

Physical Education Skills Progression

Bolton-on-Swale Primary School



EYFS	Year 1/2	Year 3/4	Year 5/6
Health and Wellbeing			
Personal, Social and Emotional Development ELG: Self-Regulation <ul style="list-style-type: none"> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. ELG: Managing Self	<ul style="list-style-type: none"> Describe how the body feels before, during and after exercise. Carry and place equipment safely. Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy. 	Mindfulness <ul style="list-style-type: none"> Exploring relaxation techniques Performing and utilising meditative balances Applying relaxation techniques and using them effectively Creating and interpreting movements to help express ourselves and our emotions Using mime to manage positive and negative emotions Using meditative balances to help control and manage our emotions Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down 	Health Related Exercise <ul style="list-style-type: none"> Introduce and Consolidate Cardiovascular Fitness Introduce and Consolidate Flexibility Fitness Introduce and Consolidate Strength Fitness Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise. Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.

<ul style="list-style-type: none">• Be confident to try new activities and show independence, resilience and perseverance in the face of challenge• Explain the reasons for rules, know right from wrong and try to behave accordingly;• Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <p>ELG: Building Relationships</p> <ul style="list-style-type: none">• Work and play cooperatively and take turns with others;• Form positive attachments to adults and friendships with peers;• Show sensitivity to their own and to others' needs.		<ul style="list-style-type: none">• Describe how the body reacts at different times and how this affects performance.• Explain why exercise is good for your health.• Know some reasons for warming up and cooling down.	
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LOCOMOTION -> ATHLETICS

Locomotion: Walking

- Explore/develop walking
- Explore walking in different pathways
- Sustain walking
- Explore marching
- Apply walking into a game

Locomotion: Jumping

- Explore/develop jumping
- Apply jumping into a game
- Jumping for distance
- Explore jumping high
- Explore hopping

Physical Development ELG:

- 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.

Locomotion: Running

- 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 game

Locomotion: Jumping

- Recap jumping
- Develop jumping
- Explore how jumping affects our bodies
- Explore skipping
- Apply skipping and jumping into a game
- Consolidate jumping
- Apply jumping into a game
- Linking jumping
- Explore jumping combinations
- Develop jumping combinations

Athletics

- Explore running for speed
- Explore acceleration
- Introduce /develop relay: Running for speed in a team
- Throwing: Accuracy vs distance Standing long jump
- Develop running at speed
- Exploring our stride pattern
- Exploring running at pace
- Understand and apply tactics when running for distance
- Introduce the Javelin Standing triple jump

Athletics

- Finishing a race
- Evaluating our performance Sprinting: My personal best Relay changeovers
- Introduce the Shot Put Introducing the hurdles
- Running for speed competition
- Running for distance competition
- Throwing competition
- Jumping Competition

DANCE

Dance: Nursery Rhymes/ Ourselves

- Moving in sequence
- Creating our own movements
- Creating simple movement sequences
- Responding in movement to words and music
- Exploring contrasting tempos
- Exploring character movements
- Moving in sequence
- Responding in movement to words and music
- Moving with props and contrasting tempos
- Creating their own movements
- Exploring opposites

Physical Development ELG:

- 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

Dance: Growing and Exploring

- Responding to rhythm
- Developing the growing plant 'dance'
- Introduction to motifs
- Creating motifs
- Creating movement sequences
- Relationships and performance
- Responding to stimuli
- Developing our motif with expression and emotion
- Applying choreography in our motifs
- Extending our motifs
- Sequences, relationships and performance

Dance: Weather and Space

- Responding to stimuli, extreme weather
- Developing thematic dance into a motif
- Extending dance to create sequences with a partner
- Developing sequences with a partner
- 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

Dance: Greeks and Titanic

- Exploring the Greeks using compositional principles
- Extending sequences with a partner using compositional principles
- Creating movement using improvisation where movement is reactive
- Creating rhythmic patterns using our body
- Extend choreography through controlled movements, character emotion and expression
- Explore the relationships between characters applying character emotion and expression.

Ball Skills/ Rackets' Bats, Balls and Balloons -> GAMES

Ball Skills Hands (Links to Games and Athletics)

- Explore pushing
- Explore rolling
- Explore bouncing
- Explore bouncing into space
- Combine pushing and rolling
- Combine rolling, pushing and bouncing
- Explore throwing overarm
- Explore throwing underarm
- Explore rolling
- Explore stopping a ball
- Explore catching

Ball Skills Hands (Links to Games and Athletics)

- Introduce sending (bouncing) with control
- Introduce aiming with accuracy
- Introduce power and speed when sending a ball
- Introduce/develop stopping, combining sending skills
- Combine sending and receiving skills
- Develop dribbling/ passing and receiving
- Combine dribbling, passing and receiving, keeping possession
- Develop dribbling/passing and receiving to score a point
- Combine dribbling, passing and receiving to score a point
- Introduce throwing with accuracy
- Apply throwing with accuracy in a team
- Introduce stopping a ball
- Develop sending (rolling) skills to score a point

Netball

- Introduce passing, receiving and creating space
- Develop/combine passing and moving
- Combine/develop passing and shooting
- Refine passing and receiving
- Develop passing and dribbling creating space
- Develop passing, moving and shooting
- Refine passing and shooting
- Develop footwork

Tag Rugby

- Develop passing, moving and creating space
- Introduce tagging
- Create space when attacking
- Apply learning to 3v3 mini games
- Develop defending in game situations
- Combine passing and moving to create an attack and score

Dodgeball

- Introduce jumping and ducking

Netball

- 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/defending tactics in game situations

Tag Rugby

- Consolidate passing and moving
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations
- Consolidate attacking and defending in mini games

Dodgeball

- Introduce Blocking

<p>Ball Skills Feet (Links to Games)</p> <ul style="list-style-type: none"> • Explore moving with a ball using our feet • Develop moving with a ball using our feet • Understand dribbling • Develop dribbling against an opponent 	<ul style="list-style-type: none"> • Consolidate sending and stopping to win a game • Consolidate pupils application and understanding of underarm throwing • Applying the underarm and overarm throw to win a game • Applying the underarm throw to beat an opponent <p>Locomotion: Dodging Links to Dodgeball and Games</p> <ul style="list-style-type: none"> • Explore dodging • Develop dodging • Apply dodging: Explore attacking and defending • Apply dodging in teams <p>Ball Skills Feet (Links to Games)</p> <ul style="list-style-type: none"> • Develop moving the ball using the feet • Apply dribbling into games • Consolidate dribbling • Explore kicking (passing) • Apply kicking (passing) to score a point 	<ul style="list-style-type: none"> • Develop throwing with accuracy and power over an increased distance • Develop catching • Consolidate dodging, jumping and ducking <p>Football</p> <ul style="list-style-type: none"> • Refine dribbling • Turning • Refine passing and receiving • Develop passing and dribbling creating space • Introduce shooting 	<ul style="list-style-type: none"> • Consolidate/understanding attacking and defending tactics • Transition between attack and defence • Applying the rules • Officiating games • Managing tactics and officiate games <p>Football</p> <ul style="list-style-type: none"> • Refine dribbling and passing to maintain possession • Consolidate keeping possession, develop officiating • Consolidate defending • Organise formations and mange teams • Organise formations decide tactics, manage teams and officiate games
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Rackets' Bats, Balls and Balloons

- Explore pushing/hitting a balloon with control
- Explore hitting a balloon with power into space
- Explore hitting/pushing (sending) a balloon with accuracy
- Explore balancing an object on a racket/bat

Rackets, Bats and Balls

- Develop pushing (dribbling) a ball with a racket
- Introducing control
- Explore hitting and develop pushing a ball (with a racket) towards a target
- Explore hitting a ball (with a racket) with accuracy and power
- Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent
- Introduce hitting (sending/striking) a ball into a space: Where and why?
- Striking the ball (with a bat) into space with intent

- Develop dribbling/ passing/receiving, keeping possession
- Combine dribbling, passing and receiving, keeping possession/to score a point
- Apply dribbling, passing and receiving as a team to score a point

Hockey

- Introduce dribbling
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling
- Introduce shooting
- Refine dribbling and passing
- Combine passing and dribbling to create shooting opportunities
- Develop passing and dribbling creating space for attacking opportunities
- Introduce defending; blocking and tackling

Cricket

- Understand the concept of batting and fielding
- Introduce throwing overarm
- Introduce throwing underarm
- Introduce catching

Hockey

- Refine dribbling/passing to create attacking opportunities
- Refine attacking skills, passing dribbling and shooting
- Refine defending skills developing transition from defence to attack
- Consolidate keeping possession, develop officiating
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations

Cricket

- Refine batting, batting and bowling tactics
- Refine fielding stopping, catching and throwing

		<ul style="list-style-type: none">• Striking with intent• Develop an understanding of batting and fielding• Introduce bowling underarm• Develop stopping and returning the ball• Develop retrieving and returning the ball• Striking the ball at different angels and speeds <p>Tennis</p> <ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Combine bowling and fielding creating and applying tactics• Introduce umpiring and scoring• Consolidate batting, fielding and bowling• Create, understand and apply attacking and defensive tactics in game <p>Tennis</p> <ul style="list-style-type: none">• Introduce/develop the volley• Controlling the game from the serve• Doubles, understanding and applying tactics to win a point• Game application, mixed ability doubles, round robin games
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Games for Understanding	Games for Understanding	Game Sense (Invasion)	Game Sense (Invasion)
<ul style="list-style-type: none"> • Taking turns/keeping the score • Understanding and playing by the rules • Avoiding a defender • Preventing an attacker from scoring <p>Physical Development ELG:</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 	<ul style="list-style-type: none"> • Understanding the principles of attack/defence • Applying attacking/defending principles into a game • Consolidate attacking/defending • Attacking/defending as a team • Understanding the transition between defence and attack • Create and apply attacking/defensive tactics 	<ul style="list-style-type: none"> • Develop passing and creating space • Combine passing, moving and shooting • Introduce dribbling: Keeping control • Introduce defending and the concept of marking 	<ul style="list-style-type: none"> • Consolidate attacking: Possession scenarios • Consolidate defending: Defensive scenarios • Application of 'powers' into game play to challenge tactical thinking

GYMNASTICS

High, Low, Over and Under

- Introduction to high, low, over and under
- Introduction to the apparatus
- Applying high and low on apparatus

Moving

- Explore moving and making shapes using different body parts
- Explore moving in different directions
- Explore big and small ways of moving and making shapes
- Moving in pairs • Creating shapes in pairs

Wide, Narrowed, Curled

- 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

Linking

- Developing linking
- Linking on apparatus
- Jump, roll, balance sequences/on apparatus
- Creation of sequences
- Completion of sequences and performance

Body Parts

- 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

Symmetry and Asymmetry

- Introduction to symmetry
- Introduction to asymmetry
- Application of learning onto apparatus
- Sequence formation
- Sequence completion
- Develop flexibility, strength, technique, control and balance

Levels and Direction

- Exploring changes in 'Level'
- Exploring changes in 'Direction'
- Application of learning onto apparatus to include changes in 'Level' and 'Direction'
- Sequence completion

Counter Balance and Counter Tension

- Introduction to Counter Balance
- Application of Counter Balance learning onto apparatus
- Sequence formation
- Counter Tension
- Sequence completion
- Develop flexibility, strength, technique, control and balance

Flight

- Introduction to Flight: Developing Jumping
- Developing Flight: Jumping and Turning
- Application of 'Jumping,' learning, onto apparatus
- Combining jumping on apparatus with Canon and Unison
- Develop flexibility, strength, technique, control and balance

Physical Development ELG:

- 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

- Adding (linking) movements together

Pathways

- Explore/develop zigzag pathways/on apparatus
- Explore/develop curved pathways/on apparatus
- Creation of pathway sequences
- Completion of pathways sequences and performance

OUTDOOR ADVENTUROUS

Communication and Language ELG

- Listen attentively and respond to what they hear with relevant questions, comments and actions when being read to and during whole class discussions and small group interactions;
- Make comments about what they have heard and ask questions to clarify their understanding;
- Hold conversation when engaged in back-and-forth exchanges with their teacher and peers

ELG: Speaking

- Participate in small group, class and one-to-one discussions, offering their own ideas, using recently introduced vocabulary;
- Offer explanations for why things might happen
- Express their ideas and feelings about their experiences.

Team Building

- Introducing teamwork
- Develop teamwork
- Building trust and developing communication
- Cooperation and communication
- Explore simple strategies
- Problem solving: Consolidate teamwork

Communication & Tactics

- Creating and applying simple tactics
- Developing leadership
- Developing communication as a team / collaborate effectively as a team
- Create defending and attacking tactics as a team

Problem Solving

- Work within teams to find effective strategies and tactics
- Apply an ability to evaluate and improve strategies to solve the problems.
- Develop life skills such as trust and collaboration as they work effectively group.
- Demonstrate leadership attributes as they take responsibility for their team members

Communication & Tactics

- Work within teams to consolidate effective strategies and tactics
- Be able to think tactically and create, evaluate and refine tactics
- Consolidate life skills such as collaboration and communication
- Apply life skills such as integrity and self-motivation by playing by the rules and leading others by example.

Problem Solving

- Apply a refined understanding of passing and moving to score points against another team.
- Be able to think tactically and create, evaluate and refine tactics for completing the challenges.
- Apply advanced communication skills, taking the lead to ensure everyone in their team understands their role and the tactics to be executed.
- Apply life skills such as integrity and self-motivation by playing by the rules and leading others by example.

Orienteering at Marrick Priory (2 Year Cycle)

- Introduce the concept and meaning of orienteering

			<ul style="list-style-type: none"> • Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate • Orientate a map and locate points on the map in a set order
Evaluation of Performance			
<p>ELG: Managing Self</p> <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge <p>Personal, Social and Emotional Development ELG: Self-Regulation</p> <ul style="list-style-type: none"> • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. 	<ul style="list-style-type: none"> • Watch and describe performances. • Begin to say how they could improve. 	<ul style="list-style-type: none"> • Watch, describe and evaluate the effectiveness of a performance. • Describe how their performance has improved over time. 	<ul style="list-style-type: none"> • Explain why they have used particular skills or techniques, and the effect they have had on their performance. • Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.

Swimming

Swimming lessons start in KS1.

Children in EYFS are still taught about the importance of Water Safety.

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- 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]
- perform safe self-rescue in different water-based situations