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
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| 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
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| 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
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| 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
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| 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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