PE – Progression of Skills

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|  | Year 1/2 | Year 3/4 | Year 5/6 |
| Overview | Pupils should be taught to:   * master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities * participate in team games, developing simple tactics for attacking and defending * perform dances, using simple movement patterns | Pupils should be taught to:   * use running, jumping, throwing and catching in isolation and in combination * play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending * develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] * perform dances using a range of movement patterns * take part in outdoor and adventurous activity challenges both individually and within a team * compare their performance with previous ones and demonstrate improvement to achieve their personal best | |
| Games | Pupils should be taught to:   * Practice different skills associated with simple games (e.g. coordinating throwing and catching) * Work co-operatively in teams | Pupils should be taught to:   * Practice skills in isolation and combination (e.g. throwing and catching with greater accuracy) * Work well as a team in competitive games * Apply basic principles of attacking and defending * Develop an understanding of fair play (respect team-mates and opponents) | Pupils should be taught to:   * Develop techniques of a variety of skills to maximise team effectiveness * Use the skills e.g. of throwing and catching to gain points in competitive * games (fielding) * Use tactics when attacking or defending * Apply rules of fair play to competitive games |
| Running | Pupils should be taught to:   * Run for 1 minute * Show differences in running at speed and jogging * Use different techniques to meet challenges * Describe different ways of running | Pupils should be taught to:   * Run smoothly at different speeds * Choose different styles of running of different distances * Pace and sustain their effort over longer distances * Watch and describe specific aspects of running (e.g. what arms and legs are doing) * Recognise and record how the body works in different types of challenges over different distances * Carry out stretching and warm-up safely * Set realistic targets of times to achieve over a short and longer distance (with guidance) | Pupils should be taught to:   * Sustain pace over longer distance – 2 minutes * Perform relay change-overs * Identify the main strengths of a performance of self and others * Identify parts of the performance that need to be improved * Perform a range of warm-up exercises specific to running for short and longer distances * Explain how warming up affects performance * Explain why athletics help stamina and strength * Set realistic targets for self, of times to achieve over a short and longer distance |
| Jumping | Pupils should be taught to:   * Perform the 5 basic jumps (2-2. 2-1, * 1-2, 1-1 same foot, 1 to 1 landing on other foot) * Perform combinations of the above * Show control at take-off and landing * Describe different ways of jumping * Explain what is successful or how to improve | Pupils should be taught to:   * Perform combinations of jumps e.g. hop, step, jump showing control and consistency * Choose different styles of jumping * Watch and describe specific aspects of jumping e.g. what arms and legs are doing * Set realistic targets when jumping for distance for or height (with guidance) | Pupils should be taught to:   * Demonstrate a range of jumps showing power and control and consistency at both take-off and landing * Set realistic targets for self, when jumping for distance or height |
| Throwing | Pupils should be taught to:   * Throw into targets * Perform a range of throwing actions e.g. rolling, underarm, overarm * Describe different ways of throwing * Explain what is successful or how to improve | Pupils should be taught to:   * Explore different styles of throwing, e.g. pulling, pushing and slinging (to prepare for javelin, shot and discus) * Throw with greater control * Consistently hit a target with a range of implements * Watch and describe specific aspects of throwing (e.g. what arms and legs are doing) * Set realistic targets when throwing over an increasing distance and understand that some implements will travel further than others (guidance) | Pupils should be taught to:   * Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discus * Organise small groups to SAFELY take turns when throwing and retrieving implements * Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others |
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