

**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 group  Hop  Stop on command  Sprint  Run | Single balance  Balancing on one foot  Be able to balance on a piece of apparatus | Be able to throw and catch a large ball – over arm and under arm  Roll a ball to an end target  Kick a ball | Be able to participate in a game with an opposing side  Be able to control a ball within a game setting  Use hands to control a ball | Dance to link in with learning theme  Copy 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 group  Hop  Stop on command  Sprint  Run  Skip without a rope  Jump for height | Single balance  Balancing on one foot  Be able to balance on a piece of apparatus  Side roll  Climb  Line walk | Be able to throw and catch a large ball – over arm and under arm  Roll a ball to an end target  Kick a ball with increasing accuracy to an end target  Dribble a ball  Balance a ball on a racket  Two handed strike | Be able to participate in a game with an opposing side  Be able to control a ball within a game setting  Use hands to control a ball with increasing accuracy  Be able to play a game following a set of rules | Dance to link in with learning theme  Copy a dance pattern  Move to a beat  Link 2 dance movements together |
| **Year 2** | Move in a variety of ways in and out cones and obstacles.  Jump with both feet leaving the group  Hop  Stop on command  Sprint  Run  Skip without a rope  Jump for height  Skip with a rope  Gallop  Side gallop  Jump for distance | Single balance  Balancing on one foot  Be able to balance on a piece of apparatus  Side roll  Climb  Line walk  Bench walk | Be able to throw and catch a medium sized ball accurately  Kick a ball  Balance a ball on a bat  Dribble a ball in and out of a set of obstacles.  Hit a ball with some accuracy using a racket or bat  Throw a beanbag into a given target | Be able to participate in a game with an opposing side  Be able to control a ball within a game setting  Play a game with a set of rules  Play as part of a team  Cooperate with team mates  Work as a team in order to score goals  Control a ball accurately  Use both hands and feet in order to control a ball. | Dance to link in with learning theme  Copy a dance pattern  Move to a beat  Link 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 bubbles  Fully submerge under water  Be able to swim 20metres across the pool without support  To swim 10metres front crawl and back stroke | Can bounce a ball on the spot with consistency  Can perform a basic log, egg, shoulder and forward roll. | Participate in team games  Develop simple tactics for attacking and defending  Succeed 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 consistency  Can perform a basic log, egg, shoulder and forward roll.  Responds imaginatively and with control and coordination  Uses different body parts  Can vary dynamics, speed, direction and level of their movements | Participate in team games  Develop simple tactics for attacking and defending  Play 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 consistency  Responds imaginatively and with control and coordination  Uses different body parts  Can vary dynamics, speed, direction and level of their movements  Can travel whilst bouncing a ball, showing control  Perform 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 games  Play competitive games, modified where appropriate through team and individual games  Develop simple tactics for attacking and defending  Apply basic principles suitable for attacking and defending  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 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 consistency  Responds imaginatively and with control and coordination  Uses different body parts  Can travel whilst bouncing a ball, showing control  Improvise 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 games  Play competitive games, modified where appropriate through team and individual games  Use a range of tactics and strategies to overcome opponents in direct competition  Apply basic principles suitable for attacking and defending  Succeed and excel (in competitive sport) and other physically demanding activities.  Compete in a range of increasingly challenging situations  Develop 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. |