

**Enfield Academy of New Waltham**

**Physical Education Skills Progression**

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|  | **Gymnastics****Movement** | **Gymnastics****Balance** | **Agility and coordination** | **Team games** | **Dance** |
| **Foundation Stage** | Move in a variety of ways in and out cones and obstacles.Jump with both feet leaving the groupHopStop on commandSprintRun | Single balance Balancing on one footBe able to balance on a piece of apparatus | Be able to throw and catch a large ball – over arm and under armRoll a ball to an end target Kick a ball | Be able to participate in a game with an opposing sideBe able to control a ball within a game settingUse hands to control a ball  | Dance to link in with learning themeCopy a dance pattern Link 2 dance movements together |
| **Year 1**  | Move in a variety of ways in and out cones and obstacles.Jump with both feet leaving the groupHopStop on commandSprintRunSkip without a ropeJump for height | Single balance Balancing on one footBe able to balance on a piece of apparatusSide rollClimbLine walk | Be able to throw and catch a large ball – over arm and under armRoll a ball to an end target Kick a ball with increasing accuracy to an end targetDribble a ballBalance a ball on a racketTwo handed strike | Be able to participate in a game with an opposing sideBe able to control a ball within a game settingUse hands to control a ball with increasing accuracyBe able to play a game following a set of rules | Dance to link in with learning themeCopy a dance pattern Move to a beatLink 2 dance movements together |
| **Year 2**  | Move in a variety of ways in and out cones and obstacles.Jump with both feet leaving the groupHopStop on commandSprintRunSkip without a ropeJump for heightSkip with a ropeGallopSide gallopJump for distance | Single balance Balancing on one footBe able to balance on a piece of apparatusSide rollClimbLine walkBench walk | Be able to throw and catch a medium sized ball accuratelyKick a ball Balance a ball on a batDribble a ball in and out of a set of obstacles. Hit a ball with some accuracy using a racket or batThrow a beanbag into a given target | Be able to participate in a game with an opposing sideBe able to control a ball within a game settingPlay a game with a set of rulesPlay as part of a teamCooperate with team matesWork as a team in order to score goalsControl a ball accurately Use both hands and feet in order to control a ball.  | Dance to link in with learning themeCopy a dance pattern Move to a beatLink a short series of dance sequences together |

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|  | **Swimming** | **Gymnastics****Control and Balance** | **Competitive games** | **Dance** |
| **Year 3** | Put face in water and blow bubblesFully submerge under waterBe able to swim 20metres across the pool without supportTo swim 10metres front crawl and back stroke | Can bounce a ball on the spot with consistencyCan perform a basic log, egg, shoulder and forward roll. | Participate in team gamesDevelop simple tactics for attacking and defendingSucceed and excel (in competitive sport) and other physically demanding activities.  | Create and perform a short sequence linking basic actions with a clear beginning, middle and end.Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment.  |
| **Year 4** | N/A | Can bounce a ball on the spot with consistencyCan perform a basic log, egg, shoulder and forward roll.Responds imaginatively and with control and coordination Uses different body partsCan vary dynamics, speed, direction and level of their movements | Participate in team gamesDevelop simple tactics for attacking and defendingPlay competitive games, modified where appropriate.Succeed and excel (in competitive sport) and other physically demanding activities.Compete in a range of increasingly challenging situations | Create and perform a short sequence linking basic actions with a clear beginning, middle and end.Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment.Plan and perform a movement sequence showing contrasts in speed/level and direction,Apply basic compositional ideas to create dance phrases with a partner and in a small group. |
| **Year 5**  | N/A | Can bounce a ball on the spot with consistencyResponds imaginatively and with control and coordination Uses different body partsCan vary dynamics, speed, direction and level of their movementsCan travel whilst bouncing a ball, showing controlPerform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll.Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement.  | Participate in team gamesPlay competitive games, modified where appropriate through team and individual gamesDevelop simple tactics for attacking and defendingApply basic principles suitable for attacking and defendingSucceed and excel (in competitive sport) and other physically demanding activities.Compete in a range of increasingly challenging situations | Create and perform a short sequence linking basic actions, with a clear beginning, middle and end.Choose and link actions to create an expressive dance which shows some sensitivity to accompaniment.Plan and perform a movement sequence showing contrasts in speed, level and direction.Apply basic compositional ideas to create dance phrases with a partner and in a small group.Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance. Develop a longer and more varied movement sequence demonstrating smooth transitions between actions. |
| **Year 6** | To be able to swim 25meteres any style, unsupported.  | Can bounce a ball on the spot with consistencyResponds imaginatively and with control and coordination Uses different body partsCan travel whilst bouncing a ball, showing controlImprovise freely, individually and with a partner, can translate ideas from a stimulus into movement. Using either hand can dribble showing changes of speed and direction.Perform a range of rolls consistently including a backward roll. Responds imaginatively to a variety of stimuli, demonstrating a wide range of actions with precision, control and fluency. Can incorporate different dynamics and develop new actions with a partner and in a group.  | Participate in team gamesPlay competitive games, modified where appropriate through team and individual gamesUse a range of tactics and strategies to overcome opponents in direct competitionApply basic principles suitable for attacking and defendingSucceed and excel (in competitive sport) and other physically demanding activities.Compete in a range of increasingly challenging situationsDevelop an understanding of how to improve in different physical activities and sports.   | Create and perform a short sequence linking basic actions with a clear beginning, middle and end.Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment.Plan and perform a movement sequence showing contrasts in speed/level and direction,Apply basic compositional ideas to create dance phrases with a partner and in a small group.Develop a longer and more varied movement sequence demonstrating smooth transitions between actions.Compare, develop and adapt movement motifs to create longer dances. From observations of others can you describe constructively how to refine, improve and modify performance?Refine own performance in response to others and self-analysis. |