

Skills Progression Map

Foundation and Key Stage One

Health and Fitness			
Foundation	Year 1	Year 1/2	Year 2
<p>Children are:</p> <p>Aware of the changes to the way they feel when they exercise.</p> <p>Aware of why exercise is important for good health.</p>	<p>Children can:</p> <p>Understand why exercise is important for good health.</p> <p>Say how their body feels before, during and after exercise.</p> <p>Use equipment appropriately and move and land safely.</p>		<p>Children can:</p> <p>Understand why exercise is important for good health.</p> <p>Say how their body feels before, during and after exercise.</p> <p>Use equipment appropriately and move and land safely.</p> <p>Explain why we need to warm up and cool down.</p>
Fundamental Skills/Multi Skills			
Foundation	Year 1		Year 2
<p>Children will:</p> <p>Move confidently in a range of ways, safely negotiating the space.</p> <p>Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Show good control and co-ordination in large and small movements.</p>	<p>Children will:</p> <p>Move confidently, in a range of ways taking note of the space. They will use different levels, speeds, techniques and body parts.</p> <p>Move in a range of ways while carrying a bean bag on head focusing on balance and the core.</p> <p>Hold a pose for 5 seconds without moving,</p> <p>Focus on co-ordination using opposite arm to leg.</p>		<p>Children will:</p> <p>Move confidently, in a range of ways taking note of the space. They will use different levels, speeds, techniques and body parts.</p> <p>Move in a range of ways while carrying a bean bag on head focusing on balance and the core.</p> <p>Hold a pose for 5 seconds without moving,</p>

<p>Travel with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Jump off an object and land appropriately.</p>	<p>Complete running sequences that include jumps.</p> <p>Use a ball to pass between body parts e.g. through legs, around the waist. Begin to roll a ball in pairs.</p>	<p>Focus on co-ordination using opposite arm to leg.</p> <p>Complete running sequences that include jumps.</p> <p>Use a ball to pass between body parts e.g. through legs, around the waist. Begin to roll a ball in pairs and groups.</p> <p>Individually throw and catch a ball above head height. Throwing and catching in pairs and small groups.</p>
Striking and Feilding		
Foundation	Year 1	Year 2
<p>Children will:</p> <p>Focus on ball skills using small and large balls, soft and hard to individually roll, throw and catch.</p> <p>Use the 'crocodile hands' to catch a ball.</p> <p>Throw using the underarm technique.</p> <p>Use a large plastic bat and a bean bag/soft ball to begin to strike a ball.</p>	<p>Children will:</p> <p>Use a variety of balls, size, hardness and shape to:</p> <p>Roll in pairs, groups and class, thinking about the focus to get from one person to another.</p> <p>Bounce individually, pairs and groups. Thinking about focus to make it bounce once, twice etc.</p> <p>Throw using the underarm technique in pairs and groups. Use the underarm technique for target practise to begin to aim.</p> <p>Begin playing throwing and catch games in teams.</p> <p>Be taught how to hold a plastic racket correctly. Balance a bean bag while moving around the space.</p>	<p>Children will:</p> <p>Be introduced to Rounders.</p> <p>Throw using the underarm technique, individually (timed self-competition), pairs moving further apart building on accuracy.</p> <p>Throwing using overarm technique to cover distances.</p> <p>Take part in relay throwing games.</p> <p>Be able to hold a rounders bat correctly with 2 hands, body turned sideways. Swinging back and sweeping through.</p> <p>Reminded of the 'crocodile hands' for the backstop player.</p> <p>Learn the rules of rounders.</p>

	<p>Practise striking a bean bag/soft ball correctly, swing back and sweep through.</p> <p>Be introduced to a cricket bat taught how to hold it correctly and how to strike a soft ball.</p> <p>Play a small team games including throwing, catching and batting.</p>	Play small games of rounders.
Invasion Games		
Foundation	Year 1	Year 2
<p>Children will:</p> <p>Travel with confidence.</p> <p>Develop their speed and agility.</p> <p>Play simple invasion games.</p> <p>Show increasing control over an object in pushing, bouncing, throwing and catching and kicking.</p>	<p>Children will:</p> <p>Be introduced to Tag Rugby.</p> <p>Be able to hold the ball correctly.</p> <p>Practise running while holding the ball correctly.</p> <p>Understand how to score by tapping for a try.</p> <p>Be able to throw the rugby ball to a partner.</p> <p>Throw accurately over a short distance.</p> <p>Throw over a longer distance.</p> <p>Understand the simple rules of tag rugby.</p> <p>Practise running and tagging including spatial awareness.</p>	<p>Children will:</p> <p>Develop Tag Rugby.</p> <p>Be able to hold the ball correctly when passing and running.</p> <p>Running with speed from A to B scoring tries without letting the ball bounce.</p> <p>Practise passing the ball forwards.</p> <p>Practise a back pass.</p> <p>Learn to dodge the opposition by not getting tagged.</p> <p>Dodge the opposition when carrying the ball.</p> <p>Understand the simple rules of tag rugby.</p> <p>Play simple small games.</p> <p>Be introduced to Hockey.</p> <p>Be able to hold a hockey stick correctly.</p>

		<p>Move around the space keeping the ball close to the inside of the stick.</p> <p>Push the ball from A to B without hearing a smack on the stick.</p> <p>Be able to stop the ball by moving the stick to the floor.</p> <p>Work in pairs to accurately pass and stop the ball.</p> <p>Strike the ball towards a target.</p> <p>Dribble the ball around cones using the inside of the hockey stick.</p> <p>Play small games that include, dribbling, passing, blocking and shooting.</p>
Outdoor Athletics		
Foundation	Year 1	Year 2
<p>Children will:</p> <p>Run in a straight line.</p> <p>Learn to land safely from jumping.</p> <p>Explore a chest push.</p>	<p>Children will:</p> <p>Learn how to pace themselves over a long-distance run.</p> <p>Learn how to sprint over a short distance. Including ladder sprints.</p> <p>Be able to complete the long jump using the correct technique.</p> <p>Be able to perform a chest push with force.</p>	<p>Children will:</p> <p>Understand how to pace themselves over a long-distance run.</p> <p>Understand and use the technique for short sprints including arms pumping, breathing and looking ahead.</p> <p>Learn how to pass a baton correctly.</p> <p>Be involved in relays and work as a team to practise passing the baton.</p> <p>Consolidate the long jump technique.</p>

		<p>Learn how to speed bounce.</p> <p>Consolidate chest push technique improving the force.</p>
Gymnastics		
Foundation	Year 1	Year 2
<p>Children will:</p> <p>Copy basic movements with little control.</p> <p>Explore different body shapes.</p> <p>Use equipment to explore different levels.</p> <p>Land safely from a jump.</p> <p>Use equipment safely with support.</p>	<p>Children will:</p> <p>Copy and explore basic movements with some control and coordination.</p> <p>Perform different body shapes.</p> <p>Perform at different levels.</p> <p>Perform a 2 footed jump.</p> <p>Use equipment safely.</p> <p>Balance with some control.</p> <p>Link 2-3 simple movements.</p>	<p>Children will:</p> <p>Explore and create different pathways and patterns.</p> <p>Use equipment in a variety of ways to create a sequence.</p> <p>Link movements together to create a sequence.</p>
Evaluation		
Foundation	Year 1	Year 2
<p>Children will:</p> <p>Comment on own performance.</p> <p>Recognise and be proud of their own achievements.</p>	<p>Children will:</p> <p>Comment on own and others performance.</p> <p>Give comments on how to improve performance.</p> <p>Use appropriate vocabulary when giving feedback.</p>	

Key Stage Two

Health and Fitness			
Year 3	Year 4	Year 5	Year 6
<p>Children can:</p> <p>Say how their body feels before, during and after exercise.</p> <p>Use equipment appropriately and move and land safely.</p> <p>Explain why we need to warm up and cool down.</p> <p>Describe the basic fitness components and explain how often and how long they should exercise to be healthy.</p> <p>Record and monitor how hard they are working.</p>		<p>Children can:</p> <p>Describe the basic fitness components and explain how often and how long they should exercise to be healthy.</p> <p>Record and monitor how hard they are working.</p> <p>Self-select and perform appropriate warm up and cool down activities.</p> <p>Identify possible dangers when planning an activity.</p> <p>Explain how individuals need different types and levels of fitness to be more effective in their activity/role/event.</p> <p>Plan and follow their own basic fitness programme</p>	
Striking and Fielding			
Year 3	Year 4	Year 5	Year 6
<p>Children will:</p> <p>Be introduced to Cricket.</p> <p>Throw using the underarm technique, individually (timed self-competition), pairs moving further apart building on accuracy.</p>		<p>Children will:</p> <p>Focus on Rounders.</p> <p>Practise their underarm and over arm throwing techniques. Relating the techniques to the positions of the players and which is best for what position.</p> <p>Perfect the catching stance for the backstop, legs hip width</p>	<p>Children will:</p> <p>Focus on Cricket.</p> <p>Practise their underarm and over arm throwing techniques. Relating the techniques to the positions of the players and which is best for what position.</p> <p>Practise the overarm bowling technique.</p>

<p>Throwing using overarm technique to cover distances becoming more accurate.</p> <p>Take part in relay throwing games.</p> <p>Be able to hold a cricket bat correctly with 2 hands, body facing sideways moving to forward facing when striking. Learn the rules of cricket and the positions of the players.</p> <p>Play small games of cricket.</p> <p>Be introduced to Tennis.</p> <p>Be able to serve using the bounce and hit technique.</p> <p>Be able to serve using the overhead technique.</p> <p>Be able to contact the ball using a forearm and back hand hit.</p> <p>Take part in a rally between two players.</p> <p>Play singles matches.</p>		<p>apart, bent knees arm up ready.</p> <p>Play speed games of throwing and catching, calling each other and quickly reacting.</p> <p>Batting accurately with the huge force to make the fielding team move.</p> <p>Play large games and each have the opportunity to play in all positions.</p> <p>Be encourage to take leadership roles and promote sportsmanship.</p>	<p>Accurately bowl.</p> <p>Perfect the catching stance for the backstop, legs hip width apart, bent knees arm up ready.</p> <p>Play speed games of throwing and catching with movement, calling each other and focusing on the reaction skills.</p> <p>Practise striking the ball and holding the bat accurately. When striking turn body from side facing to forward facing bending knees.</p> <p>Play large games and each have the opportunity to play in all positions.</p> <p>Take leadership roles and promote sportsmanship.</p>
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Invasion Games

Year 3	Year 4	Year 5	Year 6
	<p>Children will:</p> <p>Develop Football.</p> <p>Move around the space with their ball using the instep, laces and outside of the foot, keeping the ball close.</p> <p>Move in a straight line using the instep, laces and outside of the foot to keep the ball under control.</p> <p>Use different parts of the foot to accurately pass between a small group of players.</p> <p>Stop confidently with more control.</p> <p>Striking the ball accurately into the net using the laces of the foot.</p> <p>Understand which part of the foot to use during a game. Instep to pass, laces to score, bottom to stop.</p> <p>Be able to know which is their dominant foot.</p> <p>Play small games including attacking and defending.</p>	<p>Children will:</p> <p>Focus on Football.</p> <p>Move from A to B using the instep, laces and outside of the foot to keep the ball under control.</p> <p>Use different parts of the foot to accurately pass between a small group of players understand the power of each pass.</p> <p>Stop the ball confidently without it coming away from the foot.</p> <p>Accurately aim at the target and strike the ball using the laces so the ball is lifting off the ground.</p> <p>Practise tackling between two players. Ensuring they are safely retrieving the ball.</p> <p>Understand the rules of the game.</p> <p>Play football matches using all the skills taught.</p>	<p>Children will:</p> <p>Focus on Football.</p> <p>Move in to an open space using the instep, laces and outside of the foot to keep the ball under control.</p> <p>Use different parts of the foot to accurately pass between a small group of players understand the power of each pass.</p> <p>Stop the ball confidently while knowing their next move.</p> <p>Accurately aim at the target and strike the ball using the laces so the ball is lifting off the ground.</p> <p>Practise tackling between two players. Ensuring they are safely retrieving the ball.</p> <p>Understand the rules of the game.</p> <p>Play football matches using all the skills taught.</p>

		<p>Understand the different positions of the players.</p> <p>Be encouraged to take on leadership and make decisions for the team.</p> <p>Understand the importance of sportsmanship.</p> <p>Be introduced to Netball.</p> <p>Practise the different types of passing, chest push, overhead and bounce.</p> <p>Be able to catch the ball in the air.</p> <p>Land appropriate from flight, bending knees.</p> <p>Be able to pivot when they have the ball.</p> <p>Practise shooting the ball using a 2 handed technique and a 1 handed technique.</p> <p>Learn how to intercept a ball without contacted another player.</p> <p>Understand the rules of the game and the positions of the players.</p>	<p>Become more understanding of what position they play best.</p> <p>Take on leadership and make decisions for the team.</p> <p>Understand the importance of sportsmanship.</p> <p>Develop Netball.</p> <p>Understand and use appropriate passes. E.g. chest pass for short passes, overhead for distances and bounce for quick passes.</p> <p>Link together catching in the air, landing accurately and pivoting to find an open player.</p> <p>Accurately shoot using different techniques.</p> <p>Practise intercepting the ball with no contact on the other player.</p> <p>Know the rules of the game and which positions can go where on the pitch.</p> <p>Begin to understand which position they are best at.</p>
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		<p>Be encouraged to take on leadership and good sportsmanship.</p> <p>Play Netball matches.</p> <p>Develop Hockey.</p> <p>Be able to increase the speed of running with a hockey stick keeping the ball close to the stick.</p> <p>Use the inside and the outside of the stick when dribbling.</p> <p>Stop the ball accurately by lowering the stick while knowing your next move.</p> <p>Accurately strike the ball on target.</p> <p>Understand and take part in small games including an attacker, defender and goalie.</p>	<p>Take on leadership and show good sportsmanship.</p> <p>Play Netball matches.</p> <p>Focus on Tag Rugby.</p> <p>Hold the ball correctly at different points of a game.</p> <p>Running with speed from A to B to score tries while dodging other players.</p> <p>Play 1 on 1 attacking and defending.</p> <p>Accurately passing the ball forwards.</p> <p>Accurately perform a back pass.</p> <p>Successfully dodge the opposition with or without the ball by not getting tagged.</p> <p>Know and understand the rules of tag rugby.</p> <p>Play rugby games.</p>
Outdoor Athletics			
Year 3	Year 4	Year 5	Year 6
<p>Children will:</p> <p>Become more confident in how to pace a long-distance run.</p>		<p>Children will:</p> <p>Begin to set personal best times within long distance running.</p>	<p>Children will:</p> <p>Confidently compete in long distance running competitions.</p>

<p>Become more confident in sprint runs and enable self-competitions and create personal best.</p> <p>Compete in relays becoming more confident in passing a baton.</p> <p>Compete in long jumps and speed bounce self-competitions.</p> <p>Learn the technique of the triple jump.</p> <p>Confidently compete in chest push self-competition.</p>		<p>Confidently compete in sprint competitions.</p> <p>Compete in relays accurately passing the batons. Setting team scores.</p> <p>Learn how to successfully clear a hurdle.</p> <p>Confidently compete in long jump, speed bounce and triple jump competitions setting personal bests.</p> <p>Confidently compete in chest push self-competition.</p>	<p>Confidently compete in sprint competitions.</p> <p>Confidently compete in relays accurately passing the batons.</p> <p>Confidently and accurately compete in a hurdle race.</p> <p>Confidently compete in long jump, speed bounce and triple jump competitions beating previous personal bests.</p> <p>Confidently compete in chest push competitions.</p> <p>Learn the technique for throwing a javelin and compete in competitions.</p>
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Gymnastics

Year 3	Year 4	Year 5	Year 6
<p>Children will:</p> <p>Apply compositional ideas independently and with others to create a sequence.</p> <p>Copy, explore and remember a variety of movements and uses these to create their own sequence.</p>	<p>Children will:</p> <p>Link skills with control, technique, coordination and fluency.</p> <p>Understand composition by performing more complex sequences.</p>	<p>Children will:</p> <p>Select and combine their skills, techniques and ideas.</p> <p>Apply combined skills accurately and appropriately, consistently showing precision, control and fluency.</p> <p>Draw on what they know about strategy, tactics and</p>	<p>Children will:</p> <p>Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions.</p> <p>Perform difficult actions, with an emphasis on extension,</p>

<p>Describe their own work using simple gym vocabulary.</p> <p>Begin to notice similarities and differences between sequences.</p> <p>Use turns whilst travelling in a variety of ways.</p> <p>Begin to show flexibility in movements.</p> <p>Begin to develop good technique when travelling, balancing, using equipment.</p>	<p>Begin to use gym vocabulary to describe how to improve and refine performances.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Create sequences using various body shapes and equipment.</p> <p>Combine equipment with movement to create sequences.</p>	<p>composition when performing and evaluating.</p> <p>Analyse and comment on skills and techniques and how these are applied in their own and others' work.</p> <p>Use more complex gym vocabulary to describe how to improve and refine performances.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Link skills with control, technique, coordination and fluency.</p> <p>Understand composition by performing more complex sequences.</p>	<p>clear body shape and changes in direction.</p> <p>Adapt sequences to include a partner or a small group.</p> <p>Gradually increase the length of sequence work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement.</p> <p>Draw on what they know about strategy, tactics and composition when performing and evaluating.</p> <p>Analyse and comment on skills and techniques and how these are applied in their own and others' work.</p> <p>Use more complex gym vocabulary to describe how to improve and refine performances.</p> <p>Develop strength, technique and flexibility throughout performances.</p>
Cross Country			
Year 3	Year 4	Year 5	Year 6
	Children will:	Children will:	Children will:

	<p>Understand how to pace themselves at different points of a long-distance run.</p> <p>Learn how to use their breathing to enhance their performance.</p> <p>Successfully complete a 500metres course.</p> <p>Successfully complete a 700metres course.</p> <p>Successfully complete a 900metres course.</p>	<p>Correctly pace themselves at different points of a long-distance run.</p> <p>Use their breathing correctly to enhance their performance.</p> <p>Confidently and successfully complete a 900metres course.</p> <p>Successfully complete a 1200metres course.</p> <p>Successfully complete a 1500metres course.</p>	<p>Confidently pace themselves at different points of a long-distance run.</p> <p>Confidently use their breathing correctly to enhance their performance.</p> <p>Confidently and successfully complete a 900metres course.</p> <p>Confidently and successfully complete a 1200metres course.</p> <p>Confidently and successfully complete a 1500metres course.</p>
Swimming			
Year 3	Year 4	Year 5	Year 6
	<p>Children will: Swim between 10m and 20m unaided in shallow water, using one basic method to achieve the distance.</p> <p>Identify and describe differences between different leg and arm actions</p> <p>Put face in water and blow bubbles. (begin to do this whilst swimming)</p> <p>Enter and exit water safely and remain safe around water.</p>		

	<p>Explain what dangers to identify around water. They will be able to understand water can be dangerous and repeat what to do when in difficulty</p> <p>Join in all swimming activities confidently.</p> <p>Explore how to move in and under water.</p> <p>Kick legs from the hip and identify when this needs improvements.</p> <p>Use floats to swim longer distances with a more controlled leg kick.</p> <p>Swim between 10m and 20m unaided in shallow water, using one stroke.</p> <p>Begin to swim 10m-15m unaided using a second stroke.</p> <p>Put face in water and breathe correctly when swimming in one identifiable stroke.</p> <p>Use a float to aid their swimming and confidence in deeper water.</p> <p>Use a float to develop leg and arm techniques.</p>		
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	<p>Begin to explain how to keep safe whilst in water and what dangers should be identified.</p> <p>Moving onto</p>  <p>Swim 25m unaided in water using one basic method to achieve this distance.</p> <p>Use two different strokes swimming on both front and back.</p> <p>Control breathing. Swim confidently and fluently both on the surface and under the water.</p> <p>Explain how to remain safe in water and what do if you or someone nearby gets into difficulty</p>		
Evaluation			
Year 3	Year 4	Year 5	Year 6
<p>Children will:</p> <p>Watch and describe performances accurately.</p> <p>Begin to think about how they can improve their own work.</p> <p>Work with a partner or small group to improve their skills.</p>		<p>Children will:</p> <p>Watch and describe performances accurately.</p> <p>Learn from others how they can improve their skills.</p> <p>Comment on tactics and techniques to help improve performances.</p>	

Make suggestions on how to improve their work, commenting on similarities and differences.

Make suggestions on how to improve their work, commenting on similarities and differences.







Our Curriculum

Indoor PE

Class:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
						
Foundation	Body Management Unit 1 PE hub	Manipulation and Coordination Unit 1 PE hub	Gymnastics Unit 1 PE hub	Dance Unit 1 PE hub	Speed Agility, Travel Unit 1 PE hub	Cooperate and Solve problems Unit 1 PE hub
Year 1	Gymnastics Unit 1 PE hub	Send and return Unit 1 PE hub	Dance Unit 1 PE hub	Run, Jump, Throw Unit 1 PE hub	Gymnastics Unit 2 PE hub	Dance Unit 2 PE hub
Year 2	Gymnastics Unit 1 PE hub	Send and return Unit 1 PE hub	Dance Unit 1 PE hub	Run, Jump, Throw Unit 2 PE hub	Gymnastics Unit 2 PE hub	Dance Unit 2 PE hub
Year 3	Gymnastics Unit 1 PE hub	Netball PE hub	Dance Unit 1 PE hub	Gymnastics Unit 2 PE hub	Dance Unit 2 PE hub	OAA PE hub
Year 4	Gymnastics Unit 1 PE hub	Tag Rugby PE hub	Dance Unit 1 PE hub	Tennis PE hub	Gymnastics Unit 1 PE hub	Dance Unit 2 PE hub
Year 5	Distanced PE Fitness KS2	OAA PE hub	Dance Unit 1 PE hub	Gymnastics Unit 1 PE hub	Gymnastics Unit 1 PE hub	Tennis PE hub
Year 6	Distanced PE Fitness KS2	Foundations PE hub	Dance Unit 1 PE hub	Gymnastics Unit 1 PE hub	Athletics PE hub	Golf KS2 PE hub



Outdoor

Class:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
						
Foundation	See Foundation LTP					
Year 1	Run, Jump, Throw Unit 1	Attack, Defend and Shoot Unit 1	Hit, Catch and run Unit 1	Attack, Defend and Shoot Unit 2	Send and return Unit 2	Hit, Catch and Run Unit 2
Year 2	Run, Jump, Throw Unit 1	Attack, Defend and Shoot Unit 1	Hit, Catch and run Unit 1	Attack, Defend and Shoot Unit 2	Send and return Unit 2	Hit, Catch and Run Unit 2
Year 3	Cricket PE hub	Tag Rugby PE hub	Basketball PE hub	Tennis PE hub	Athletics PE hub	Rounders PE hub

Year 4	Swimming Beginners and immediate		Swimming Beginners and immediate		Athletics Pe hub	OAA PE hub
Year 5	Football PE hub	Netball PE hub	Handball PE hub	Tag Rugby PE hub	Athletics PE hub	Tag Rugby PE hub
Year 6	Football PE hub	Tennis PE hub	Handball PE hub	Distanced PE Fitness PE hub	Rounders PE hub	Football PE hub



