



# Progression in P.E



## Skills

Skill	Yr1	Yr2	Yr3	Yr4	Yr5	Yr6	Vocabulary
<b>Invasion Games</b>	<p>Throw underarm, bounce &amp; catch ball by self &amp; with partner</p> <p>Kick/stop a ball using a confident foot while static</p> <p>Run straight and on a curve and sidestep with correct technique</p> <p>Begin to follow some simple rules</p> <p>Strike a ball successfully with a stick</p>	<p>Perform some dribbling skills with hands and feet using space</p> <p>Pass a ball accurately (hands &amp; feet) over longer distances to a team mate</p> <p>Combine stopping, pick up/collect &amp; send a ball accurately to other players</p> <p>Make simple decisions about when /where to move in game to receive a ball</p> <p>Apply a tactic in a 3v1 game. Engage in simple, competitive</p>					<p>Attack, defend, throw, underarm, catch, pass, dribble, roll, bounce, stop, watch, describe, sportsmanship</p>

	<p>Apply a tactic in a 1v1 or 2v2 setting</p> <p>Play a small sided invasion game</p>	<p>and co-operative games.</p>					
<b>Gymnastics</b>	<p>Make body tense, relaxed, curled and stretched, showing some tension.</p> <p>Begin to work on alone/with someone to make a sequence of shapes/travels</p> <p>Climb safely, showing some shapes and balances when climbing.</p>	<p>Make body tense, relaxed, curled and stretched, in a range of movements.</p> <p>Perform a sequence with changes in speed &amp; direction including 3 different actions (sometimes giving advice to others)</p> <p>Be still on single/two + points of contact on floor/apparatus showing tension &amp; control</p>	<p>Use a greater number of own ideas for movement in response to a task.</p> <p>Combine arm actions with skips/leaps/steps/jumps &amp; spins in travel</p> <p>Perform basic core gymnastic skills i.e. roll, balance, travel</p> <p>Know principles of balance and apply them on floor &amp; apparatus</p>	<p>Share ideas and give positive criticism/advice to self &amp; others.</p> <p>Create &amp; perform matching/mirroring sequences explaining how it could be improved</p> <p>Perform at least 3 different rolls (shoulder, forward, back) with some control</p> <p>Link a roll with travel and balance using floor and</p>	<p>Combine own work with that of others, identifying strengths &amp; weaknesses.</p> <p>Include change of speed, direction and shape in movements.</p> <p>Follow a set of 'rules' to produce a sequence, possibly made by peers.</p> <p>Create mirror/matching/cannon ( pair) sequence varying dynamics/levels/direction etc.</p>	<p>Select a suitable routine to perform to different audiences, bearing in mind who the audience is.</p> <p>Transfer sequence above onto suitably arranged apparatus &amp; floor</p> <p>Perform 6-8 part floor sequence as individual, pair &amp; small group</p> <p>Demonstrate 3 paired or group balances in sequence</p>	<p>Control, balance, jump, land, high, low, shape, move, explore, stretch, space, copy, sequence, pike, tuck, star, straddle</p>

	<p>Keep balance travelling in a range of ways along bench, spots, mat etc</p> <p>Roll in stretched/curled positions e.g. 'log' and 'egg rolls'</p> <p>Jump and land safely</p>	<p>Link known shape/travel/roll/jump to a balance using floor &amp; on apparatus</p> <p>Jump/land with control using different body shapes in flight</p>		<p>apparatus with good body control</p>		<p>using various skills/actions</p>	
<b>Netball</b>			<p>Make a series of passes to team mates moving towards a scoring area.</p> <p>Know the correct technique and show some signs of using a chest pass and shoulder pass.</p> <p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p>	<p>Use a chest pass and shoulder pass to support team in scoring.</p> <p>Make decisions regarding which is the best type of pass to use.</p> <p>Begin to use a bounce pass, which only bounces once.</p> <p>Identify space to move into and show a clear target to receive a pass.</p> <p>Mark another player and begin to</p>	<p>Use all three passes (chest, shoulder &amp; bounce) correctly.</p> <p>Use a range of speeds within a game to support a team in scoring.</p> <p>Begin to use square (across the court) &amp; straight (up &amp; down the court) passes to achieve pace.</p> <p>Lose a defender to receive a pass.</p> <p>Defend a player and make some successful interceptions (snatch &amp;</p>	<p>Know which pass is best to use and when in a game.</p> <p>Use a range of square &amp; straight passes to change direction of the ball.</p> <p>Use landing foot to change direction to lose a defender.</p> <p>Draw defender away to create space for self or team.</p> <p>Position body to defend effectively,</p>	<p>Contact, marking, pivot, sideliners, boundaries, umpire, chest pass, shoulder pass, bounce pass, position, offside, goal shooter, goal attack, centre goal, defence, goal keeper</p>

			<p>Change direction easily.</p> <p>Develop simple attack/defensive skills in 3v1, 4v2, 3v3 games</p>	<p>attempt interceptions.</p> <p>Know where positions are allowed on a court.</p> <p>Play competitive 3v3 or 4v4 games</p>	<p>catch) when playing as a team.</p> <p>Play competitive 4v4 matches with basic netball rules.</p> <p>Know consequences of breaking game rules.</p>	<p>making successful interceptions.</p> <p>Apply tactics to outwit opponents successfully.</p> <p>Identify ways to improve their individual and team performance.</p>	
<b>Football</b>			<p>Begin to dribble a ball making small touches</p> <p>Begin to send a football to someone on team.</p> <p>Keep a ball under control.</p> <p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p>	<p>Dribble with small touches into space.</p> <p>Send a football to someone on the team, using different parts of foot.</p> <p>Keep a ball under control when receiving a range of passes from team.</p> <p>Understand where the space is and can move into it.</p> <p>Mark another player and begin to</p>	<p>Dribble making small touches into space with speed.</p> <p>Send a football to someone on the team, using different parts of foot accurately.</p> <p>Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from).</p> <p>See space, and use it effectively.</p>	<p>Dribble making small touches into space with speed, to beat defenders.</p> <p>Make decisions regarding how and when to send a football to someone in team.</p> <p>Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from) when under</p>	<p>Defender, attacker, goal, goalkeeper, corner, goal line, foul, handball, penalty, free kick, pitch, tackle, throw in, referee</p>

			<p>Know basic rules of a small sided game.</p> <p>Play competitive games 2v2</p>	<p>attempt interceptions.</p> <p>Play small sided competitive games.</p>	<p>Lose a defender to receive a pass.</p> <p>Defend a player and make some successful interceptions for team.</p> <p>Play competitive games and successfully include rules.</p>	<p>pressure from a defender.</p> <p>Know how space changes within a game and when and how to move into changing spaces.</p> <p>Draw defender away to create space.</p> <p>Position body to defend effectively, making successful interceptions.</p>	
<b>Hockey</b>			<p>Begin to show how to hold a hockey stick and which side to use.</p> <p>Use a simple push pass to another team mate.</p> <p>Dribble the ball keeping it close to me using the correct side of stick.</p> <p>Show some signs of an approaching a</p>	<p>Sometimes change direction of travel by rotating and turning stick to support this.</p> <p>Use a push pass to make a direct pass.</p> <p>Begin to use a slap pass (bringing stick back and causing more power).</p> <p>Use speed to dribble the ball into space.</p>	<p>Change direction and use the correct side of stick, sometimes using indian dribbling (alternating sides of stick while dribbling) to avoid defenders.</p> <p>Choose between the two passes (push/slap) and explain simply why.</p> <p>Make a direct pass while dribbling.</p> <p>Begin to use stick to mark a player from the</p>	<p>Use speed, changing of direction and indian dribbling to advance towards team's goal.</p> <p>Use a range of passes knowing which one depending on the distance of the pass.</p> <p>Dribble and change direction by making a square pass (across the pitch) or straight pass (up/down the pitch).</p>	<p>Goal, quicksticks, ball pushes, flicks, scoop pass, slap, goal line, hockey stick, hit, umpire, dribble, mouth guard, foul, penalty</p>

			<p>player to tackle and cause pressure.</p> <p>Begin to attempt to score a goal from anywhere.</p> <p>Play small sided competitive games</p>	<p>Maintain defence and keep the pressure until possession is gained.</p> <p>Attempt to score inside a designated scoring area.</p> <p>Play small sided competitive games</p> <p>Follow basic rules of competition</p>	<p>side line causing them difficulty.</p> <p>Successfully score while in the scoring area.</p> <p>Play small sided competitive games</p>	<p>Know when to defend and what defence skills could be used.</p> <p>Seize an opportunity to score, sometimes quite quickly.</p> <p>Play small sided competitive games</p> <p>Pass a moving ball</p>	
<b>Rugby</b>			<p>Move holding a rugby ball with 2 hands</p> <p>Know where to score a try and how to position the ball to score a try</p> <p>Move into spaces to avoid defenders</p> <p>Make a backward pass to team mates, using the direction most comfortable</p>	<p>Move with speed (and change of) with the ball and without</p> <p>Use speed and space to avoid defenders</p> <p>Pass backwards and in both directions and sometimes on the move</p> <p>Tag the person who has the ball, but can mark a player who doesn't have the ball</p>	<p>Be able to evade and tag opponents.</p> <p>Be able to pass and receive a pass at speed.</p> <p>Be able to pass and receive a pass at speed in a game situation.</p> <p>Refine attacking and defending skills.</p> <p>Develop tactics as a team.</p> <p>Apply learned skills in a game of tag rugby.</p> <p>Catch the ball with confidence</p>	<p>Be able to evade and tag opponents.</p> <p>Running at speed, changing direction at speed.</p> <p>Play effectively in attack and defence</p> <p>Score points against opposition, as a team</p> <p>Support player with the ball</p> <p>Play small sided competitive games</p>	<p>Pass, referee touch, try, pop pass, knock on, try line, forward pass</p>

			<p>Know to tag team mates when to defend</p> <p>Play small sided competitive games</p>	<p>Begin to make a high pop pass to avoid a defender</p> <p>Play small sided competitive games</p> <p>Understand basic rules of competition</p>			
<b>Athletics</b>	<p>Use varying speeds when running.</p> <p>Explore footwork patterns.</p> <p>Explore arm mobility.</p> <p>Explore different methods of throwing.</p> <p>Practise short distance running.</p>	<p>Run with agility and confidence.</p> <p>Learn the best jumping techniques for distance.</p> <p>Throw different objects in a variety of ways.</p> <p>Hurdle an obstacle and maintain effective running style.</p> <p>Run for distance.</p> <p>Complete an obstacle course with control and agility.</p>	<p>Run in different directions and at different speeds, using a good technique.</p> <p>Improve throwing technique.</p> <p>Reinforce jumping techniques.</p> <p>Understand the relay and passing the baton.</p> <p>Choose and understand appropriate running techniques.</p>	<p>Select and maintain a running pace for different distances.</p> <p>Practise throwing with power and accuracy.</p> <p>Throw safely and with understanding.</p> <p>Demonstrate good running technique in a competitive situation.</p> <p>Explore different footwork patterns</p> <p>Understand which technique is most effective when</p>	<p>Use correct technique to run at speed.</p> <p>Develop the ability to run for distance.</p> <p>Throw with accuracy and power.</p> <p>Identify and apply techniques of relay running.</p> <p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>Learn how to use skills to improve the distance of a pull throw.</p>	<p>Investigate running styles and changes of speed.</p> <p>Practise throwing with power and accuracy.</p> <p>Throw safely and with understanding.</p> <p>Demonstrate good running technique in a competitive situation.</p> <p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p>	<p>Throwing, distance, hurdle, baton, relay, track, field</p>

			Compete in a mini competition, recording scores.	jumping for distance.  Utilise all the skills learned in this unit in a competitive situation.	Demonstrate good techniques in a competitive situation.	Utilise all the skills learned in this unit in a competitive situation.	
<b>Cricket</b>	<p>Show some different ways of hitting, throwing and striking a ball</p> <p>Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points)</p> <p>Play as a fielder and get the ball back to a STOP ZONE</p> <p>Begin to follow some simple rules (carrying the bat, not</p>	<p>Send a ball off a tee using a bat or a racket</p> <p>Play two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoops</p> <p>Stop moving when the 'bowler' has the ball</p> <p>Play as a fielder and pass the ball back to the bowler to make the runner stop</p> <p>Follow rules for a game (carry the bat, don't overtake, run</p>	<p>Throw and catch under pressure.</p> <p>Use fielding skills to stop the ball effectively.</p> <p>Learn batting control. Learn the role of wicket keeper</p> <p>Play in a tournament and work as team, using tactics in order to beat another team.</p> <p>Play in a tournament and work as team, using tactics in</p>	<p>To develop the range of Cricket skills they can apply in a competitive context</p> <p>To choose and use a range of simple tactics in isolation and in a game context To consolidate existing skills and apply with consistency To develop fielding skills e.g. which stump, where to hit.</p>	<p>To link together a range of skills and use in combination</p> <p>To collaborate as a team to choose, use and adapt rules in games</p> <p>To recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance</p> <p>Play small sided competitive games</p>	<p>To apply with consistency standard cricket rules in a variety of different styles of games</p> <p>To attempt a small range of recognised shots in isolation and in competitive scenarios</p> <p>To use a range of tactics for attacking and defending in role of bowler, batter and fielder</p>	<p>boundary, crease, four, six, innings, no ball, wide, delivery, wicket-keeper, over</p>

	over taking someone)	around the outside of the hula hoops)  Play competitively to score points.	order to beat another team  Know when to use an underarm or overarm throw.				
<b>Rounders</b>			<p>Be able to play simple rounders games</p> <p>Apply some rules to games</p> <p>Develop and use simple rounders skills</p> <p>Use a forehanded batting technique</p> <p>Field the ball back to the post or bowler</p> <p>Bowl accurately</p>	<p>Develop the range of rounders skills that can apply in a competitive context</p> <p>Choose and use a range of simple tactics in isolation and in a game context</p> <p>Identify different positions in rounders and the roles of those positions</p>	<p>Link together a range of skills and use in combination.</p> <p>Collaborate as a team to choose, use and adapt rules in games.</p> <p>Recognise how some aspects of fitness apply to rounders e.g. power, flexibility and cardiovascular endurance</p> <p>Throw and catch under pressure.</p> <p>Use fielding skills to stop the ball effectively.</p> <p>Learn batting control.</p>	<p>Apply consistently rounders rules in conditioned games</p> <p>Play small sided games using standard rounders pitch layout</p> <p>Use a range of tactics for attacking and defending in role of bowler, batter and fielder</p>	<p>Base, pitcher, catcher, fielder, bowler, forehand, pitch</p>

					<p>Learn the role of backstop.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team</p>		
<b>Dance</b>			<p>Perform pair/group dance involving canon &amp; unison, meet &amp; part</p> <p>Respond to music in time &amp; rhythm to show like/unlike actions</p> <p>Respond to music to express a variety of moods &amp; feelings</p>	<p>Respond imaginatively to stimuli related to character/music/story</p> <p>Perform clear &amp; fluent dances that show sensitivity to idea/stimuli</p> <p>Make up dance within a small group</p>	<p>Show/fluency/control in chosen dances in response to stimuli</p> <p>Perform fluent dances with characteristics of different styles/eras</p> <p>Adapt &amp; refine(in pair/group), dances that vary direction, space &amp; rhythm</p>	<p>Create &amp; perform dances in a variety of styles consistently</p> <p>Be aware of &amp; use musical structure, rhythm &amp; mood &amp; can dance accordingly</p> <p>Use appropriate criteria &amp; terminology to evaluate performances</p>	<p>Movement, speed, style, perform, routine, dance, Sequence, unison, cannon, mirroring, direction, compose, transition, timing, phrase, repetition, pace, Motif, stimuli, rhythm, expression, levels, tension,</p>

							extension, pattern, pathways, audience, improvisatio n, interpretatio n
<b>Swimming</b>		<p>To develop basic pool safety skills and confidence in water.</p> <p>To develop travel in vertical or horizontal position and introduce floats.</p> <p>To develop push and glides, any kick action on front and back with or without support aids.</p> <p>To develop entry and exit, travel further, float and submerge.</p> <p>To develop balance, link activities and travel further on whole stroke.</p> <p>To show breath control.</p>	<p>To develop basic pool safety skills and confidence in water.</p> <p>To develop travel in vertical or horizontal position and introduce floats.</p> <p>To develop push and glides, any kick action on front and back with or without support aids.</p> <p>To develop entry and exit, travel further, float and submerge.</p> <p>To develop balance, link activities and travel</p>	<p>To develop basic pool safety skills and confidence in water.</p> <p>To develop travel in vertical or horizontal position and introduce floats.</p> <p>To develop push and glides, any kick action on front and back with or without support aids.</p> <p>To develop entry and exit, travel further, float and submerge.</p> <p>To develop balance, link activities and travel</p>	<p>To develop basic pool safety skills and confidence in water.</p> <p>To develop travel in vertical or horizontal position and introduce floats.</p> <p>To develop push and glides, any kick action on front and back with or without support aids.</p> <p>To develop entry and exit, travel further, float and submerge.</p> <p>To develop balance, link activities and travel further on whole stroke.</p> <p>To show breath control.</p> <p>Introduction to deeper water.</p>	<p>To develop basic pool safety skills and confidence in water.</p> <p>To develop travel in vertical or horizontal position and introduce floats.</p> <p>To develop push and glides, any kick action on front and back with or without support aids.</p> <p>To develop entry and exit, travel further, float and submerge.</p> <p>To develop balance, link activities and travel further on whole stroke.</p> <p>To show breath control.</p>	<p>Breaststroke, front crawl, backstroke, freestyle, float, buoyancy, butterfly, touch pads, stroke, starting block, treading water</p>

		Introduction to deeper water.  Treading water	further on whole stroke.  To show breath control.  Introduction to deeper water.  Treading water	further on whole stroke.  To show breath control.  Introduction to deeper water.  Treading water	Treading water	Introduction to deeper water.  Treading water	
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