

## St Mary's CE(A) First School: PE Skills Progression

	<b>EYFS</b>	<b>Year One</b>	<b>Year Two</b>	<b>Year Three</b>	<b>Year Four</b>
<b>DANCE</b>	<p>Move to music. Copy dance moves. Perform some dance moves. Move around the space safely.</p>	<p>Copy dance moves. Make up a short dance, after watching one. Dance imaginatively. Change rhythm, speed, level and direction.</p>	<p>Change rhythm, speed, level and direction with consistency. Dance with control and co-ordination. Make a sequence by linking sections together. Link some movement to show a mood or feeling.</p>	<p>Perform pair/group dance involving canon &amp; unison, meet &amp; part Respond to music in time &amp; rhythm to show like/unlike actions Respond to music to express a variety of moods &amp; feelings</p>	<p>Respond imaginatively to stimuli related to character/music/story Perform clear &amp; fluent dances that show sensitivity to idea/stimuli Make up dance within a small group</p>
<b>GYMNASTICS</b>	<p>Make body tense, relaxed, curled and stretched. Balance on small/large body parts &amp; understand stillness Make large and small body shapes Climb &amp; hang from apparatus Perform basic travelling actions on various body parts Perform a roll and basic jumps</p>	<p>Make body tense, relaxed, curled and stretched, showing some tension. Begin to work on alone/with someone to make a sequence of shapes/travels Climb safely, showing some shapes and balances when climbing. Keep balance travelling in a range of ways along bench, spots, mat etc Roll in stretched/curled positions e.g. 'log' and 'egg rolls' Jump and land safely</p>	<p>Make body tense, relaxed, curled and stretched, in a range of movements. Perform a sequence with changes in speed &amp; direction including 3 different actions (sometimes giving advice to others) Be still on single/two + points of contact on floor/apparatus showing tension &amp; control Link known shape/travel/roll/jump to a balance using floor &amp; on apparatus Jump/land with control using different body shapes in flight.</p>	<p>Use a greater number of own ideas for movement in response to a task. Combine arm actions with skips/leaps/steps/jumps &amp; spins in travel Perform basic core gymnastic skills i.e. roll, balance, travel Know principles of balance and apply them on floor &amp; apparatus</p>	<p>Share ideas and give positive criticism/advice to self &amp; others. Create &amp; perform matching/mirroring sequences explaining how it could be improved Perform at least 3 different rolls (shoulder, forward, back) with some control Link a roll with travel and balance using floor and apparatus with good body control</p>
<b>INVASION GAMES</b>	<p>Send &amp; receive a ball by rolling from hand &amp; striking with foot Aim &amp; throw object underarm Catch balloon/bean bag/scarf &amp; a bouncing ball Move and stop safely in a specific area Play a passing &amp; target game alone and with a partner Play simple 1v1 or 2v2 invasion</p>	<p>Throw underarm, bounce &amp; catch ball by self &amp; with partner Kick/stop a ball using a confident foot while static Run straight and on a curve and sidestep with correct technique Begin to follow simple rules Strike a ball successfully with a stick Apply a tactic in a 1v1 or 2v2 setting Play a small sided invasion game</p>	<p>Perform some dribbling skills with hands and feet using space Pass a ball accurately (hands &amp; feet) over longer distances to a team mate Combine stopping, games pick up/collect &amp; send a ball accurately to other players Make simple decisions about when /where to move in game to receive a ball Apply a tactic in a 3v1 game. Engage in simple, competitive and co-operative games.</p>		

NETBALL				<p>Make a series of passes to team mates moving towards a scoring area.</p> <p>Know the correct technique and show some signs of using a chest pass and shoulder pass.</p> <p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p> <p>Change direction easily.</p> <p>Develop simple attack/defensive skills in 3v1, 4v2, 3v3 games.</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>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.</p> <p>Know where positions are allowed on a court.</p> <p>Play competitive 3v3 or 4v4 games.</p>
FOOTBALL				<p>Begin to dribble a ball making small touches Begin to send a football to someone on team. Keep a ball under control. Know where space is and try to move into it. Mark another player and defend when needed. Know basic rules of a small sided game. Play competitive games 2v2</p>	<p>Dribble with small touches into space. Send a football to someone on the team, using different parts of foot. Keep a ball under control when receiving a range of passes from team. Understand where the space is and can move into it. Mark another player and begin to attempt interceptions. Play small sided competitive games.</p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>STRIKING &amp; FIELDING GAMES</b></p>	<p>Aim &amp; throw object underarm Catch balloon/bean bag/scarf &amp; sometimes a bouncing ball Use hand to strike a bean bag or ball and move towards a scoring area</p>	<p>Show some different ways of hitting, throwing and striking a ball Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points) Play as a fielder and get the ball back to a STOP ZONE</p>	<p>Send a ball off a tee using a bat or a racket Play two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoops Stop moving when the 'bowler' has the ball Play as a fielder and pass the ball back to the bowler to make the runner stop Pupils should participate in team games, developing simple tactics for attacking and defending. Begin to use a bat to hit a ball or bean bag Play a simple game involving striking and fielding Begin to follow some simple rules (carrying the bat, not over taking someone) Follow rules for a game (carry the bat, don't overtake, run around the outside of the hula hoops) Play competitively to score points.</p>		
<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>TAG RUGBY</b></p>				<p>Move holding a rugby ball with 2 hands Know where to score a try and how to position the ball to score a try Move into spaces to avoid defenders Make a backward pass to team mates, using the direction most comfortable Know to tag team mates when to defend Play small sided competitive games</p>	<p>Move with speed (and change of) with the ball and without Use speed and space to avoid defenders Pass backwards and in both directions and sometimes on the move Tag the person who has the ball, but can mark a player who doesn't have the ball Begin to make a high pop pass to avoid a defender Play small sided competitive games Understand basic rules of competition</p>

CRICKET				<p>Throw and catch under pressure. Use fielding skills to stop the ball effectively. Learn batting control. Learn the role of wicket keeper</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>Know when to use an underarm or overarm throw..</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 existing skills and apply with consistency</p> <p>To develop fielding skills e.g. which stump, where to hit</p>
ROUNDERS				<p>Be able to play simple rounders games</p> <p>Apply some rules to games</p> <p>Develop and use simple rounders skills Use a forehanded batting technique</p> <p>Field the ball back to the post or bowler</p> <p>Bowl accurately</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 Identify different positions in rounders and the roles of those positions</p>
TENNIS				<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 Change from a ready position before tapping the ball to a partner 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>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>Know to use two hands for an effective backhand 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>

ATHLETICS		Use varying speeds when running. Explore footwork patterns. Explore arm mobility. Explore different methods of throwing. Practise short distance running.	Run with agility and confidence. Learn the best jumping techniques for distance. Throw different objects in a variety of ways. Hurdle an obstacle and maintain effective running style. Run for distance. Complete an obstacle course with control and agility.	Run in different directions and at different speeds, using a good technique. Improve throwing technique. Reinforce jumping techniques. Understand the relay and passing the baton. Choose and understand appropriate running techniques. Compete in a mini competition, recording scores.	Select and maintain a running pace for different distances. Practise throwing with power and accuracy. Throw safely and with understanding. Demonstrate good running technique in a competitive situation. Explore different footwork patterns. Understand which technique is most effective when jumping for distance. Utilise all the skills learned in this unit in a competitive situation.
SWIMMING			<p><b><u>Years 2 -6</u></b></p> <p>To develop basic pool safety skills and confidence in water.</p> <p>To develop travel in vertical or horizontal position and introduce floats.</p> <p>To develop push and glides, any kick action on front and back with or without support aids.</p> <p>To develop entry and exit, travel further, float and submerge.</p> <p>To develop balance, link activities and travel further on whole stroke.</p> <p>To show breath control.</p> <p>Introduction to deeper water.</p> <p>Treading water</p>		