

St John The Evangelist Catholic Primary School



Progression of Skills Documentation
2022-23

Progression of Skills - Reception



Fundamental Movement Fine and Gross motor Skills						
Static Balancing	Dynamic Balancing	Fine Motor	Gross Motor	Striking and Fielding	Gymnastics	Dance
<p>Perform a variety of static balances using different body parts</p> <p>Be able to hold a specific static balance for up to 5 seconds</p> <p>Be in control of body whilst balancing</p> <p>Be able to balance on the surf boards</p>	<p>Perform a variety of balances that incorporate movement.</p> <p>Move along balancing boards and benches effectively</p> <p>Be able to apply the correct balancing techniques linked with dynamic balancing</p>	<p>Perform the correct catching techniques (smaller ball)</p> <p>Confident using both sides of their body. E.g. holding an egg and spoon in both hands</p> <p>Control small scale body movements effectively</p>	<p>Perform the correct catching techniques (larger ball)</p> <p>Be able to link different movement patterns together. e.g. jumping and running</p> <p>Control large scale body movements effectively</p>	<p>Aim & throw object underarm</p> <p>Catch balloon/bean bag/scarf & sometimes a bouncing ball</p> <p>Use hand to strike a bean bag or ball and move towards a scoring area</p> <p>Begin to use a bat to hit a ball or bean bag</p>	<p>Make body tense, relaxed, curled and stretched.</p> <p>Balance on small/large body parts & understand stillness</p> <p>Make large and small body shapes</p> <p>Climb & hang from apparatus</p> <p>Perform basic travelling actions on various body parts</p>	<p>Move to music.</p> <p>Copy dance moves.</p> <p>Perform some dance moves.</p> <p>Move around the space safely.</p>

Progression of Skills - Year 1



Fundamental Movement Fine and Gross motor Skills							
Static Balancing	Dynamic Balancing	Fine Motor	Gross Motor	Striking and Fielding	Gymnastics	Dance	Athletics
<p>Perform advanced static balances</p> <p>Be able to hold a variety of balances utilising different body parts</p>	<p>Perform a variety of advanced dynamic balances</p> <p>Link dynamic balancing to more gymnastic elements</p>	<p>Be able to catch a smaller ball more successfully</p> <p>Control small scale body movements more effectively</p>	<p>Catch a ball more consistently</p> <p>Be able to link more advanced movement patterns together e.g. jumping and skipping</p>	<p>Show some different ways of hitting, throwing and striking a ball</p> <p>Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points)</p> <p>Play as a fielder and get the ball back to a STOP ZONE</p> <p>Begin to follow some simple rules (carrying the bat, not over taking someone)</p>	<p>Make body tense, relaxed, curled and stretched, showing some tension.</p> <p>Begin to work on alone/with someone to make a sequence of shapes/travels</p> <p>Climb safely, showing some shapes and balances when climbing.</p> <p>Keep balance travelling in a range of ways along bench, spots, mat etc</p> <p>Roll in stretched/curled positions e.g. 'log' and 'egg rolls'</p>	<p>Copy dance moves.</p> <p>Make up a short dance, after watching one.</p> <p>Dance imaginatively.</p> <p>Change rhythm, speed, level and direction.</p>	<p>Use varying speeds when running.</p> <p>Explore footwear patterns.</p> <p>Explore arm mobility.</p> <p>Explore different methods of throwing.</p> <p>Practise short distance running.</p>

Progression of Skills - Year 2



Learn Skill Sets for Invasion Games				Learn Striking and Fielding techniques	Net and Wall Games			
Invasion Games	Football	Hockey	Striking and Fielding	Cricket	Tennis	Gymnastics	Dance	Athletics
<p>Perform some dribbling skills with hands and feet using space</p> <p>Pass a ball accurately (hands & feet) over longer distances to a team mate</p> <p>Combine stopping, pick up/collect & send a ball</p>	<p>Develop dribbling techniques</p> <p>Be able to dribble with both feet successfully</p> <p>Be able to pass the ball using the correct techniques</p>	<p>Be able to hold a hickey stick correctly</p> <p>Understand the correct techniques to dribble in Hockey</p>	<p>Send a ball off a tee using a bat or a racket</p> <p>Play two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoops</p> <p>Stop moving when the 'bowler' has the ball</p>	<p>Be able to hold a cricket bat correctly</p> <p>Successfully be able to strike a ball</p>	<p>Understand and apply the correct grip</p> <p>Be able to strike a static ball</p>	<p>Make body tense, relaxed, curled and stretched, in a range of movements.</p> <p>Perform a sequence with changes in speed & direction including 3 different actions (sometimes giving advice to others)</p> <p>Be still on single/two + points of contact on floor/apparatus showing tension & control</p> <p>Link known shape/travel/roll/jump to a balance using floor & on apparatus</p>	<p>Change rhythm, speed, level and direction with consistency.</p> <p>Dance with control and co-ordination.</p> <p>Make a sequence by linking sections together.</p> <p>Link some movement to show a mood or feeling.</p>	<p>Run with agility and confidence.</p> <p>Learn the best jumping techniques for distance.</p> <p>Throw different objects in a variety of ways.</p> <p>Hurdle an obstacle and maintain effective running style.</p> <p>Run for distance.</p> <p>Complete an obstacle course with control and agility.</p>

accurately to other players			<p>Play as a fielder and pass the ball back to the bowler to make the runner stop</p> <p>Follow rules for a game (carry the bat, don't overtake, run around the outside of the hula hoops)</p>			<p>Jump/land with control using different body shapes in flight</p>		
<u>End of KS1 expectations</u>								
Pupils should participate in team games, developing simple tactics for attacking and defending.		Pupils should participate in team games, developing simple tactics for attacking and defending	Pupils should participate in team games, developing simple tactics for attacking and defending.			<p>Children should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others.</p>	<p>Children should be taught to perform dances using simple movement patterns.</p> <p>Use movement imaginatively, responding to stimuli, including music and performing basic skills</p> <p>Change rhythm, speed, level and</p>	<p>Pupils should continue to apply and develop a range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</p> <p>They should enjoy communicating, collaborating their own success.</p> <p>Pupils should be taught to use</p>

							<p>direction of their movements</p> <p>Create and perform dances using simple movement patterns, including those from different times and cultures</p> <p>Express and communicate ideas and feelings</p>	<p>running, jumping, throwing and catching in isolation and in combination.</p>
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Progression of Skills - Year 3



Invasion Games				Striking and Fielding		Net and Wall Games			
Netball	Tag Rugby	Football	Hockey	Cricket	Rounders	Tennis	Gymnastics	Dance	Athletics
<p>Use of first steps netball (4 a side C GA GS GK) over 1/3 of a netball court)</p> <p>Make a series of passes to team mates moving towards a scoring area.</p> <p>Show some signs of using a chest pass</p>	<p>Move holding a rugby ball</p> <p>Know where to score a try and how to position the ball to score a try</p> <p>Move into spaces to avoid defenders</p> <p>Make a backward pass to team mates, using the direction most comfortable</p>	<p>Begin to dribble a ball making small touches</p> <p>Begin to send a football to someone on team.</p> <p>Keep a ball under control.</p> <p>Know where space is and try to</p>	<p>Begin to show how to hold a hockey stick and which side to use.</p> <p>Use a simple push pass to another team mate.</p> <p>Dribble the ball keeping it close to me using the correct side of stick.</p> <p>Show some signs of an approaching a player to</p>	<p>Throw and catch under pressure.</p> <p>Use fielding skills to stop the ball effectively.</p> <p>Learn batting control.</p> <p>Learn the role of backstop.</p> <p>Play in a tournament and work as team, using</p>	<p>Be able to play simple rounders games</p> <p>Apply some rules to games</p> <p>Develop and use simple rounders skills</p>	<p>Tap the ball off racquet (tapping it to the ground, tapping it up off the racket, tapping it up with one bounce etc)</p> <p>Tap the ball back and forth to partner</p> <p>Stand in a ready position holding racquet correctly</p> <p>Change from a ready position</p>	<p>Use a greater number of own ideas for movement in response to a task.</p> <p>Combine arm actions with skips/leaps/steps/jumps & spins in travel</p> <p>Travel while using various hand apparatus,(ribbon/hoop/rope/ball)</p> <p>Know principles of balance and apply them on floor & apparatus</p>	<p>Perform pair/group dance involving canon & unison, meet & part</p> <p>Respond to music in time & rhythm to show like/unlike actions</p> <p>Respond to music to express a variety of moods & feelings</p>	<p>Run in different directions and at different speeds, using a good technique.</p> <p>Improve throwing technique. Reinforce jumping techniques.</p> <p>Understand the relay and passing the baton.</p> <p>Choose and understand</p>

<p>and shoulder pass.</p> <p>Show a target to indicate where I'd like to pass to.</p> <p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p>	<p>Know to tag team mates when to defend</p>	<p>move into it.</p> <p>Mark another player and defend when needed.</p>	<p>tackle and cause pressure.</p> <p>Begin to attempt to score a goal from anywhere.</p>	<p>tactics in order to beat another team.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team</p>		<p>before tapping the ball to a partner</p> <p>Begin to know what it means by a forehand and backhand position</p> <p>Begin to attempt to serve the tennis ball straight from hands, sometimes using one bounce if needed</p>			<p>appropriate running techniques. Compete in a mini competition, recording scores.</p>
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Progression of Skills - Year 4



Invasion Games				Striking and Fielding		Net and Wall Games			
Netball	Tag Rugby	Football	Hockey	Cricket	Rounders	Tennis	Gymnastics	Dance	Athletics
<p>Use of first steps netball (4 a side C GA GS GK) over 1/3 of a netball court)</p> <p>Use a chest pass and shoulder pass to support team in scoring.</p> <p>Make decisions regarding which is the best type of pass to use.</p>	<p>Move with speed (and change of) with the ball and without</p> <p>Use speed and space to avoid defenders</p> <p>Pass backwards and in both directions and sometimes</p>	<p>Dribble with small touches into space.</p> <p>Send a football to someone on the team, using different parts of foot.</p> <p>Keep a ball under control when receiving a range of passes from team.</p>	<p>Sometimes change direction of travel by rotating and turning stick to support this.</p> <p>Use a push pass to make a direct pass.</p> <p>Begin to use a slap pass (bringing</p>	<p>To develop the range of Cricket skills they can apply in a competitive context</p> <p>To choose and use a range of simple tactics in isolation and in a game context</p> <p>To consolidate</p>	<p>Develop the range of rounders skills that can apply in a competitive context</p> <p>Choose and use a range of simple tactics in isolation and in a game context</p> <p>Identify different positions in</p>	<p>Tap the ball back and forth to a partner over a small space</p> <p>Begin to tap a ball over a net allowing for a bounce, hit technique</p> <p>Move from a ready position into a forehand position/backhand position quickly</p> <p>Bring racquet to meet the ball for a forehand and backhand hit</p>	<p>Share ideas and give positive criticism/advice to self & others.</p> <p>Create & perform matching/mirroring sequences explaining how it could be improved</p> <p>Perform at least 3 different rolls (shoulder, forward, back) with some control</p> <p>Link a roll with travel and balance using floor and</p>	<p>Respond imaginatively to stimuli related to character/music/story</p> <p>Perform clear & fluent dances that show sensitivity to idea/stimuli</p> <p>Make up dance within a small group</p>	<p>Select and maintain a running pace for different distances.</p> <p>Practise throwing with power and accuracy.</p> <p>Throw safely and with understanding.</p> <p>Demonstrate good running technique in a competitive situation.</p>

<p>Begin to use a bounce pass, which only bounces once.</p> <p>Identify space to move into and show a clear target to receive a pass.</p> <p>Mark another player and begin to attempt interceptions. Know where positions are allowed on a court.</p>	<p>on the move</p> <p>Tag the person who has the ball, but can mark a player who doesn't have the ball</p> <p>Begin to make a high pop pass to avoid a defender</p>	<p>Understand where the space is and can move into it.</p> <p>Mark another player and begin to attempt interceptions.</p>	<p>stick back and causing more power).</p> <p>Use speed to dribble the ball into space.</p> <p>Maintain defence and keep the pressure until possession is gained.</p> <p>Attempt to score inside a designated scoring area.</p>	<p>existing skills and apply with consistency</p>	<p>rounders and the roles of those positions</p>	<p>Know to use two hands for an effective backhand</p> <p>Move racquet in a low to high swing for an effective tap</p> <p>Serve the ball straight from hands to racquet making sure it lands 'in' on the other side</p>	<p>apparatus with good body control</p>		<p>Explore different footwork patterns</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>Utilise all the skills learned in this unit in a competitive situation.</p>
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Progression of Skills - Year 5



Invasion Games				Striking and Fielding		Net and Wall Games			
Netball	Tag Rugby	Football	Hockey	Cricket	Rounders	Tennis	Gymnastics	Dance	Athletics
<p>Use of High Five netball (5 a side C GA GA GS GK) over a whole netball court</p> <p>Use all three passes (chest, shoulder & bounce) correctly.</p> <p>Use a range of speeds within a game to support a</p>	<p>Be able to evade and tag opponents .</p> <p>Be able to pass and receive a pass at speed.</p> <p>Be able to pass and receive a pass at speed in a game situation.</p>	<p>Dribble making small touches into space with speed.</p> <p>Send a football to someone on the team, using different parts of foot accurately.</p> <p>Use a range of ways to keep a ball under control</p>	<p>Change direction and use the correct side of stick, sometimes using Indian dribbling (alternating sides of stick while dribbling) to avoid defenders.</p> <p>Choose between the two passes (push/slap) and explain</p>	<p>To link together a range of skills and use in combination</p> <p>To collaborate as a team to choose, use and adapt rules in games</p> <p>To recognise how some aspects of fitness apply to cricket e.g. power,</p>	<p>Link together a range of skills and use in combination.</p> <p>Collaborate as a team to choose, use and adapt rules in games.</p> <p>Recognise how some aspects of fitness apply to rounders e.g. power, flexibility and</p>	<p>Tap the ball using either a fore hand or back hand motion</p> <p>Move towards the ball from 'ready' position choosing either forehand or backhand depending on where the ball is</p>	<p>Combine own work with that of others, identifying strengths & weaknesses.</p> <p>Include change of speed, direction and shape in movements.</p> <p>Follow a set of 'rules' to produce a sequence, possibly made by peers.</p> <p>Create mirror/matching/cannon (pair) sequence varying dynamics/levels/direction etc.</p>	<p>Show/fluency/control in chosen dances in response to stimuli</p> <p>Perform fluent dances with characteristics of different styles/eras</p> <p>Adapt & refine(in pair/group), dances that vary direction, space & rhythm</p>	<p>Use correct technique to run at speed.</p> <p>Develop the ability to run for distance.</p> <p>Throw with accuracy and power.</p> <p>Identify and apply techniques of relay running.</p>

<p>team in scoring.</p> <p>Begin to use square (across the court) & straight (up & down the court) passes to achieve pace.</p> <p>Lose a defender to receive a pass.</p> <p>Defend a player and make some successful interceptions (snatch & catch) when playing as a team.</p>	<p>Refine attacking and defending skills.</p> <p>Develop tactics as a team.</p> <p>Apply learned skills in a game of tag rugby.</p>	<p>(foot, knee, head, and knowing which one due to where ball is coming from).</p> <p>See space, and use it effectively.</p> <p>Lose a defender to receive a pass.</p> <p>Defend a player and make some successful interceptions for team.</p>	<p>simply why.</p> <p>Make a direct pass while dribbling.</p> <p>Begin to use stick to mark a player from the side line causing them difficulty.</p> <p>Successfully score while in the scoring area.</p>	<p>flexibility and cardiovascular endurance</p>	<p>cardiovascular endurance</p> <p>Throw and catch under pressure.</p> <p>Use fielding skills to stop the ball effectively.</p> <p>Learn batting control.</p> <p>Learn the role of backstop.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team</p>	<p>Set racquet back in its ready position quickly upon recovery</p> <p>Demonstrate the correct swing technique when hitting the ball over a net sometimes showing control over the hit</p> <p>Serve the ball correctly beginning to purposely aim for space to score</p>			<p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>Learn how to use skills to improve the distance of a pull throw.</p> <p>Demonstrate good techniques in a competitive situation.</p>
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Progression of Skills - Year 6

Invasion Games				Striking and Fielding		Net and Wall Games			
Netball	Tag Rugby	Football	Hockey	Cricket	Rounders	Tennis	Gymnastics	Dance	Athletics
<p>Use of High Five netball (5 a side C GA GA GS GK) over a whole netball court</p> <p>Know which pass is best to use and when in a game.</p> <p>Use a range of square & straight passes to change direction of the ball.</p> <p>Use landing foot to change direction to lose a defender.</p> <p>Draw defender away to create space for self or team.</p> <p>Position body to defend effectively,</p>	<p>Be able to evade and tag opponents.</p> <p>Running at speed, changing direction at speed.</p> <p>Play effectively in attack and defence</p> <p>Score points against opposition</p> <p>Support player with the ball</p>	<p>Dribble making small touches into space with speed, to beat defenders.</p> <p>Make decisions regarding how and when to send a football to someone in team.</p> <p>Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from) when under pressure from a defender.</p> <p>Know how space changes within a game and when and</p>	<p>Use speed, changing of direction and indian dribbling to advance towards team's goal.</p> <p>Use a range of passes knowing which one depending on the distance of the pass.</p> <p>Dribble and change direction by making a square pass (across the pitch) or straight pass (up/down the pitch).</p> <p>Know when to defend and what defence</p>	<p>To apply with consistency standard cricket rules in a variety of different styles of games</p> <p>To attempt a small range of recognised shots in isolation and in competitive scenarios</p> <p>To use a range of tactics for attacking and defending in role of bowler, batter and fielder</p>	<p>Apply consistently rounders rules in conditioned games</p> <p>Play small sided games using standard rounders pitch layout</p> <p>Use a range of tactics for attacking and defending in role of bowler, batter and fielder</p>	<p>Turn and run to the ball getting into a forehand or backhand position en route</p> <p>Use 'move-hit-recover' approach within a game showing facing forward on recovery</p> <p>Show a range of grips when demonstrating a backhand (continental, chopper, hammer grip).</p> <p>Use the correct swing technique and control with smooth swings keeping the path of the racquet the same</p>	<p>Select a suitable routine to perform to different audiences, bearing in mind who the audience is.</p> <p>Transfer sequence above onto suitably arranged apparatus & floor</p> <p>Perform 6-8 part floor sequence as individual, pair & small group to a piece of music</p> <p>Demonstrate 3 paired balances in sequence using various skills/actions</p>	<p>Create & perform dances in a variety of styles consistently</p> <p>Be aware of & use musical structure, rhythm & mood & can dance accordingly.</p> <p>Use appropriate criteria & terminology to evaluate performances</p>	<p>Investigate running styles and changes of speed.</p> <p>Practise throwing with power and accuracy.</p> <p>Throw safely and with understanding.</p> <p>Demonstrate good running technique in a competitive situation.</p> <p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p>

making successful interceptions.		how to move into changing spaces. Draw defender away to create space. Position body to defend effectively, making successful interceptions.	skills could be used. Seize an opportunity to score, sometimes quite quickly.			Serve the ball accurately making team mates have to move to send it back			Utilise all the skills learned in this unit in a competitive situation.
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End of KS2 Expectations

Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles	Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply	Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles	Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply	Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply	Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply	Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles	Pupils should be taught to develop flexibility, strength, technique, control and balance, for example through gymnastics and athletics	Children should be taught to create dances using a range of movement patterns, including those from different times, place and cultures Respond to a range of stimuli and accompaniment Through dance, develop flexibility, strength, technique,	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other
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suitable for attacking and defending	basic principles suitable for attacking and defending	suitable for attacking and defending	basic principles suitable for attacking and defending	basic principles suitable for attacking and defending	basic principles suitable for attacking and defending	suitable for attacking and defending		control and balance Perform dances using a range of movement patterns	and evaluate their own success. Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
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