



*Imagine, Believe, Achieve*

<i>P.E Progression of Skills</i>						
<i>Reception</i>	<i>Y1</i>	<i>Y2</i>	<i>Y3</i>	<i>Y4</i>	<i>Y5</i>	<i>Y6</i>
<b>Fundamental Movement Skills</b>						
<ul style="list-style-type: none"> <li>To move safely and sensibly in a space with consideration of others. (Introduction to PE)</li> <li>To develop moving safely and stopping with control. (Introduction to PE)</li> <li>To use equipment safely and responsibly. (Introduction to PE)</li> <li>To follow, copy and lead a</li> </ul>	<ul style="list-style-type: none"> <li>To move at different speeds over varying distances. (Athletics)</li> <li>To develop balance. (Athletics)</li> <li>To develop agility and co-ordination. (Athletics)</li> <li>To explore travelling movements. (Gymnastics)</li> </ul>	<ul style="list-style-type: none"> <li>To develop 'ABC,' agility, balance and co-ordination. (Fitness)</li> <li>To develop co-ordination and timing when jumping in a long rope. (Fitness)</li> <li>To develop individual skipping. (Fitness)</li> <li>To take part in a circuit to develop stamina and agility. (Fitness)</li> </ul>				

<p>partner. (Introduction to PE)</p> <ul style="list-style-type: none"> <li>• To develop balancing whilst stationary and on the move. (Fundamentals)</li> <li>• To develop changing direction. (Fundamentals)</li> <li>• To develop hopping and landing with control. (Fundamentals)</li> <li>• To explore different ways to travel. (Fundamentals)</li> <li>• To develop balancing. (Fundamentals)</li> <li>• To develop running and stopping. (Fundamentals)</li> <li>• To develop changing direction. (Fundamentals)</li> <li>• To develop jumping. (Fundamentals)</li> </ul>		<ul style="list-style-type: none"> <li>• To explore exercises that use your own body weight. (Fitness)</li> </ul>				
--	--	---	--	--	--	--

<ul style="list-style-type: none"> <li>• To develop hopping. (Fundamentals)</li> <li>• To explore different ways to travel using equipment. (Fundamentals)</li> </ul>						
<b>Gymnastics</b>						
<ul style="list-style-type: none"> <li>• To copy and create shapes with your body.</li> <li>• To be able to create shapes whilst on apparatus.</li> <li>• To develop balancing and taking weight on different body parts.</li> <li>• To develop jumping and landing safely.</li> <li>• To develop rocking and rolling.</li> <li>• To copy and create short sequences by linking actions together.</li> <li>• To create short sequences using shapes, balances and travelling actions.</li> </ul>	<ul style="list-style-type: none"> <li>• To develop quality when performing and linking shapes.</li> <li>• To develop stability and control when performing balances.</li> <li>• To develop technique and control when performing shape jumps.</li> <li>• To develop technique in the barrel, straight and forward roll.</li> <li>• To link gymnastic actions to create a sequence.</li> </ul>	<ul style="list-style-type: none"> <li>• To perform gymnastic shapes and link them together.</li> <li>• To be able to use shapes to create balances.</li> <li>• To be able to link travelling actions and balances using apparatus.</li> <li>• To demonstrate different shapes, take off and landings when performing jumps.</li> <li>• To develop rolling and sequence building.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to create interesting point and patch balances.</li> <li>• To develop stepping into shape jumps with control.</li> <li>• To develop the straight, barrel, and forward roll.</li> <li>• To be able to transition smoothly into and out of balances.</li> <li>• To create a sequence with matching and contrasting actions and shapes.</li> </ul>	<ul style="list-style-type: none"> <li>• To develop individual and partner balances.</li> <li>• To develop control in performing and landing rotation jumps.</li> <li>• To develop the straight, barrel, forward and straddle roll.</li> <li>• To develop the straight, barrel, forward and straddle roll.</li> <li>• To develop strength in inverted movements.</li> <li>• To be able to create a partner sequence to</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to perform symmetrical and asymmetrical balances.</li> <li>• To develop the straight, forward, straddle and backward roll.</li> <li>• To be able to explore different methods of travelling, linking actions in both canon and synchronisation.</li> <li>• To be able to perform progressions of inverted movements.</li> <li>• To explore matching and</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to develop the straddle, forward and backward roll.</li> <li>• To develop counter balance and counter tension.</li> <li>• To be able to perform inverted movements with control.</li> <li>• To be able to perform the progressions of a headstand and a cartwheel.</li> <li>• To be able to use flight from hands to travel over apparatus.</li> </ul>

<ul style="list-style-type: none"> <li>• To develop balancing and safely using apparatus.</li> <li>• To develop jumping and landing safely from a height.</li> <li>• To develop rocking and rolling.</li> <li>• To explore travelling around, over and through apparatus.</li> <li>• To create sequences using apparatus.</li> </ul>		<ul style="list-style-type: none"> <li>• To develop sequence work on apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>• To create a partner sequence incorporating equipment.</li> </ul>	include apparatus.	<p>mirroring using actions both on the floor and on apparatus.</p> <ul style="list-style-type: none"> <li>• To be able to create a partner sequence using apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to create a group sequence using formations and apparatus.</li> </ul>
--	--	--	---	--------------------	---	---

### Dance

<ul style="list-style-type: none"> <li>• To explore moving into a free space on your own, with a partner and a small group</li> <li>• Explore and identify basic travelling movements whilst moving confidently in the space.</li> <li>• To explore jumping in a space</li> </ul>	<ul style="list-style-type: none"> <li>• Create movements associated with African animals, using simple movements from DDMIX African.</li> <li>• Create motifs to represent animals/creatures, using Safari as a stimulus.</li> <li>• Link movements to motifs to create a dance sequence, using Safari as a stimulus.</li> <li>• Use size of movement and animal qualities/characteristics</li> </ul>	<ul style="list-style-type: none"> <li>• Learn the key movements of the DDMIX Lumberjack hoedown dance, demonstrating clear dynamics.</li> <li>• Link the DDMIX Lumberjack hoedown key movements to form a dance. Perform with a group using changes of</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to identify dynamics in music and apply the appropriate movement.</li> <li>• In response to visual stimuli, create a movement phrase using dynamics.</li> <li>• Combine two phrases to create a dance of two parts</li> </ul>	<ul style="list-style-type: none"> <li>• To learn the key movements of the DDMIX Disco dance, demonstrating clear dynamics.</li> <li>• Explore simple canon using disco movements.</li> <li>• Apply cumulative canon and unison to a disco dance.</li> <li>• Create a disco dance sequence</li> </ul>	<ul style="list-style-type: none"> <li>• Learn the key movements of the DDMIX Line dance, identifying and demonstrating the use of dynamics, formation and unison.</li> <li>• Link the key movements to form the DDMIX Line dance, explore mirroring movements and</li> </ul>	<ul style="list-style-type: none"> <li>• Learn the key movements of the DDMIX Bollywood dance, demonstrating clear dynamics.</li> <li>• Link the key movements to form the DDMIX Bollywood dance. Give constructive feedback on a performance</li> </ul>
---	--	--	---	---	---	--

<ul style="list-style-type: none"> <li>• Create a dance phrase using basic travel and jumping actions.</li> <li>• Explore and understand balance, using visual images</li> <li>• To use travel, jumps and balance to create a simple dance sequence.</li> <li>• Explore different ways to move body parts.</li> <li>• Explore moving different body parts in contrasting ways, in relation to stimuli</li> <li>• Create a simple dance sequence using movements inspired by</li> </ul>	<p>to adapt a dance sequence.</p> <ul style="list-style-type: none"> <li>• In groups, create a beginning and end position to a dance sequence, using Safari as a stimulus</li> <li>• Perform a dance sequence as a class, focusing on linking movements and formation.</li> </ul>	<p>group formation.</p> <ul style="list-style-type: none"> <li>• To work with a partner to create a key movement using the rhythmic pattern of the Lumberjack hoedown dance.</li> <li>• Create a dance sequence by changing the order of movements. Work constructively in a group.</li> <li>• Apply a clear beginning and end to a dance sequence, whilst applying group formation.</li> <li>• Create and adapt dance sequences to form one group dance.</li> </ul>	<p>(binary: AB). Work constructively as part of a group</p> <ul style="list-style-type: none"> <li>• Demonstrate the use of dynamics through a Japanese dance.</li> <li>• Use shape and formation when performing the key movements of a Japanese dance</li> <li>• Create a beginning and an end to the DDMIX Japanese dance.</li> <li>• Work constructively in groups</li> </ul>	<p>inspired by visual stimuli</p> <ul style="list-style-type: none"> <li>• Experiment with different levels, direction and group formations in a disco dance sequence</li> <li>• Perform a disco dance sequence combining given and devised movements.</li> <li>• Perform and evaluate providing constructive feedback.</li> </ul>	<p>dancing in unison.</p> <ul style="list-style-type: none"> <li>• Create a dance phrase that can be combined and linked with a Line dance. Work constructively with a partner and/or small group.</li> <li>• Learn the key movements of the DDMIX Hand jive, demonstrating clear dynamics.</li> <li>• Link the key movements to form the DDMIX Hand jive.</li> <li>• Children create their own hand jive sequence.</li> <li>• Perform a hand jive sequence combining both given and devised movements. Evaluate a performance, providing</li> </ul>	<ul style="list-style-type: none"> <li>• To understand how a dance is formed. Create a motif using pictures as stimuli.</li> <li>• Create a Bollywood dance phrase to tell a story</li> <li>• To link a motif and a phrase to form a dance, adding a clear beginning and end.</li> <li>• Perform a Bollywood dance using both given and devised sequences. Evaluate a performance, providing constructive feedback</li> </ul>
--	---	--	---	--	--	---

<p>specific characteristics.</p> <ul style="list-style-type: none"><li>• Explore gesture using a variety of body parts</li><li>• Use gestures and movement to convey a character.</li><li>• Create a dance sequence, using a character as a stimulus</li></ul>		<ul style="list-style-type: none"><li>• Perform and evaluate dance sequence</li></ul>			<p>constructive feedback.</p>	
--	--	---	--	--	-------------------------------	--

### Competitive Sport Skills

<ul style="list-style-type: none"> <li>• To develop throwing and learn how to keep score. (Games)</li> <li>• To aim when throwing and practise keeping score. (Games)</li> <li>• To follow instructions and move safely when playing tagging games. (Games)</li> <li>• To work co-operatively and learn to take turns. (Games)</li> <li>• To work with others to play team games. (Games)</li> <li>• To explore striking a ball and keeping score. (Games)</li> <li>• To develop rolling a ball to a target. (Ball Skills)</li> <li>• To develop stopping a rolling ball. (Ball Skills)</li> </ul>	<ul style="list-style-type: none"> <li>• To develop control and co-ordination when dribbling a ball with your hands. (Ball Skills)</li> <li>• To explore accuracy when rolling a ball. (Ball Skills)</li> <li>• To explore throwing with accuracy towards a target. (Ball Skills)</li> <li>• To explore catching with two hands. (Ball Skills)</li> <li>• To explore control and co-ordination when dribbling a ball with your feet. (Ball Skills)</li> <li>• To explore tracking a ball that is coming towards me. (Ball Skills)</li> <li>• To develop underarm throwing towards a target. (Target Games)</li> <li>• To develop throwing for</li> </ul>	<ul style="list-style-type: none"> <li>• To develop throwing for distance. (Athletics)</li> <li>• To develop throwing for accuracy. (Athletics)</li> <li>• To track a rolling ball and collect it. (Striking and Fielding)</li> <li>• To develop underarm throwing and catching to field a ball. (Striking and Fielding)</li> </ul>	<ul style="list-style-type: none"> <li>• To develop passing to a teammate. (Football)</li> <li>• To be able to control the ball with different parts of the body. (Football)</li> <li>• To develop changing direction with the ball using an inside and outside hook. (Football)</li> <li>• To begin to throw and catch while on the move. (Handball)</li> </ul>	<ul style="list-style-type: none"> <li>• To develop hitting the ball using a forehand. (Tennis)</li> <li>• To develop returning the ball using a forehand. (Tennis)</li> <li>• To develop the backhand and understand when to use it. (Tennis)</li> <li>• To work co-operatively with a partner to keep a continuous rally going. (Tennis)</li> <li>• To develop the technique for the set shot. (Basketball)</li> </ul>	<ul style="list-style-type: none"> <li>• To develop overarm bowling technique and accuracy. (Cricket)</li> </ul>	
--	--	---	--	--	--	--

<ul style="list-style-type: none"> <li>• To develop accuracy when throwing to a target. (Ball Skills)</li> <li>• To develop bouncing and catching a ball. (Ball Skills)</li> <li>• To develop dribbling a ball with your feet. (Ball Skills)</li> <li>• To develop kicking a ball. (Ball Skills)</li> <li>• To develop rolling and tracking a ball. (Ball Skills)</li> <li>• To develop accuracy when throwing to a target. (Ball Skills)</li> <li>• To develop dribbling with hands. (Ball Skills)</li> <li>• To develop throwing and catching with a partner. (Ball Skills)</li> <li>• To develop dribbling a ball</li> </ul>	<p>accuracy. (Target Games)</p> <ul style="list-style-type: none"> <li>• To develop underarm and overarm throwing for accuracy. (Target Games)</li> <li>• To develop throwing for accuracy and distance using underarm and overarm. (Target Games)</li> <li>• To develop throwing for accuracy and distance. (Target Games)</li> </ul>					
---	--	--	--	--	--	--



<p>with your feet. (Ball Skills)</p> <ul style="list-style-type: none"><li>• To develop kicking a ball to a target. (Ball Skills)</li></ul>						
---	--	--	--	--	--	--

### Tactical Skills

<ul style="list-style-type: none"> <li>• To work co-operatively as a team. (Games)</li> <li>• To develop co-ordination and play by the rules. (Games)</li> <li>• To learn to play against a partner. (Games)</li> <li>• To be able to play games showing an understanding of the different roles within it. (Games)</li> <li>• To follow instructions and move safely when play tagging games. (Games)</li> <li>• To work with others co-operatively and play as a group. (Introduction to PE)</li> <li>• To move around safely in space. (Introduction to PE)</li> <li>• To follow instructions and</li> </ul>	<ul style="list-style-type: none"> <li>• To select the correct technique for the situation. (Target Games)</li> </ul>	<ul style="list-style-type: none"> <li>• To develop overarm throwing to limit a batter's score. (Striking and Fielding)</li> <li>• To develop hitting for distance to score more points. (Striking and Fielding)</li> <li>• To be able to get a batter out. (Striking and Fielding)</li> <li>• To understand the rules of the game and use these to play fairly. (Striking and Fielding)</li> </ul>	<ul style="list-style-type: none"> <li>• To develop controlling the ball and dribbling under pressure. (Football)</li> <li>• To jockey / track an opponent. (Football)</li> <li>• To be able to apply the rules and tactics you have learnt to play in a football tournament. (Football)</li> <li>• To move towards goal or away from a defender. (Handball)</li> <li>• To move towards goal to create shooting opportunities. (Handball)</li> <li>• To use defending skills to delay an opponent and gain possession. (Handball)</li> </ul>	<ul style="list-style-type: none"> <li>• To use simple tactics in a game to outwit an opponent. (Tennis)</li> <li>• To demonstrate honesty and fair play when competing against others. (Tennis)</li> <li>• To develop the attacking skill of dribbling. (Basketball)</li> <li>• To use protective dribbling against an opponent. (Basketball)</li> <li>• To develop the bounce and chest pass and begin to recognise when to use them. (Basketball)</li> <li>• To develop tracking and defending an opponent. (Basketball)</li> </ul>	<ul style="list-style-type: none"> <li>• To develop attacking principles, understanding when to run and when to pass. (Tag Rugby)</li> <li>• To be able to use the 'forward pass' and 'offside' rules. (Tag Rugby)</li> <li>• To be able to play games using tagging rules. (Tag Rugby)</li> <li>• To develop dodging skills to lose a defender. (Tag Rugby)</li> <li>• To develop drawing defence and understanding when to pass. (Tag Rugby)</li> <li>• To be able to apply the rules and tactics you have learnt to play in a tag rugby</li> </ul>	<ul style="list-style-type: none"> <li>• To develop a variety of fielding techniques and use them within a game. (Cricket)</li> <li>• To further develop fielding techniques and apply them to a game situation. (Cricket)</li> <li>• To develop throwing accuracy and catching skills under pressure. (Cricket)</li> <li>• To develop placement of a ball into space. (Cricket)</li> <li>• To develop consistency of catching to get opponents out. (Cricket)</li> </ul>
---	---	---	--	--	---	---

<p>stop safely. (Introduction to PE)</p> <ul style="list-style-type: none"> <li>• To stop safely and develop control when using equipment. (Introduction to PE)</li> <li>• To follow instructions and play safely as a group. (Introduction to PE)</li> <li>• To follow a path and take turns. (Introduction to PE)</li> <li>• To work co-operatively with a partner. (Introduction to PE)</li> </ul>			<ul style="list-style-type: none"> <li>• To use a change of direction and speed to lose a defender and move into space. (Handball)</li> <li>• To apply skills and knowledge to compete in game situations. (Handball)</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to apply the skills, rules and tactics you have learnt to a mini tournament. (Basketball)</li> </ul>	<p>tournament. (Tag Rugby)</p> <ul style="list-style-type: none"> <li>• To develop dribbling to beat a defender. (Hockey)</li> <li>• To send and receive the ball with control under pressure. (Hockey)</li> <li>• To select the appropriate skill, choosing when to pass and when to dribble. (Hockey)</li> <li>• To move into and create space to support a teammate. (Hockey)</li> <li>• To use the appropriate defensive technique for the situation. (Hockey)</li> <li>• To apply rules, skills and principles to play in a tournament. (Hockey)</li> </ul>	
---	--	--	--	--	--	--

## Athletics

<ul style="list-style-type: none"> <li>• To work safely and develop running and stopping. (Games)</li> <li>• To use different travelling actions whilst following a path. (Introduction to PE)</li> <li>• To develop running and stopping. (Fundamentals)</li> <li>• To develop jumping and landing. (Fundamentals)</li> </ul>	<ul style="list-style-type: none"> <li>• To explore hopping, jumping and leaping for distance.</li> <li>• To develop throwing for distance.</li> <li>• To develop throwing for accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>• To develop the sprinting action.</li> <li>• To develop jumping for distance.</li> <li>• To develop technique when jumping for height.</li> <li>• To develop technique when taking part in an athletics carousel.</li> <li>• To understand how to run for longer periods of time without stopping. (Fitness)</li> </ul>	<ul style="list-style-type: none"> <li>• To develop the sprinting technique and improve on your personal best.</li> <li>• To develop changeover in relay events.</li> <li>• To develop jumping technique in a range of approaches and take off positions.</li> <li>• To develop throwing for distance and accuracy.</li> <li>• To develop throwing for distance in a pull throw.</li> <li>• To develop officiating and performing skills.</li> </ul>	<ul style="list-style-type: none"> <li>• To develop stamina and an understanding of speed and pace in relation to distance.</li> <li>• To develop power and speed in the sprinting technique.</li> <li>• To develop technique when jumping for distance.</li> <li>• To develop power and technique when throwing for distance.</li> <li>• To develop a pull throw for distance and accuracy.</li> <li>• To develop officiating and performing skills.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to apply different speeds over varying distances.</li> <li>• To develop fluency and co-ordination when running for speed.</li> <li>• To develop technique in relay changeovers.</li> <li>• To develop technique and co-ordination in the triple jump.</li> <li>• To develop throwing with force for longer distances.</li> <li>• To develop throwing with greater control and technique.</li> </ul>	<ul style="list-style-type: none"> <li>• To work collaboratively with a partner to set a steady pace.</li> <li>• To develop your own and others sprinting technique.</li> <li>• To develop power, control and technique for the triple jump.</li> <li>• To develop power, control and technique when throwing for distance.</li> <li>• To develop throwing with force and accuracy for longer distances.</li> <li>• To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</li> </ul>
--	---	---	--	--	---	--

**OAA**

To build communication and trust whilst showing an awareness of safety.

*OAA*

To work as a team to solve problems, sharing ideas and collaborating with one another.

*OAA*

To develop tactical planning and problem solving.

*OAA*

To share ideas and work as a team to solve problems.

*OAA*

To develop navigational skills and map reading.

*OAA*

To use a key to identify objects and locations.

*OAA*

**Swimming**