



Physical Education Knowledge and Skills Progression



Progression of Skills

EYFS		YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6	
<p>Physical Development</p> <p>ELG: Gross Motor Skills</p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	Ball skills	<p>Introduce sending (bouncing) with control</p> <p>Introduce aiming with accuracy</p> <p>Introduce power and speed when sending a ball</p> <p>Introduce/develop stopping, combining sending skills</p> <p>Combine sending and receiving skills</p> <p>Develop moving the ball using the feet</p> <p>Apply dribbling into games</p> <p>Consolidate dribbling</p> <p>Explore kicking (passing)</p> <p>Apply kicking (passing) to score a point</p>	<p>Develop dribbling/passing and receiving</p> <p>Combine dribbling, passing and receiving, keeping possession</p> <p>Develop dribbling/passing and receiving to score a point</p> <p>Combine dribbling, passing and receiving to score a point</p> <p>Develop dribbling/passing/receiving, keeping possession</p> <p>Combine dribbling, passing and receiving, keeping possession/to score a point</p> <p>Apply dribbling, passing and receiving as a team to score a point</p>					
	Games for understanding	<p>Understanding the principles of attack/defence</p> <p>Applying attacking/defending principles into a game</p> <p>Consolidate attacking/defending</p>	<p>Attacking/defending as a team</p> <p>Understanding the transition between defence and attack</p> <p>Create and apply attacking/defensive tactics</p>					
	Football				<p>Introduce/develop dribbling</p> <p>keeping control</p> <p>Introduce passing and receiving</p> <p>Combine dribbling and passing to create space</p> <p>Develop passing, receiving and dribbling</p>	<p>Refine dribbling</p> <p>Turning</p> <p>Refine passing and receiving</p> <p>Develop passing and dribbling</p> <p>creating space</p> <p>Introduce shooting</p>	<p>Refine dribbling and passing to maintain possession</p> <p>Introduce and develop defending</p> <p>Develop shooting</p> <p>Refine attacking skills, passing, dribbling and shooting, introduce officiating</p>	<p>Consolidate keeping possession, develop officiating</p> <p>Consolidate defending</p> <p>Organise formations and manage teams</p> <p>Organise formations</p> <p>decide tactics, manage teams and officiate games</p>
	Netball				<p>Introduce passing, receiving and creating space</p> <p>Develop/combine passing and moving</p> <p>Combine/develop passing and shooting</p>	<p>Refine passing and receiving</p> <p>Develop passing and dribbling</p> <p>creating space</p> <p>Develop passing, moving and shooting</p> <p>Refine passing and shooting</p> <p>Develop footwork</p>	<p>Refine passing and receiving</p> <p>Apply passing, footwork and shooting into mini games, introduce officiating</p> <p>Introduce defending</p> <p>Explore the function of other passing styles</p>	<p>Consolidate keeping possession, develop officiating</p> <p>Consolidate defending</p> <p>Create, understand and apply attacking/defending tactics in game situations</p>
Rugby				<p>Introduce moving with the ball, passing and receiving</p>	<p>Develop passing, moving and creating space</p> <p>Apply</p>	<p>Refine passing and moving to create attacking</p>	<p>Consolidate passing and moving</p> <p>Consolidate</p>	

		Introduce tagging Create space when attacking Develop passing and moving Combine passing/moving to create attacking opportunities	learning to 3v3 mini games Develop defending in game situations Combine passing and moving to create an attack and score	opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Develop officiating	defending Create, understand and apply attacking/defending tactics in game situations Consolidate attacking and defending in min games
Tennis		Introduction tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game introduce rackets Introduce the forehand	Developing the forehand Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point		
Dodgeball				Introduce blocking Consolidate catching Understand where we throw and why we need to throw with accuracy and power Explore basic attacking and defending tactics	Consolidate/understanding attacking and defending tactics Transition between attack and defence Applying the rules: Officiating games Managing tactics and officiate games
Hockey		Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting	Refine dribbling and passing Develop shooting; combine passing and dribbling to create shooting opportunities Develop passing and dribbling creating space for attacking opportunities Introduce defending; blocking and tackling		
Basketball				Recap and refine dribbling and passing to create attacking opportunities Develop marking Refine shooting Refine attacking skills, passing, dribbling and shooting introduce officiating	Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking tactics in game situations Create, understand and apply defending tactics in game situations
Cricket		Understand the concept of batting and fielding Introduce throwing	Develop an understanding of batting and fielding Introduce bowling	Refine batting, understand and develop batting and bowling tactics Refine	Consolidate batting/fielding/bowling Create, understand and apply

			overarm Introduce throwing underarm Introduce catching Striking with intent	underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angles and speeds	fielding stooping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring	attacking/defensive tactics in game
Dance	Exploring expression Developing our movements, adding movements together Responding to a rhythm: Introducing partner work Creating an animal sequence motifs Exploring relationships within our motifs	Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequences, relationships and performance	Creating rhythmic patterns using our body Extending our choreography through controlled movements, character emotion and expression Explore the relationships between characters applying character emotion and expression Performance and reflection	Developing character movements linked to 19th Century prejudices Creating movements to represent different characters and performers in a 19th Century circus Extending our Performance incorporating props and apparatus linked to the variety of performers	Extending sequences with a partner in character Developing sequences with a partner in character that show relationships and interlinking dance moves Sequences, relationships, choreography and performance	Exploring the Greeks using compositional principles Extending sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive
Gymnastics	Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together Introduction to big/small body parts Combining big and small with wide, narrow and curled Transition between wide narrow and curled using big and small body parts Adding (linking) movements together	Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences and performance Explore/develop zig-zag pathways/on apparatus Explore/develop curved pathways/ on apparatus Creation of pathway sequences Completion of pathways sequences and performance	Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion	Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion	Introduction to counter balance Application of counter balance learning onto apparatus Sequence formation Counter Tension Sequence completion	Introduction to matching/mirroring Application of matching/mirroring learning onto apparatus Sequence development
OAA	Introducing teamwork Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork	Introducing teamwork Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork	Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges	Face orienteering Cone orienteering Point and return Point to point Timed course Orienteering competition		
Swimming	By the end of KS2 children will: <ul style="list-style-type: none"> • Perform safe self-rescue in different water based situations • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke 					



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	<p>Athletics (Locomotion)</p>	<p>Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a competitive game Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game</p>	<p>Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations</p>	<p>Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump</p>	<p>Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Javelin Standing triple jump</p>	<p>Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the hurdles</p>	<p>Running for speed competition Running for distance competition Throwing competition Jumping competition</p>
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