



## PE Progression of Skills 2023 – 2024



Our curriculum is carefully planned to ensure progression within and across different units of work and year groups. Therefore, our pupils will be provided opportunities to develop, consolidate and build on skills that they have previously learnt. The table below provides a breakdown of some key learning across the school to ensure progression.

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Introduction to P.E	Moving through space and using equipment safely	developing moving safely through space with control when using equipment and working cooperatively						
Fundamental Movement Skills	running, jumping, hopping and balancing skills	showing control in running, jumping, hopping and balancing skills	building on running, hopping, skipping, jumping and agility skills	building on running at different speeds, hopping, skipping, jumping and agility skills	building on running, hopping, skipping, jumping and agility skills			
Ball skills	rolling, throwing, dribbling and catching a ball	building on rolling, throwing, dribbling and catching a ball	developing dribbling, rolling, throwing, tracking and catching a ball with increasing accuracy	developing dribbling, rolling, throwing, tracking and catching a ball with increasing accuracy and control				
Games	developing understanding of team games	building on understanding of team games, rules and cooperation			Tag Rugby and Hockey attacking and defending principles	Handball attacking and defending principles building on	Tag Rugby and Hockey attacking and defending principles building on	Lacrosse attacking and defending principles building on

					building on throwing, catching and running with a ball in a rugby/hockey setting	throwing, catching, dribbling, intercepting and shooting along with rules of handball	throwing, catching, dribbling, intercepting and shooting along with rules of tag rugby	throwing, catching, dribbling, intercepting and shooting along with rules and tactics of lacrosse
Invasion			basketball and football activities that build on fundamental skills along with dribbling, throwing and catching	basketball and football activities that build on fundamental skills along with dribbling, throwing, catching and working as a team	<b>Basketball</b> attacking and defending principles building on throwing, catching, dribbling, intercepting and shooting along with rules of basketball	<b>Football</b> attacking and defending principles building on throwing, catching and running with a ball in a football setting	<b>Netball</b> attacking and defending principles building on throwing, catching, dribbling, intercepting and shooting along with rules of netball	<b>Basketball</b> attacking and defending principles building on throwing, catching, dribbling, intercepting and shooting along with rules and tactics of basketball
Target Games			Building on over and under arm throwing, aiming and hand eye coordination	Developing under arm and over arm throwing with technique and striking a ball with equipment with some consistency	<b>Dodgeball</b> building on throwing, catching, aiming, dodging and blocking skills with increasing accuracy	<b>Golf</b> building on balance, coordination, accuracy and striking in a golf setting with increasing accuracy	<b>Dodgeball</b> building on a wider range of throwing techniques and some accuracy with catching, aiming, dodging and blocking  <b>Archery</b> building on aiming at a target through archery activities	<b>Golf</b> building on balance, coordination, accuracy and striking and overall technique in a golf setting

Striking and Fielding			building on striking, throwing and catching a ball with an object	building on throwing, catching, batting, bowling and tracking a ball in a cricket setting	Rounders building on striking, throwing and catching a ball with an object in a rounders setting	Cricket building on striking, throwing and catching a ball with an object in a cricket setting	Rounders building on striking, throwing and catching a ball with an object in a rounders setting	Cricket building on striking, throwing and catching a ball with an object in a cricket setting
Net and Wall - Tennis			Bat and ball skills building on throwing, catching, hitting and tracking a ball	Bat and ball skills building on throwing, catching, hitting and tracking a ball and developing the ready position	Tennis building on catching, hitting and tracking a ball and the ready position with some consistency and developing forehand and backhand shots	Tennis building on underarm throwing, catching, forehand, back hand and ready position	Volleyball and Badminton building on sending and receiving with equipment through serves, different types of shots (set, dig and volley) and rules of the game	Volleyball and Badminton building on sending and receiving with equipment through serves, different types of shots (set, dig and volley) and tactics of the game
Gymnastics	balancing well and copying short sequences	moving energetically, combining movements and creating sequences	Building on travelling actions, shapes, balances and rolls and linking them in together in sequences	Building on travelling movements, shapes, balances and rolls and creating sequences to perform	building on shapes, balances, rolls, jumps using equipment safely		building on shapes, balances, rolls, jumps and transitions	building on shapes, balances, rolls, jumps and transitions
Athletics			developing running and jumping skills and throwing at distance	building on running at speed and jumping and throwing for distance	building on running and jumping techniques and push and pull throwing (javelin)	building on running, jumping, throwing (javelin) skills	building on running through pacing, sprinting and relay changeovers, jumping and throwing for distance (javelin)	building on running through pacing, sprinting and relay changeovers, jumping and throwing for distance (javelin and discus)

Fitness				building on agility, balance, coordination, speed, stamina and strength along with skipping skills				building on strength, speed, power agility, coordination, balance and stamina
Yoga			developing balance, flexibility and mindfulness skills	building on breathing, balancing, flexibility and strength and linking movements together to create a yoga flow	developing balance, breathing, flexibility and coordination through yoga flows			developing balance, strength, flexibility and coordination through more complex yoga flows
Dance	expressing and communicate ideas through movement	using movement skills with developing strength, balance and coordination. Use and perform movement skills	travel, copy and perform a sequence of actions using shape, balance and coordination	accurately copy, link and repeat a sequence of actions using shape, balance and coordination	using canon, unison, formation, dynamics, pathways and copying to perform actions with control		build on techniques of canon, unison, formation, dynamics, pathways and copying to perform actions with control	perform more complex movement patterns
OAA / Teambuilding			Developing decision making and problem-solving skills	Building on travelling actions, balancing and jumping along with team work and decision-making skills	Building on travelling actions, balancing and jumping along with team work and decision-making skills		Building on travelling actions, stamina balancing and jumping along with team work, map reading and decision making skills	Building on travelling actions, stamina balancing and jumping along with team work, map reading and ability to apply the best decision making

Swimming						submersion, floating, gliding skills, swimming 25m unaided, developing techniques in front crawl, back stroke and breast stroke along with water safety skills		
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Invasion

Net and Wall

Striking and Fielding

Target Games

OAA / Team building