

## Progression of Skills in PE

| Games                   |  |   |   |   |   |   |
|-------------------------|--|---|---|---|---|---|
| <b>Foundation Stage</b> | <p><b><u>Locomotion: Walking</u></b></p> <ul style="list-style-type: none"> <li>Explore walking</li> <li>Develop walking</li> <li>Explore walking in different pathways</li> <li>Sustain walking</li> <li>Explore marching</li> <li>Apply walking into a game</li> </ul>   | <p><b><u>Locomotion: Jumping Taught in Year 1 Autumn 1</u></b></p> <ul style="list-style-type: none"> <li>Explore jumping</li> <li>Develop jumping</li> <li>Apply jumping into a game</li> <li>Jumping for distance</li> <li>Explore jumping high</li> <li>Explore hopping</li> </ul>     | <p><b><u>Ball Skills: Hands 1</u></b></p> <ul style="list-style-type: none"> <li>Explore pushing</li> <li>Explore rolling</li> <li>Explore bouncing</li> <li>Explore bouncing into space</li> <li>Combine pushing and rolling</li> <li>Combine rolling, pushing and bouncing</li> </ul>   | <p><b><u>Ball Skills: Feet 1</u></b></p> <ul style="list-style-type: none"> <li>Explore moving with a ball using our feet</li> <li>Develop moving with a ball using our feet</li> <li>Develop dribbling</li> <li>Understand dribbling and rolling</li> <li>Develop dribbling against an opponent</li> <li>Dribbling competitions</li> </ul>   | <p><b><u>Ball Skills: Hands 2 Taught in Year 1 Autumn 1</u></b></p> <ul style="list-style-type: none"> <li>Explore throwing</li> <li>Explore throwing (underarm)</li> <li>Explore throwing (overarm)</li> <li>Explore rolling</li> <li>Explore stopping a ball (small ball)</li> <li>Explore catching</li> </ul>  | <p><b><u>Games For Understanding</u></b></p> <ul style="list-style-type: none"> <li>Taking Turns</li> <li>Keeping the Score</li> <li>Understanding rules: Playing by the rules</li> <li>Avoiding a defender</li> <li>Preventing an attacker from scoring</li> <li>Applying attacking and defending into a game</li> </ul>                               |
| <b>Year 1</b>           | <p><b><u>Locomotion: Running</u></b></p> <ul style="list-style-type: none"> <li>Explore running</li> <li>Apply running into a game</li> <li>Explore running at different speeds</li> <li>Running for speed: Acceleration</li> <li>Explore running in a team</li> <li>Consolidate running: Apply running into a competitive game</li> </ul> | <p><b><u>Locomotion: Jumping</u></b></p> <ul style="list-style-type: none"> <li>Recap jumping</li> <li>Developing jumping</li> <li>Jumping circuits:</li> <li>Explore how jumping affects our bodies</li> <li>Explore skipping</li> <li>Apply skipping and jumping into a game</li> </ul> | <p><b><u>Ball Skills Hands 1</u></b></p> <ul style="list-style-type: none"> <li>Develop bouncing: Introduce sending with control</li> <li>Introduce aiming with accuracy</li> <li>Introduce power and speed when sending a ball</li> <li>Introduce stopping a ball</li> <li>Develop stopping, combining sending skills</li> <li>Combine sending and receiving skills</li> </ul>   | <p><b><u>Ball Skills: Feet 1</u></b></p> <ul style="list-style-type: none"> <li>Recap moving with a ball using our feet</li> <li>Develop moving the ball using the feet</li> <li>Apply dribbling into games</li> <li>Consolidate dribbling</li> <li>Explore kicking (passing)</li> <li>Apply kicking (passing) to score a point</li> </ul>  | <p><b><u>Ball Skills: Hands 2</u></b></p> <ul style="list-style-type: none"> <li>Introduce throwing with accuracy (beanbags)</li> <li>Apply throwing with accuracy in a team (beanbags)</li> <li>Extend throwing with accuracy</li> <li>Introduce stopping a ball (small ball)</li> <li>Develop sending (rolling) skills to score a point</li> <li>Consolidation of sending (rolling) and stopping skills to win a game</li> </ul>    | <p><b><u>Games For Understanding</u></b></p> <ul style="list-style-type: none"> <li>Understanding the principles of attack</li> <li>Applying attacking principles into a game</li> <li>Understand the principles of defence</li> <li>Applying defending principles into a game</li> <li>Consolidate attacking</li> <li>Consolidate defending</li> </ul> |
| <b>Year 2</b>           | <p><b><u>Locomotion: Dodging</u></b></p> <ul style="list-style-type: none"> <li>Explore dodging</li> <li>Develop dodging</li> <li>Apply dodging: Explore attacking and defending</li> <li>Apply dodging in teams</li> <li>Consolidate dodging</li> </ul>   | <p><b><u>Locomotion: Jumping</u></b></p> <ul style="list-style-type: none"> <li>Consolidate jumping</li> <li>Apply jumping into a game</li> <li>Linking jumping</li> <li>Explore jumping combinations</li> <li>Develop jumping combinations</li> </ul>                                    | <p><b><u>Ball Skills: Hands 1</u></b></p> <ul style="list-style-type: none"> <li>Develop dribbling: Keeping possession</li> <li>Develop passing and receiving: Keeping possession</li> <li>Combine dribbling, passing and receiving, keeping possession</li> <li>Develop dribbling to score a point</li> <li>Develop passing and receiving to score a point</li> <li>Combine dribbling, passing and receiving to score a point</li> </ul> | <p><b><u>Ball Skills: Feet 1</u></b></p> <ul style="list-style-type: none"> <li>Develop dribbling: Keeping possession</li> <li>Develop passing and receiving: Keeping possession</li> <li>Combine dribbling, passing and receiving, keeping possession</li> <li>Develop dribbling to score a point</li> <li>Combine dribbling, passing and receiving to score a point</li> <li>Apply dribbling, passing and receiving as a team to score a point</li> </ul> | <p><b><u>Ball Skills: Hands 2</u></b></p> <ul style="list-style-type: none"> <li>Develop pupils application and understanding of underarm throwing</li> <li>Consolidate pupils application and understanding of underarm throwing</li> <li>Applying the underarm throw to win a game</li> <li>Applying the underarm throw to beat an opponent</li> <li>Introduce overarm throwing: Applying overarm throwing to win a game</li> </ul> | <p><b><u>Games For Understanding</u></b></p> <ul style="list-style-type: none"> <li>Attacking as a team</li> <li>Defending as a team</li> <li>Understanding the transition between defence and attack</li> <li>Create and apply attacking tactics</li> <li>Create and apply defensive tactics</li> </ul>  |

## Progression of Skills in PE

| Overview of Learning    | Dance  |   | Gymnastics  |   |
|-------------------------|--|---|---|---|
| <b>Foundation Stage</b> | <p><b><u>Ourselves</u></b></p> <ul style="list-style-type: none"> <li>• Ourselves: Moving in sequence</li> <li>• Ourselves: Responding in movement to words and music</li> <li>• Ourselves: Moving with props and contrasting tempos</li> <li>• Ourselves: Creating their own movements</li> <li>• Ourselves: Exploring opposites and creating simple movement sequences</li> <li>• Ourselves: Working with a partner exploring character movements</li> </ul> |   | <p><b><u>Moving</u></b></p> <ul style="list-style-type: none"> <li>• Explore moving and making shapes using different body parts</li> <li>• Explore moving in different directions</li> <li>• Explore big and small ways of moving and making shapes</li> <li>• Moving in pairs</li> <li>• Creating shapes in pairs</li> <li>• Zonal work</li> </ul>  |   |
| <b>Year 1</b>           | <p><b><u>Growing</u></b></p> <ul style="list-style-type: none"> <li>• Growing: Responding to rhythm</li> <li>• Developing the growing plant 'dance'</li> <li>• Introduction to motifs</li> <li>• Creating motifs</li> <li>• Creating movement sequences</li> <li>• Relationships and performance</li> </ul>  | <p><b><u>The Zoo</u></b></p> <ul style="list-style-type: none"> <li>• Creating movements as 'big' animals: Exploring expression</li> <li>• Developing our movements as 'small' animals: Adding movements together</li> <li>• Responding to a rhythm: Introducing partner work</li> <li>• Creating an animal sequence: Motifs</li> <li>• Big cats and the zookeeper: Exploring relationships within our motifs</li> <li>• Relationships and performance</li> </ul> | <p><b><u>Body Parts</u></b></p> <ul style="list-style-type: none"> <li>• Introduction to 'big' body parts</li> <li>• Introduction to 'small' body parts</li> <li>• Combining big and small with wide, narrow and curled</li> <li>• Transition between wide narrow and curled using big and small body parts</li> <li>• Adding (linking) movements together</li> <li>• Creative ways of adding (linking) movements together</li> </ul> | <p><b><u>Wide, Narrow, Curled</u></b></p> <ul style="list-style-type: none"> <li>• Introduction to 'Wide'</li> <li>• Introduction to 'Narrow'</li> <li>• Introduction to 'Curled'</li> <li>• Exploring the difference between wide, narrow and curled</li> <li>• Transitioning between wide, narrow and curled movements</li> <li>• Linking two movements together</li> </ul> |
| <b>Year 2</b>           | <p><b><u>Water</u></b></p> <ul style="list-style-type: none"> <li>• Water: Responding to stimuli</li> <li>• Developing whole group movement</li> <li>• Improvisation and physical descriptions</li> <li>• Creating sequences</li> <li>• Creating contrasting movement sequences</li> <li>• Sequences, relationships and performance</li> </ul>   | <p><b><u>Exploring</u></b></p> <ul style="list-style-type: none"> <li>• Preparing for an expedition: Responding to stimuli</li> <li>• Developing our motif with expression and emotion</li> <li>• Applying choreography in our motifs</li> <li>• Applying choreography in our motifs</li> <li>• Extending our motifs</li> <li>• Sequences, relationships and performance</li> </ul>   | <p><b><u>Pathways</u></b></p> <ul style="list-style-type: none"> <li>• Exploring zig-zag pathways</li> <li>• Developing zig-zag pathways on apparatus</li> <li>• Exploring curved pathways</li> <li>• Developing curved pathways on apparatus</li> <li>• Creation of pathway sequences</li> <li>• Completion of pathways sequences and performance</li> </ul>   | <p><b><u>Linking</u></b></p> <ul style="list-style-type: none"> <li>• Developing 'Linking'</li> <li>• Linking on apparatus</li> <li>• Jump, roll, balance sequences</li> <li>• Jump, roll, balance on apparatus</li> <li>• Creation of sequences</li> <li>• Completion of sequences and performance</li> </ul>  |