PE

Progression of skills

Reception

- **Dance -** Moving in sequence with control, creating our own movements and sequences, responding in movement to words and music, exploring contrasting tempos and character movement.
- **Gymnastics -** Introduction to high, low, over and under, applying high and low on apparatus.
- **Games for understanding -** Taking turns, keeping the score, understanding and playing by the rules, avoiding a defender, preventing an attacker from scoring.
- **Ball skills (feet) –** Explore moving with a ball using our feet, understand dribbling and develop dribbling against an opponent.

Year 1

- **Running and Jumping** - explore different speeds, acceleration and jumping.
- **Ball skills (hands)** – rolling, aiming sending and receiving a ball.
- **Ball skills (feet)** – dribbling, kicking/passing and scoring.
- **Attack and defence** – principles of attack and defence.
- **Rackets, Bats and Balls** – dribbling a ball with a racket, explore hitting with accuracy and power.
- **Dance** – heroes and character movements.
- **Gymnastics** – wide, narrow and curled shapes.
- **Team building** – listening, teamwork, encouragement and communication.
- **Health and Wellbeing** – agility, balance, coordination.
- **Games** – Following instructions, keeping score, taking turns, competing.

Year 2

- **Games –** creating games independently, with a partner and as a team. Understanding roles and responsibilities. Attack vs defence.
- **Gymnastics –** linking themselves and apparatus, jump, roll, balance.
- **Ball skills –** Develop dribbling, passing, accuracy and interception.
- **Team building –** develop teamwork, build trust, cooperation and communication.
- **Dance –** Explore expression, link movements, create expression and emotion.
- **Rackets, bats and balls –** hitting and striking accurately.
- **Ball skills –** develop dribbling, passing and receiving.
- **Mindfulness –** agility and moving at speed.

Year 3

- **Tag rugby -** Introduce moving with the ball, passing and receiving, introduce tagging, create space when attacking.
- **Orienteering -** face orienteering, cone orienteering, point and return, timed course, orienteering competition.
- **Game sense invasion** - Introduce passing and receiving, creating space, moving and scoring.
- **Dance** – responding to stimuli, developing characters and creating motifs.
- **Gymnastics** – Introduction to symmetry and asymmetry, sequencing.
- **Tennis** – creating space to win a point, outwitting an opponent, introduce forehand.
- **Athletics** – Explore running for speed, acceleration, throwing and standing long jump.
- **Mindfulness –** agility and moving at speed.

Year 4

- **Game sense invasion** - Develop passing and receiving, dribbling, introduce defending.
- **Dance** – responding to stimuli, working together, interlinking moves, extending sequences.
- **Gymnastics** – Introduction to bridges, sequencing.
- **Handball/basketball** – refine passing, receiving, dribbling, making space, introduce marking.
- **Football** – refine dribbling, turning, passing and receiving, introduce shooting.
- **Game sense** – creating space to score.
- **Tennis** – Develop forehand, introduce backhand.
- **Cricket** – Develop an understanding of batting and fielding, introduce bowling underarm, striking at different speeds and angles.
- **Mindfulness** -Creating movements to help express ourselves and our emotions, using mime, and mediative poses.
- **Athletics** – throwing and jumping.

Year 5

- **Tag rugby** – consolidate attacking, defending and application in games.
- **Health related exercise** – setting personal bests, exploring cardio fitness, flexibility and strength.
- **Dodgeball/Netball** – Refine passing and receiving, defending and marking players, tactical play, attacking and defending tactics.
- **Football** - Refine dribbling and passing to maintain possession, introduce and develop defending, shotting, passing, dribbling and shooting, introduce officiating.
- **Gymnastics** – Introduce counter-balance and counter tension, develop jumping,
- **Tennis** – Introduce/develop the volley, serving, doubles, controlling the game.
- **Dance** – Exploring the Greeks using compositional principles, improvisation.
- **Athletics** – evaluating, personal bests, relay changeovers, shot put, hurdles.
- **Golf** – striking with accuracy, hazards, 1vs1 games.

Year 6

- **Tag rugby** – consolidate attacking, defending, tactical thinking.
- **Game sense invasion** – consolidate attacking, defending and tactical thinking.
- **Quidditch** – develop role of the beater (defender), Chaser (attacker), refine dodging, role of the keeper.
- **Dance** – performing with technical control and rhythm in a group, creating rhythmic patterns with our bodies, experiencing dance from different cultures, choreography.
- **Gymnastics** – matching/mirroring, sequencing.
- **Hockey –** consolidate keeping possession, officiating, defending, apply tactics.
- **Rounders –** Introduction to rounders, fielding and tactics, batting considerations.
- **Badminton –** Exploring forehand/backhand, outwitting opponents, doubles.
- **Athletics –** running for speed and distance, throwing, jumping.