taught through first P.E. unit)  (Taught through ball skills)  (Catch a ball in an adapted game safely  (Catch a ball in an adapted game)  (Catch a ball in an adapted g		and accuracy when						
(Taught through first P.E. unit)  Throw to self, catching a soft ball safely   Catch a soft ball ball/balloon  Pass the soft ball Experiment with  (Taught through ball skills)  (Catch a ball in an adapted game  Pass and receive anetball safely (chest, shoulder pass)  (Catch a ball in an adapted game  Perform a stride stop in netball  Perform a stride stop with a pivot  Perform a stride stop with a pivot  Perform a stride stop with a pivot  Perform a variety of passes within a game with precision and control  Perform a stride stop with a pivot  Perform a variety of passes within a game with precision and control  Control								
Throw to self, catching a soft ball/balloon  Pass the soft ball Experiment with  First P.E. unit)  ball skills)  ball skills)  Catch a ball in an adapted game  Description of passes within a game with precision and shoulder pass (chest, and bounce)  Perform a stride stop in netball  Perform a stride stop with a pivot  Perform the correct footwork in a		ilivolve a ball.						
Throw to self, catching a soft ball/balloon  Pass the soft ball Experiment with  First P.E. unit)  ball skills)  ball skills)  Catch a ball in an adapted game  Catch a ball in an adapted game  Description of passes within a game with precision and shoulder pass)  Perform a stride stop in netball  Perform a stride stop in netball  Perform a stride stop with a pivot  Perform the correct footwork in a								
Throw to self, catching a soft ball safely  Pass the soft ball  Experiment with  Throw to self, catch a soft ball safely  Pass the soft ball from chest – 'W'  Throw to self, catch a soft ball safely  Pass the soft ball from chest – 'W'  Throw to self, catch a soft ball safely  Catch a ball in an adapted game  Catch a ball in an adapted game  Perform a stride stop in netball  Perform a stride stop with a pivot  Perform a stride stop with a pivot  Catch a ball in an adapted game  Perform a stride stop in netball  Perform a stride stop with a pivot  Control  Perform correct footwork footwork in a		(Taught through	(Taught through	(Taught through	Pass and receive a	Pass and receive	Pass and move	Perform a variety
Throw to self, catching a soft ball safely  Pass the soft ball Experiment with  Catch a soft ball safely  Catch a ball in an adapted game  Perform a stride stop in netball  Perform a stride stop in netball  Perform a stride stop with a pivot  Catch a soft ball shoulder pass)  Perform a stride stop with a pivot  Perform a stride stop with a pivot  Catch a soft ball shoulder pass)  Perform a stride stop with a pivot  Catch a soft ball shoulder pass)  Perform a stride stop with a pivot  Perform a stride stop with a pivot  Catch a soft ball shoulder pass)  Perform a stride stop with a pivot  Catch a soft ball shoulder pass)  Perform a stride stop with a pivot  Catch a soft ball shoulder pass)  Perform a stride stop with a pivot  Catch a soft ball shoulder pass)		first P.E. unit)	ball skills)	ball skills)	netball safely	stepping into the	(chest, shoulder	of passes within a
Experiment with from chest – 'W' a short distance to stop with a pivot correct footwork in a					(chest and bounce	pass (chest,	and bounce)	game with
Experiment with from chest – 'W' a short distance to stop with a pivot correct footwork in a	<b>E</b>	Throw to self,	Catch a soft ball	Catch a ball in an	pass)	bounce and		precision and
Experiment with from chest – 'W' a short distance to stop with a pivot correct footwork in a	2	catching a soft	safely	adapted game		shoulder pass)	Receive the ball on	control
Experiment with from chest – 'W' a short distance to stop with a pivot correct footwork in a	<u> </u>	ball/balloon			Perform a stride		the move and	
	2		Pass the soft ball	Bounce pass from	stop in netball	Perform a stride	perform the	Perform correct
rolling the ball, shape when a partner (stride stop,)		Experiment with	from chest – 'W'	a short distance to		stop with a pivot	correct footwork	footwork in a
		rolling the ball,	shape when	a partner			(stride stop,)	



						<b>V</b>
throw and catch to	passing and		Perform a jump	Perform a jump		game (stride stop
self and to a	receiving.	Small sided games	stop in netball	top with a pivot	Receive the ball on	with a pivot)
partner (hand eye		(super hero ball)			the move and	
coordination)	Small sided games		Perform a dodge	Perform two	perform the	Perform correct
	(super hero ball)	Small sided games	in netball to get	different dodges	correct footwork	footwork in a
Moving around at	3v3 introducing	3v3 encouraging	into a space	(Drive and the	(jump stop)	game (jump stop
speed and	passing and	chest passes in		dodge)		with a pivot)
changing direction	receiving a ball	game	Marking a player		Perform three	
			keeping on the	Marking a player	different dodges	Perform a variety
Fun games	Play an adapted	Play an adapted	balls of your feet	standing side on	(Drive dodge and	of dodges to move
encouraging	superhero game	super hero netball		sticking to player	double dodge) and	into a space and
throwing and	and introduces	game	Shooting the ball		receive a ball	receive a ball in a
catching different	rules Scoring in a	One team is to	high and bending	Shooting- bend		practice and in a
types of balls	variety of ways	attack and	knees Introduce	knees and place	To defend a player	game situation
Passing with a		attempt to score,	high fives game or	hand under the	and attempt to	
partner and		the opposing team	an adapted game	ball to shoot	intercept a pass	To defend a player
counting to 5 and		is to stop				during a game to
10		(defending) them		Begin to	Flick my wrist to	intercept the ball
		from scoring.		understand the	shoot into a goal	
Continue to develop their ball-skills				positions in a high		Shoot into a goal
Daii-Skiiis		Scoring in a variety		five game	Know where the	and attempt to get
Further develop and		of ways and begin			positions are on a	the rebound if
refine a range of ball skills		to use in a game			netball court	missed
including: throwing, catching, kicking, passing,		situation				
batting, and aiming.						Rotate into
						different positions
Develop confidence, competence, precision						on the court
and accuracy when						
engaging in activities that						
involve a ball.						

## **Physical Education Progression of Skills**



(Ta	aught through	(Taught through	(Taught through	Tag a player in	Tag a player whilst	Tag more than one	Tag a player using
firs	st P.E. unit)	balls skills unit)	balls skills unit)	isolation using the	moving using tag	player using either	either hand when
				tag belts	belts	hand whilst	moving at full
Fol	llow a partner	Play a simple	Play a tag game			moving with tag	speed in a game
to	steal their bib	game of tag	whilst moving at	Move with a ball	Move with control	belts	situation
			speed	in their hand using	in a variety of		
Mo	ove with	Move with control		correct position	directions holding	Choose different	Dodge around a
diff	ferent objects in	with the ball in	Move with the ball	'dirty fingers clean	the ball in the	pathways to move	defender at speed
the	eir hands	their hands at	holding it with	palms'	correct position.	with a ball in hands	with a ball in
		chest height	hands - in 'W'			against a defender	hands avoiding
Pas	ssing an object		shape at chest	Pass the ball	Pass the ball		being tagged
to a	another child	Hand over the	height	backwards and	backwards/	Pass and receive	
		Rugby ball		sideways in	sideways with	the ball in a game	Pass and receive
Mo	oving around in	sideways	Pass the ball	isolation	control whist	situation	the ball when in a
	pace in		sideways- with		moving		pressurised
diff	ferent ways	Attempt to get	smile technique	Move into a space		Use speed and	modified game
		past a defender		to avoid a	Use speed and	space to avoid an	situation
	oring points		Dodge around a	defender through	space to avoid a	active defender In	
	th beanbag	Scoring a try in a	defender in small	dodging	passive defender	a game situation	Play modified
	easure in a	modified drill	area	techniques	Beat a defender at	beat defenders to	competitive games
	nple hoop	using correct			speed to score a	score a try	avoiding
inv	asion game.	technique- stay on	Scoring a try in a	Beat a defender to	try		defenders
		feet using 2 hands	2v2 game in the	score a try			
	ntinue to develop their -skills		end zone				Work as a team in
Sun	Skiiis						a game situation
Show	w a preference for a						to score a try
dom	ninant hand.						
	ther develop and						
	ne a range of ball skills uding: throwing,						

Rugby



	catching, kicking, passing,				
	batting, and aiming.				
	Develop confidence,				
	competence, precision				
	and accuracy when				
	engaging in activities that involve a ball.				
	involve a ball.				
		Dribble the ball	Dribble the ball the	Dribbling the ball	Dribble the ball at
		holding the stick in	ball with control	in different	various speeds-
		correct position		directions keeping	both in isolation
		'	Perform a short	head up	and a game
		Perform a pass at	pass and begin to	'	situation
		a short distance	move into a space	Perform a pass	
Hockey		and receive the	and receive the	with control,	Pass and move
		ball with some	ball with some	accuracy and with	into a space with
2		control	control	movement into a	accuracy, control
				space	and speed (in
		Pass the ball over	Pass the ball over a		isolation/game
		a longer distance	longer distance	Pass the ball over a	situation)
			with accuracy and	variety of distances	,
			power	with some	



Begin to tack		accuracy and	I can start to pass
player safely	Tackle a player	power in a game	the ball over a
	using correct grip	situation	variety of
Can occasion	nally		distances in
score whilst	the Can occasionally I	can begin to	attacking or
ball is station	nary score whilst the	defend against an	defensive
	ball is moving	opponent in a	situations
Embracing ru	ıles   [	game situation	
and playing f			Begin to defend as
	fair play and being	Can hit a moving	an individual and
		ball with some	communicate to
	and defeat	accuracy and	defend as a team
		control into a goal	(marking and
		· ·	tackling)
		Begin to	O,
		communicate with	I can hit a moving
		team to develop	ball into a goal
		tactics for	from different
		attacking and	angles and
		defending	sometimes with
		acremann <sub>6</sub>	different levels of
			power.
			power.
			Communicate with
			team evaluate and
			recognise success
			to help improve
			individual and
			team performance
			team periormanee

#### **Physical Education Progression of Skills**



# Outdoor Adventurous Activities

team

Collaborate with	Collaborate with your peers to achieve a task
your peers to	Different ways can you communicate
achieve a task	Set up your own orienteering course
Different ways can	Work as part of a team
you communicate	Trust your partner when blindfolded?
Work as part of a	

<sup>\*</sup>Physical Development is an Early Learning Goal and is embedded in the EYFS curriculum every day, as well as In the PE curriculum.