



Wood Fold Primary School – Progression of Skills



Subject - PE

Reception

Multi-skills-Linked to the 10 fundamental of movement skills: hopping, jumping, running, rolling, kicking, catching, underarm/overarm throw, skipping, bouncing a ball.

Literacy through PE

Gymnastics

Dance

Key Skills to be Taught

- Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
- Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
- Jumps off an object and lands appropriately.
- To throw an object underarm with some levels of accuracy to a target.
- To roll a piece of equipment with some levels of accuracy to a target.
- To move and stop safely.
- To confidently catch with both hands.
- To kick in different ways with some levels of accuracy.
- To show good levels of control and coordination in large and small movements.

- To be active and interactive when responding to music or when performing in the role of a character.
- To move and speak confidently in familiar groups.
- To follow and perform instructions involving several ideas or actions.
- Investigate displaying emotions when performing actions or responding to music.
- To confidently act out parts of well-known stories or fables.

- To show good control and coordination in large and small movements.
- To travel confidently in a range of ways, safely negotiating space.
- To make their body relaxed, tense, curled and stretched.
- To balance using different parts of the body (points-knees, feet, elbows and hands & patches-stomach, back, head and legs).
- To copy sequences and repeat them confidently.
- Travels with confidence and skill around, under, over and through balancing and climbing equipment.

- To respond and move to music or a stimuli.
- To copy/mirror dance moves.
- To perform some dance moves independently, without support
- To move around the space safely.
- Travels with confidence and skill around, under, over and through balancing and climbing equipment.

Y1

Multi-skills-Linked to the 10 fundamental of movement skills: hopping, jumping, running, rolling, kicking, catching, underarm/overarm throw, skipping, bouncing a ball.

Athletics

Gymnastics

Dance

Key Skills to be Taught

Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They will play games based on net games and striking and fielding games. They will have the opportunity to play one against one, one against two and one against three. Perform fundamental movement skills at a developing level in:

Children will focus on using varying speeds when running. The children will explore footwork patterns and different methods of throwing, as well as practising short distance running.

- Use varying speeds when running.
- Practise short distance running.

Children investigate movement, stillness and how to find and use space safely. They explore basic gymnastic actions on the floor and using apparatus. They copy or create, remember and repeat, short movement phrases of 'like' linked actions, e.g. two jumps or two rolls. In gymnastics as a whole, children use skills and

Children will explore basic body actions, e.g. jumping and turning, and use different parts of their body to make movements. They create and repeat short dances inspired by different stimulus and themes. In dance as a whole, children think about how to use

<ul style="list-style-type: none"> • Travelling skills • Sending skills • Receiving skills • To use simple tactics i.e. pretend to throw one way then throw another • To look one way and roll the ball the other • Perform some dribbling skills with hands and feet. • Pass a ball accurately (hands & feet) over short distances to a teammate. • Make simple decisions about when /where to move in game to receive a ball. • Use simple manoeuvres to outwit an opponent. • Move fluently, change speed and direction avoiding collisions. • Show control and accuracy for rolling, underarm throwing and striking a ball. • Move in line with ball to receive it. 	<ul style="list-style-type: none"> • Explore different methods of throwing for distance. • Practise jumping for distance. 	<p>agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.</p> <ul style="list-style-type: none"> • Perform gymnastic shapes with straight legs and arms. • Perform simple jumps with control. • Hold a range of standing balances with increasing confidence and control. • Watch and observe others perform and copy their actions. • Perform rocking actions with control and balance. • Link rolls together with other actions and shapes. • Perform a controlled forward roll with balance and accuracy entering, during and exiting the roll. 	<p>movement to explore and communicate ideas and issues, and their own feelings and thoughts.</p> <p>-Copy and explore basic body actions from a range of stimuli (words, poetry, pictures, sounds and objects) travel, turn, jump, gesture, stillness</p> <p>-Copy simple movement patterns</p> <p>-Show and tell using body actions to explore moods, ideas and feelings</p> <p>-Vary speed, strength, energy and tension of their movements.</p>
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Y2

<p><i>Multi-skills</i>-Linked to the 10 fundamental of movement skills: <i>hopping, jumping, running, rolling, kicking, catching, underarm/overarm throw, skipping, bouncing a ball.</i></p>	<p><i>Athletics</i></p>	<p><i>Gymnastics</i></p>	<p><i>Dance</i></p>
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Key Skills to be Taught

<p>Children will improve and apply their basic FMS in games. They will play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points. They will continue to practice and refine their FMS and techniques, using them to outwit others. They will also develop an early understanding of simple concepts of attack. Perform fundamental movement skills at a developing level and start to master some basic movements in:</p> <ul style="list-style-type: none"> • Travelling skills • Sending skills • Receiving skills • To use a simple tactic i.e. move into a space to receive a ball. To pass a ball to a player in space. 	<p>Children will focus on running with agility and confidence, in addition to learning the best jumping techniques for distance. The children will throw different objects in a variety of ways and hurdle an obstacle and maintain effective running style.</p> <ul style="list-style-type: none"> • Run with agility and speed. • Learn the best jumping techniques for distance. • Throw different objects in a variety of ways. • Complete an obstacle course with control and agility. 	<p>Children will focus on increasing their range of basic gymnastic skills. They create simple sequences of ‘unlike’ actions on the floor, e.g. a roll, jump and a shape. They will then transfer what they learn on the floor to apparatus. In gymnastics as a whole, children will use skills and agility individually, in combination and in sequence, with the aim of showing as much control and precision as possible.</p> <ul style="list-style-type: none"> • Perform a range of shapes (pike, star and straddle shapes) with strength, flexibility and control. • Link balances and travelling actions by travelling backwards and forwards using gymnastic movements. • Use a variety of jumps within a sequence. 	<p>Children will focus on creating and performing short dances that communicate different moods, feelings and ideas. A range of subjects, including some based on different times and cultures can be used. Children will learn how to use different parts of the body to imitate and lead movements. They will also create short dances individually and also create and perform with a partner.</p> <p>-Copy and explore basic body actions from a range of stimuli (words, poetry, pictures, sounds and objects) travel, turn, jump, gesture, stillness --Copy simple movement patterns</p> <p>-Show and tell using body actions to explore moods, ideas and feelings</p>
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<ul style="list-style-type: none"> • To throw the ball into space away from opponent • To use a simple tactic i.e. Strike the ball away from cones/fielders • Perform some dribbling skills with hands and feet. • Pass a ball accurately (hands & feet) over short distances to a teammate. • Make simple decisions about when /where to move in game to receive a ball. • Use simple manoeuvres to outwit an opponent. • Perform a range of rolling, throwing, striking, kicking, catching with control and accuracy. • Use simple tactics to keep the ball away from the opposition. 		<ul style="list-style-type: none"> • Perform balances using different parts of their body with control. • Perform the dish and arch balance holding these with control. • Use a rocking action whilst in the dish and arch balance with control. • Evaluate other children’s routine and suggest ways to improve. 	-Vary speed, strength, energy and tension of their movements
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Y3

<i>Invasion Games</i>	<i>Net and Wall/ Striking and Fielding</i>	<i>Gymnastics</i>	<i>Dance</i>
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Key Skills to be Taught

<p>Children will learn to apply their understanding and skills from KS1. Children will improve their accuracy in throwing and catching, and will learn new invasion game sport specific techniques. The children should be able to master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy.</p> <ul style="list-style-type: none"> • To perform a specific pass to a partner e.g. chest pass in netball or side foot pass in football. • To confidently travel with a ball into space. • To attack space when getting free from a defender. • To use simple tactics to outwit an opponent. • To work well as a team showing effective communication and teamwork. • 	<p>Children will learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters’ scores down.</p> <ul style="list-style-type: none"> • To position your body when striking a ball or fielding • To confidently strike the ball into space away from the opposition’s players. • To prevent and intercept the ball with consistency, avoiding giving away points. • Catching the ball out in the field to prevent points or runs being made. <p>Children will learn to develop the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent. They learn to direct the ball towards the target area and away from their opponent.</p> <ul style="list-style-type: none"> • To throw and catch with control. • To strike a ball with control and some levels of accuracy. 	<p>Children will focus on improving the quality of their movement e.g. by stretching fingers and pointing toes to help them produce extension. They will learn how to plan and perform actions and sequences and develop flow by linking actions smoothly.</p> <ul style="list-style-type: none"> • Perform a range of lying and standing shapes with good control and accuracy. • Travel in different ways using a combination of floor and apparatus. • Perform moderate to challenging jumps with high quality and controlled take off and landings. • Use and link a range of 4-point balances with good control. • Demonstrate good body tension and strength when performing a range of rocking actions. 	<p>Children perform dances, focusing on creating, adapting and linking a range of dance actions. These are inspired by a variety of subjects including some traditional, social and/or historical dances – link to Stone Age. They work with a partner and in small groups developing their ability to create, perform and appreciate dance.</p>
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- To serve a ball using the underarm serve.
- To demonstrate and use the correct grip on a racket.
- To strike a ball over a set of cones or a small net.

- To perfect and accurately perform a range of different rolls with increasing confidence and control.
- To create a short routine including a combination of travelling, balances, jumps and rolls.

Y4

Invasion Games

*Net and Wall/
Striking and Fielding*

Gymnastics

Dance

Key Skills to be Taught

Children continue to learn simple attacking tactics using a range of equipment and sport specific skills. They play small, uneven-sided games and think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.

- To perform accurate passes to a partner or a target in small sided games.
- To confidently travel at speed with a ball into space.
- To create and attack space away from the defenders.
- To defend space and break up attacking play.
- To use tactics and strategies in small sided games, as well as showing effective teamwork and cohesion.

Children will learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down.

- Perform different types of shots with your foot or a bat.
- Can throw for distance when fielding
- Can use different ways of bowling at the wickets or a target.
- Strike a ball with intent and throw it more accurately when bowling and/or fielding

Children will learn to develop the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent. They learn to direct the ball towards the target area and away from their opponent.

- To be able to play a variety of shots to a partner or opponent.
- To move my body into position to play a shot.
- To develop greater accuracy of strokes.
- To serve a ball underarm accurately.
- To perform a rally over a net to a partner with accuracy.
- To develop tactics when scoring points.
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Children will learn to develop their skills with control and precision and combine these skills to create a sequence for competition. They will extend their range of actions, balances, body shapes and agilities, working on more difficult combinations. The children will work in pairs using matching and mirroring to plan and perform sequences.

- Perform a range of shapes and move fluently from one shape to another.
- Identify parts of their own performance that need improving.
- Travel differently and utilise these to make a sequence more interesting.
- Perform a split jump, taking off and landing with control and balance (and perfect previously learnt jumps).
- Explore and perform 3- and 4-point balances.
- Perform a backwards roll safely and with good control.
- To work safely and effectively with a partner and themselves whilst using high and low apparatus.

Children focus on creating characters and narrative through movement and gesture. They gain inspiration from Greek Myths, and work in pairs and small groups. Children concentrate on combining and linking phrases of movement fluently and with control.

Y5

Invasion Games

*Net and Wall/
Striking and Fielding*

Gymnastics

Dance

Key Skills to be Taught

Children will learn how to work well as a team when attacking, and explore a range of ways to defend. They play uneven-sided games leading to 5v4 or 4v3. Children will also learn a wider range of sport specific techniques for passing, dribbling and shooting, and will learn to apply basic principles for attacking and defending. Children to continue to develop sport specific skills and perform with consistency, accuracy, confidence and control.

- To perform quick, sharp and precise passes to a partner to avoid the ball being intercepted.
- To confidently move and attack space on and off the ball to keep possession.
- To defend a target or area effectively through reading the game.
- To use formations and positions when playing an even side game.
- To use a variety of tactics and strategies to keep possession of the ball.
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Children will develop the range and quality of their skills and understanding. They learn how to play the different roles of bowler, backstop, fielder and batter.

- Use a range of fielding skills, e.g., catching, throwing, intercepting, with control and consistency.
- Use different ways & vary how to bowl e.g., spin, short paced/fast paced delivery.
- Bat effectively, using different types of shot from both sides of body.
- Throw overarm with accuracy from a distance.

Children will learn to develop the range and quality of their skills when playing games using rackets. They also learn specific tactics and skills for net/wall games. They will also spend time developing effective serving techniques and tactics. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.

- To develop techniques for ground strokes to maximise precision.
- To develop the forehand and backhand technique and use it in a game.
- To be able to serve overarm.
- To perform a rally over a net to a partner with consistency.
- To use tactics when playing in a doubles game.
- To analyse own performance and to identify areas for improvement.

Children will develop a wider range of actions and use their skills and agilities individually, and in sequence with a partner, with the aim of showing as much control and precision as possible. Children will create longer sequences using their knowledge of compositional principles with a partner to perform paired balances for an audience.

- Perform a range of sitting, support, lying and standing shapes accurately and with control.
- Perform matched and mirrored shapes and jumps.
- Perform counter tension and counterbalances with a partner smoothly and with control.
- Perform a straight jump with ¼ and 1.2 turn whilst maintaining control and balance.
- Develop a gymnastic sequence incorporating the elements from this year and previous years.
- Start and finish forward roll with a different shape (straddle, tuck, standing)

Children learn different styles of dance and focus on dancing with other people. They create, perform and watch dances in a range of styles, working with partners and groups. They will be encouraged to become more adventurous when improvising and exploring ideas, developing their knowledge of how props, costume, design and music enrich dance.

Y6

Invasion Games

*Net and Wall/
Striking and Fielding*

Gymnastics

Dance

Key Skills to be Taught

Children will improve their defending and attacking play. They start to play even-sided mini-versions of invasion games. In all game activities, children think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'. Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.

- Attacking tactics – to use a range of passes. To get away from a defender to receive a pass. To send the ball wide and/or deep to supporting players.
- Defending Tactic – to close down space. To intercept a pass.
- To perform passes and skills confidently and quickly with control.
- To read scenarios or situations and adapt to meet the needs of the situation.
- To perform attacking and defensive duties in a game to assist in the overall team's performance.
- To make quick decisions on whether or not to pass or dribble with the ball.
- To set up formations to suit the needs of the game.
- To evaluate a team's performance and suggest ways to improve.

Children will develop the range and quality of their skills and understanding. They learn how to play the different roles of bowler, wicket keeper, fielder and batter.

- Understand and apply some tactics in the game as a batter, bowler and fielder.
- understand, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.
- Understand that the momentum and power for striking a ball comes from the legs as well as arms.
- Know which fielding action to apply for any given situation.

Children will learn to develop the range and quality of their skills when playing games using rackets. They also learn specific tactics and skills for net/wall games. They will also spend time developing effective serving techniques and tactics. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.

- To know where a shot should be aimed and show increasing accuracy.
- To use good hand/eye co-ordination when playing and serving in a game.
- To perform a drop and lob shot.
- To use different shots in a game situation to outwit an opponent.
- To analyse other people's performance and to identify areas for improvement.

Children will develop a wider range of compositional principles e.g. how to use variations in speed, level and direction, how to combine and link actions, how to relate to partners and apparatus, to develop sequences that show an awareness of audience. Children will plan and perform a sequence with a partner. They will choose their own apparatus and design a simple layout. Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.

- Perform support shapes and partner balances accurately as part of a sequence.
 - Using their gymnastics knowledge, comment and analyse on performances and suggest aspects for improvements.
 - Perform large group balances with control and in a safe manner.
 - Perform rotational jumps (including full rotations) accurately and with control.
 - Link movements in a sequence with fluency, accuracy and control.
 - Develop a gymnastic sequence using jumps, rolls and balances.
 - Perform a sequence in time to music.
- Jump – different ways of jumping and landing with shape
-Rolling – basic rolls
-Apparatus

Children will focus on using different visual images as the starting point for composing, performing and watching dance. They will extend the range of movements they use and develop new skills in working with a partner, including taking weight, supporting, leaning, balancing and lifting.

Athletics

Y1	Y2	Y3	Y4	Y5	Y6
Key Skills to be Taught					
<p>Use varying speeds when running. Practise short distance running. Explore different methods of throwing for distance. Practise jumping for distance.</p>	<p>Run with agility and speed. Learn the best jumping techniques for distance. Throw different objects in a variety of ways. Complete an obstacle course with control and agility.</p>	<p>Run in different speeds, using a good technique. Choose and understand appropriate running techniques for short and longer distances. Improve throwing technique for distance. Reinforce jumping techniques for distance e.g., 3-spring jump</p>	<p>Select and maintain a running pace for different distances. Practise throwing with power and accuracy. Understand which technique is most effective when jumping for distance. Demonstrate good running technique in a competitive situation.</p>	<p>Use correct technique when sprinting. Develop the ability to run for longer distances. Throw with accuracy and power. Identify and apply techniques of relay running, as well as how to exchange the baton. Understand which technique is most effective when jumping for distance.</p>	<p>Investigate running styles and changes of speed. Practise throwing with power and accuracy with different throwing equipment. Understand and analyse which technique is most effective when jumping for distance. Evaluate performance and compare it to others.</p>

OAA

Y3	Y4	Y5	Y6
Key Skills to be Taught			
<ul style="list-style-type: none"> To use effective communication when working as a team. To work individually and in small groups. To identify symbols on a simple map. To carry out a simple course or trail in small groups safely. 	<ul style="list-style-type: none"> To communicate clearly with others within a team. To recognise key features of an orienteering course. To recognise symbols and features on a map. To carry out problem-solving tasks. To adopt a specific role when working in a team e.g., map reader. To recognise the most suitable equipment to use when completing a task. 	<ul style="list-style-type: none"> To use effective, clear communicational skills when carrying out a specific role in team. To build on trust when carrying out challenging tasks in small groups. To recognise any potential hazards when completing a course and 	<ul style="list-style-type: none"> To work effectively as a team, showing leadership skills when needed. To travel from one marker on a map to another quickly. To use all 8 points of a compass when navigating around a course, setting a direction each time. To plan and prepare an effective route

offer alternative routes.

- To understand the 8 points of a compass.
- To begin to use a compass when navigating around a course or trail.
- To successfully complete a course using a map.
- To record data when reaching a control point.

when completing a course.

- To evaluate and refine teamwork when completing a trail or course.
- To follow instructions and rules when completing a course.