



Progression of Skills in P.E.

Multi Skills- Throwing and Catching				Multi Skills- Jumping			Games			Dance			
Throw a small ball underarm using the correct technique	Roll a ball to hit a target	Catch and throw a ball to a partner	Pass a larger ball using two hands to a stationary target	Jump for distance in varying directions and in	Jump for height in different levels and directions, and in personal and general space	Hop on the spot using the same foot	Apply throwing and rolling skills in a team game	Apply catching skills in a team game	Describe basic rules and ways to score	Copy and explore basic body actions	Copy simple movement patterns from each other	Compose and link movement phrases to make simple dances	Practise and repeat movement phrases and perform them in a controlled way

Gymnastics			Athletics		
Perform basic gymnastic actions like travelling, rolling	Manage the space safely, showing good awareness of each other, mats and apparatus	Perform movement phrases with control and	Run with space awareness (directions and levels) and body awareness (time and space)	Run efficiently at various speeds and relationships	See above multi-skills skills

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	Multi skills -Throwing and catching Games	Dance Multi skills - Jumping	Gymnastics Multi skills – Striking and fielding	Multi skills Dance	Games Athletics/ sports day	Gymnastics Athletics Sports Day

Dance				Gymnastics				Athletics		
Rehearse, refine and repeat short dance sequences with style and artistic intention	Perform to an accompaniment expressively and sensitively	Begin to compose creative and imaginative dance sequences with a clear stimulus, performing expressively and sensitively	Use an increasing range of complex composition principles to create dances	Combine and perform increasingly complex gymnastic actions, shapes	Create sequences with others	Begin to create complex and well executed sequences containing a variety of gymnastic components	Make longer, more complex sequences including changes of direction, level and speed	Select the most appropriate pace for running and event to sustain their running and improve personal targets	Begin to utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run	Show accuracy and good technique when throwing for distance

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y5	Gymnastics Hockey	Athletics (sports hall) Basketball	Dance Tag rugby	Cricket Gymnastics	Athletics/ Sports day Tennis	Dance Rounders

Year 6

Progression of Skills in P.E.

Outdoor Education			Games						
Use a range of different maps and tracking devices to identify and respond to events as they happen	Understand clearly the nature of a challenge or problem and what they want to achieve	Take a leading role when working with and taking responsibility for others	Bat, bowl and field using a range of techniques	Evaluate the success of skills used in order to improve play	Explain in detail plans for and approaches to game play	Display an understanding of fair play, working well with others and leading a large group	Field, defend and attack tactically by anticipating and reacting to the direction of play.	Utilise new skills in competitive situations, as an individual or part of a team	Understand and give reasons for the use of a range of tactics

Swimming				
Jump in the pool safely	Submerge fully to pick up an object from the bottom	Push and glide on the back from the side of the pool	Swim approximately 10m using a range of different strokes	Swim 25m using any strokes

Dance			
Refine and repeat a wide range of dances with style and artistic intention	Demonstrate a clear sense of own dance style	Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely	Use a range of technical and physical principles to create dances

Gymnastics			
Combine and perform a range of complex gymnastic actions, shapes and balances with	Create increasingly complex and varied sequences with others	Create complex, demanding and well executed sequences containing a variety of gymnastic	Take the lead in the preparation of a performance including complex sequences to be performed by a group

Athletics		
Pace their efforts effectively	Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run (sprints, middle distance and hurdles)	Show good control, speed, strength and stamina when running, jumping and throwing

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y6	Basketball Athletics (Sports Hall)	Gymnastics Hockey	Dance Tri-Golf	Badminton Dance – changed to ball games	Rounders Athletics/sports day Games - dodgeball	Outdoor adventure Swimming