

St Marie's Catholic Primary School

Progression of skills – Physical Education

Leader - L. Shaw

PE KS1

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.

<p>Statutory Requirements.</p>	<p>Games / Athletics Master basic movements including running, jumping, throwing and catching, Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Participate in team games, developing simple tactics for attacking and defending Develop balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Dance Perform dances using simple movement patterns. 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.</p>	<p>Gymnastics Develop balance, agility and co-ordination, and begin to apply these in a range of activities</p>
<p>Year 1</p>	<p>I show control when rolling a ball. ● I can hit a ball with control, using appropriate equipment (tennis) ● I can run with control (athletics) ● I can jump with control (athletics) ● I can catch a ball / moving object (bench ball, dodgeball, netball) ● I can kick with control (football, kickball)</p>	<p>● I can move with control and co-ordination ● I can link two or more actions in a sequence</p>	<p>● I can move with some control and awareness of space ● I can link two or more actions to make a sequence ● I can show contrasts (eg: small / tall, straight / curved, wide / narrow) ● I can climb safely on low level equipment ● I can stretch and curl to develop flexibility ● I can jump in a variety of ways and land with some control and balance</p>

<p>Year 2</p>	<p>I understand the terms 'opponent' and 'team mate'(football, hockey, volleyball)</p> <ul style="list-style-type: none"> •I can develop basic tactics for small team games (football, hockey, volleyball) •I can lead others in small game situations (football, hockey) •I can set myself targets to improve my performance.(athletics) 	<ul style="list-style-type: none"> •I can copy and remember moves and positions •I can choose appropriate movements to communicate mood / feelings / ideas 	<ul style="list-style-type: none"> •I can copy and remember actions •I can travel by rolling forwards, backwards and sideways •I can hold a position whilst balancing on different points of my body •I can climb safely on large equipment •I can stretch and curl to develop increasing flexibility •I can jump in a variety of ways and land with increasing control and balance
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PE KS2							
Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success							
Statutory Requirements	<p>Games use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Dance perform dances using a range of movement patterns compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Gymnastics develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Athletics use running, jumping and throwing in isolation and in combination develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Swimming All schools must provide swimming instruction either in key stage 1 or key stage 2. 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.</p>	<p>Evaluating Pupils should be taught to compare their performances with previous ones to achieve their personal best.</p>	<p>Outdoor and adventurous activities take part in outdoor and adventurous activity challenges both individually and within a team</p>
Year 3	I can throw and catch various objects / balls with control and accuracy.	<ul style="list-style-type: none"> •I can refine movements into sequences •I can change speed and 	<ul style="list-style-type: none"> •I can refine movements into sequences •I can show changes of 	<ul style="list-style-type: none"> •I can sprint over a short distance up to 60m •I can use a range of throwing 		With help, I can recognise how performances could be improved	<ul style="list-style-type: none"> •I can arrive properly equipped for an OAA

	<p>(netball, basketball, cricket)</p> <ul style="list-style-type: none"> • I follow rules of games and play fairly (tag rugby, netball, basketball) • I can maintain possession of a ball (eg: feet, hockey stick, hands)(basketball) • I can pass to teammates when 	<p>level within a performance</p> <ul style="list-style-type: none"> • I can develop suppleness through stretching 	<p>direction, speed and level during a performance</p> <ul style="list-style-type: none"> • I can swing and hang from equipment safely using hands 	<p>techniques (underarm / overarm) (cricket, athletics)</p> <ul style="list-style-type: none"> • I can compete with others • I can improve personal best performances 			<ul style="list-style-type: none"> • I understand the need to manage risks • I can support others • I can seek support when I need it • I can orientate a map • I can lead a team • I am an effective team member • I show resilience when plans do not work • I use my initiative to try new ways of working
Year 4	<p>I can strike a ball and field with control (cricket, rounders)</p> <ul style="list-style-type: none"> • I can choose appropriate tactics to cause problems for the opposition (basketball, hockey) • I am an effective team member (tag rugby, hockey, basketball) • I can lead a team 	<ul style="list-style-type: none"> • I can plan, perform and repeat sequences • I can move in a clear, fluent and expressive manner • I can create dances and movements that convey a clear idea • I can develop physical 	<ul style="list-style-type: none"> • I can plan, perform and repeat sequences • I can move in a clear, fluent and expressive manner • I can travel in a variety of ways (eg: flight by transferring weight to generate power in movement) • I understand centre and 	<ul style="list-style-type: none"> • I can run over a longer distance, conserving energy to sustain performance • I can throw with accuracy to hit a target or cover a distance (rounders, cricket, athletics) • I can jump in a number of ways, using a run up if 		<p>I can explain how my work is similar and different from that of others. I can use my observations to improve my work</p>	<ul style="list-style-type: none"> • I can use a compass and digital devices to orientate myself • I remain aware of changing conditions and change plans if necessary.

	effectively (tag rugby, hockey, basketball)	strength by practicing moves	gravity and can use this to create interesting body shapes	appropriate <ul style="list-style-type: none"> •I can compete with others and aim to improve personal best performances 			
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Year 5	<p>I can choose and combine techniques in games (eg: running, throwing, catching, passing, jumping and kicking) (tag rugby, football, basketball)</p> <ul style="list-style-type: none"> •I can work alone or with team mates in order to gain points or possession (basketball, football) •I can strike a bowled or volleyed ball with some accuracy (tennis, 	<p>I can compose creative and imaginative dance sequences</p> <ul style="list-style-type: none"> •I can express an idea in original and imaginative ways. 	<p>I can create complex and well executed sequences that include a range of movements:</p> <ul style="list-style-type: none"> -travelling -balances -swinging -bending -stretching -twisting -gestures -linking shapes <ul style="list-style-type: none"> •I can link sequences of movements effectively •I can practice and refine gymnastic techniques 	<p>I can combine sprinting with low hurdles over 60m</p> <ul style="list-style-type: none"> •I can throw accurately and refine performance by analysing technique and body shape (cricket, rounders, athletics) •I can compete with others and keep track of personal best performances, setting targets for improvement 	<ul style="list-style-type: none"> •I can swim between 25 and 50m unaided <p>Rescue in different water based situations,</p> <p>I can use breaststroke, front crawl and backstroke, ensuring that breathing is correct</p>	<p>I can compare and comment on skills, techniques and ideas that I and others have used.</p> <p>I can modify use of skills or techniques to improve my work.</p>	
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	<p>cricket, rounders, football)</p> <ul style="list-style-type: none"> •I can choose appropriate tactics for a game (football, basketball) •I uphold the spirit of fair play and respect in all competitive situations (football, tag rugby) 		<ul style="list-style-type: none"> •I demonstrate good Kinaesthetic awareness 				
Year 6	<p>I can strike a bowled or volleyed ball with increasing accuracy (cricket, rounders)</p> <ul style="list-style-type: none"> •I can use forehand and backhand strokes in racket games (tennis, badminton) •I can field, defend and attack tactically by anticipating the direction of play. (football, tag rugby) •I can lead others when called upon. (football, tag rugby) 	<ul style="list-style-type: none"> •I can perform expressively and hold a precise and strong body posture •I can create and perform complex sequences •I can perform with high energy, slow grace or other themes and maintain this throughout a performance •I can perform complex moves that combine strength and stamina gained through gymnastics, (eg: 	<ul style="list-style-type: none"> •I can create complex and well executed sequences that include a range of movements: <ul style="list-style-type: none"> -springing -flight -vaults -inversions -rotations -hold shapes that are strong, fluent and expressive. •I can vary speed, direction, level and body rotation during floor performances •I can practice and refine the 	<ul style="list-style-type: none"> •I can choose the best place for running over a variety of distances •I show control in take-off and landing when jumping •I compete with others and keep track of personal best performances, setting challenging targets for improvement 		<p>I can analyse and explain why I have used specific skills or techniques. I can create my own success criteria for evaluating.</p>	<ul style="list-style-type: none"> •I can select appropriate equipment for OAA •I can identify possible risks and think of ways to manage them •I ask for and listen to expert advice •I embrace leadership and team roles •I can gain the commitment and respect of my team •I remain positive even in the most challenging of circumstance •I show empathy towards others and offer support

	<ul style="list-style-type: none"> • I am a good role model to others (football, tag rugby) 	cartwheels and handstands)	<p>gymnastic techniques listed above</p> <ul style="list-style-type: none"> • I can use equipment to vault and to swing, remaining upright. 				<p>without being asked.</p> <ul style="list-style-type: none"> • I seek support from the team and experts if in any doubt • I can use a range of devices in order to orientate myself • I quickly assess changing conditions and adapt plans to ensure safety comes first.
Greater Depth (exceeding KS2)							
<p>Physical education opportunities</p> <ul style="list-style-type: none"> • I play competitive sports such as football, netball, rounders, cricket, hockey, basketball, badminton, tennis and rugby, athletics and gymnastics. • I can perform dances using advanced movement patterns. • I take part in outdoor and adventurous activities which present mental and physical challenges and be encouraged to work in a team. 	<p>Developing practical skills</p> <ul style="list-style-type: none"> • I can develop techniques and improve performances. • I can compare performances with previous ones to achieve a personal best. • I am becoming more competent, confident and expert in techniques. • I understand what makes a performance effective and apply these principles to own and others' work 	<p>Being physically active</p> <ul style="list-style-type: none"> • I take part in competitive sports and activities outside school through community links or sports clubs. • I have developed the confidence and interest to get involved in exercise and sports and activities out of school and in later life 		<p>Competing</p> <ul style="list-style-type: none"> • I can use a range of tactics and strategies to overcome opponents in face-to-face competition through team and individual games. 			