


Progression of Skills – Physical Education

	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. National Curriculum Aims</p> <ul style="list-style-type: none"> ♣ develop competence to excel in a broad range of physical activities ♣ are physically active for sustained periods of time ♣ engage in competitive sports and activities ♣ lead healthy, active lives. <p style="text-align: center;">Curriculum Enhancements</p> <p style="text-align: center;">Key Steps Gymnastics Competition, Cheerleading Competition, Sports Days, Sports competition with William Lilley, Daily Mile, Forest school sessions, Break time enhancements, Wake and shake and yoga.</p>		
Skill	EYFS	Year 1	Year 2
<p>Attacking and Defending</p>	<p>Can move freely using suitable spaces and speed. Can draw lines and circles. Can understand their own needs hunger/toilet/personal hygiene. Can dress with support. Can understand equipment needs to be used safely</p>	<p>Can weave in and out of stationary objects at pace Can show understanding of basic defending principles Can show understanding of basic attacking principles Can identify and find space Can show understanding of basic tactics in a game</p>	<p>Can demonstrate basic defending principles Can demonstrate basic attacking principles Can demonstrate basic tactics in a game Can make in game decisions about space and act on them accordingly</p>
<p>Gymnastics</p>	<p>Travel jumping from 2 feet to 2 feet with correct form and technique. Demonstrate the correct technique to land jumps. Demonstrate the correct take off for jumps. Execute a straight jump on the floor with correct form and technique. Execute a stretch shape with correct form and technique. Execute a tuck shape with correct form and technique.</p>	<p>Demonstrate a bunny hop travelling forward with correct form and technique Create a stretched shape and travel in that shape on the floor Create a curled shape and travel in that shape on the floor Travel alternating from 2 feet to 1 foot with correct form and technique Replicate a number of different shapes using the body Execute an egg roll with correct form and technique Execute a half turn jump with correct form and technique on the mat Create basic balances with a partner with a different number of body parts on the floor</p>	<p>Create a stretched shape and travel in that shape over apparatus Create a curled shape and travel in that shape over apparatus Execute a pike shape with correct form and technique Execute a log roll with correct form and technique Execute a star shape with correct form and technique Execute a straight jump with correct form and technique Create a group balance with 3 people, with all being linked together in some way Effectively replicate a 5 piece sequence incorporating 4 different components.</p>
<p>Throwing and Catching</p>	<p>Can catch a large ball two handed Can catch a scarf two handed moving to one handed Be ready to receive</p>	<p>Can catch a variety of different size and weight balls Can throw a variety of different size and weight balls using a range of styles</p>	<p>Can accurately throw a range of other PE equipment eg quoits, Frisbee Can accurately throw whilst moving a variety of balls using a range of styles</p>

	Pushing and patting	Can throw overarm Can throw underarm	Can catch a range of other PE equipment eg quoits, Frisbees Can catch whilst moving a variety of different size and weight balls Can use different throwing techniques to shoot at targets
Athletics	Can participate in Sports day and physical activities that are included within this using a variety of equipment, taking turns and celebrating other's successes.	Adjust running pace smoothly Can demonstrate a variety of jumping styles Can describe the effect of throwing from sitting, kneeling and standing Can perform hop and jump combinations with balance and control Can throw and retrieve equipment safely	Can accelerate from a variety of static positions and explain the differences Can demonstrate the ability to change speed Can hop for distance Can jump from side to side with balance, rhythm and speed Can run/jog at a consistent pace for a few minutes
Sending and Receiving	Increasing control over an object in pushing and patting.	Can dribble a ball using a range of body parts Can pass a ball accurately using a range of body parts Can receive a ball using a range of body parts Can shoot at a target using rolling and kicking	Can dribble a ball using a variety of equipment Can pass a ball accurately using a variety of equipment Can receive a ball using a variety of equipment Can shoot at a target using a variety of equipment Can use a variety of equipment correctly and safely
Net and Wall	Can demonstrate increasing control over objects. Can use tools to make changes to materials. Can move confidently. Can use safety measures without direct supervision	Can demonstrate control of a racket when balancing objects on it Can demonstrate the correct technique when holding a racket Can serve a ball over the net using suitable parts of the body Can use a backhand technique to push a stationary ball along the floor Can use a forehand technique to push a stationary ball along the floor	Can return a ball over a net using suitable parts of the body Can serve a ball over a net, into a specific area, using suitable parts of the body Can use a backhand technique to push a moving ball along the floor Can use a forehand technique to push a moving ball along the floor
Striking and Fielding	Can demonstrate good control and co-ordination in large and small movement. Can understand the importance for good health of physical exercise, healthy diet and talk about different ways to keep healthy and safe.	Can demonstrate the correct grip and stance with a range of equipment Can demonstrate understanding of how to stay safe when others are using striking equipment Can pick up and throw a stationary ball in one movement Can strike a ball accurately along the floor	Can pick up and throw a moving ball in one movement Can run safely with equipment in a range of sport specific ways Can strike a ball accurately over varying distances Can strike a ball off a tee using a range of equipment
Dance	Spontaneously respond to a variety of stimuli through movement		Respond appropriately to a variety of stimuli through movement

	<p>Move with appropriate actions and timing in response to a stimuli</p> <p>Explore and develop control of movement using:</p> <p>Actions (WHAT) – walk, jump, land, hop, skip, stretch, twist, turn</p> <p>Space (WHERE) – forwards, backwards, sideways, high, low, safely showing an awareness of others</p> <p>Relationships (WHO) – copy teacher/performer, on own and beginning to interact with a partner</p> <p>Dynamics (HOW) – slowly, quickly, smoothly, jerkily</p> <p>Begin to use own ideas to sequence dance</p> <p>Begin to sequence and remember a short dance</p>		<p>Move with appropriate actions and timing in response to a stimuli</p> <p>Develop control of movement using:</p> <p>Actions (WHAT) – travel, stretch, twist, turn, jump</p> <p>Space (WHERE) – forwards, backwards, sideways, high, low, safely showing an awareness of others</p> <p>Relationships (WHO) – on own and with a partner by teaching each other 2 movements to create a dance with 4 actions</p> <p>Dynamics (HOW) – slowly, quickly, with appropriate expression</p> <p>Use own ideas to sequence dance</p> <p>Sequence and remember a short dance</p> <p>Show the spatial awareness to make the transition from whole group/solo dance to duet and back to whole group/solo</p>
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