

PE SKILLS PROGRESSION MAP

<p>EYFS 30-50 Months</p> <ul style="list-style-type: none"> Continue to develop movement, balancing, riding (scooters, trikes & bikes) & ball skills. Go up steps & stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg & hold a pose for a game like musical statues. Use large muscle movements to wave flags & streamers, paint & make marks. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use & remember sequences & patterns of movements which are related to music & rhythm. Match their developing physical skills to tasks & activities in the setting, e.g. decide whether to crawl, walk or run across plank, depending on its length & width. Choose the right resources to carry out their own plan. E.g. choosing a spade to enlarge a small hole they dug with a trowel. Collaborate with others to manage large items, such as moving along plank safely, carrying large hollow blocks. Use one-handed tools & equipment, e.g. making snips in paper with scissors. Use a comfortable grip with good control when holding pens & pencils. Show a preference for a dominant hand. Be increasingly independent as they get dressed & undressed, e.g. putting coats on & doing up zips. <p>40-60 Months</p> <ul style="list-style-type: none"> Revise & refine the fundamental movement skills they have already acquired: <ul style="list-style-type: none"> Rolling Crawling Walking Jumping Running Hopping Skipping Climbing Progress towards a more fluent style of moving, with developing control & grace. Develop the overall body strength, coordination, balance & agility needed to engage successfully with 	<p>In Years 1 and 2 pupils:</p> <p>Games</p> <ul style="list-style-type: none"> Use the terms 'opponent' and 'team-mate'. Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop tactics. Lead others when appropriate. <p>Dance</p> <ul style="list-style-type: none"> Copy and remember moves and positions. Move with careful control and coordination. Link two or more actions to perform a sequence. Choose movements to communicate a mood, feeling or idea. <p>Gymnastics</p> <ul style="list-style-type: none"> Copy and remember actions. Move with some control and awareness of space. Link two or more actions to make a sequence. Show contrasts (such as small/tall, straight/curved and wide/narrow). Travel by rolling forwards, backwards and sideways. Hold a position whilst balancing on different points of the body. Climb safely on equipment. Stretch and curl to develop flexibility. Jump in a variety of ways and land with increasing control and balance. <p>Swimming</p> <ul style="list-style-type: none"> Use one basic stroke, breathing correctly. Athletic activities are combined with games in Years 1 and 2. 	<p>In Years 3 and 4 pupils:</p> <p>Games</p> <ul style="list-style-type: none"> Throw and catch with control and accuracy. Strike a ball and field with control. Choose appropriate tactics to cause problems for the opposition. Follow the rules of the game and play fairly. Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). Pass to teammates at appropriate times. Lead others and act as a respectful team member. <p>Dance</p> <ul style="list-style-type: none"> Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Express an idea in original and imaginative ways. Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands). <p>Gymnastics</p> <ul style="list-style-type: none"> Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences. Show changes of direction, speed and level during a performance. Travel in a variety of ways, including flight, by transferring weight to generate power in movements. Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape). Swing and hang from equipment safely (using hands). <p>Swimming</p> <ul style="list-style-type: none"> Swim 25 metres unaided. Use more than one stroke and coordinate breathing as appropriate for the stroke being used. Coordinate leg and arm movements. Swim at the surface and below the water. <p>Athletics</p> <ul style="list-style-type: none"> Sprint over a short distance up to 60metres. Run over a longer distance, conserving energy in order to sustain performance. Use a range of throwing techniques (such as under arm, over arm). Throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate. Compete with others and aim to improve personal best performances. <p>Outdoor and adventurous activities</p> <ul style="list-style-type: none"> Arrive properly equipped for outdoor and adventurous activity. Understand the need to show accomplishment in managing risks. Show an ability to both lead and form part of a team. Support others and seek support if required when the situation dictates Show resilience when plans do not work and initiative to try new ways of working. Use maps, compasses and/or digital devices to orientate themselves. Remain aware of changing conditions and change plans if necessary. 	<p>In Years 5 and 6 pupils:</p> <p>Games</p> <ul style="list-style-type: none"> Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). Work alone, or with team mates in order to gain points or possession. Strike a bowled or volleyed ball with accuracy. Use forehand and backhand when playing racket games. Field, defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team. <p>Dance</p> <ul style="list-style-type: none"> Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Express an idea in original and imaginative ways. Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands). <p>Gymnastics</p> <ul style="list-style-type: none"> Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> travelling balances swinging rolls landing jumps inversions rotations bending, stretching and twisting gestures linking skills. Hold shapes that are strong, fluent and expressive. Include in a sequence set pieces, choosing the most appropriate linking elements. Vary speed, direction, level and body rotation during floor performances. Practise and refine the gymnastic techniques used in performances (listed above). Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well rehearsed actions). Use equipment to vault and to swing (remaining upright). <p>Swimming</p> <ul style="list-style-type: none"> Swim over 25 metres unaided. Use breast stroke, front crawl, backstroke and dolphin kick, ensuring that breathing is correct so as not to interrupt the pattern of swimming. Swim fluently with controlled strokes. Turn efficiently at the end of a length. <p>Athletics</p> <ul style="list-style-type: none"> Combine sprinting with low hurdles over 60metres. Throw accurately and refine performance by analysing technique and body shape. Show control in take off and landings when jumping. Compete with others and keep track of personal best performances, setting targets for improvement. <p>Outdoor & Adventurous Activities</p> <ul style="list-style-type: none"> Select appropriate equipment for outdoor and adventurous activity. Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. Embrace both leadership and team roles and gain the commitment and respect of a team. Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. Remain positive even in the most challenging circumstances, rallying others if need be. Use a range of devices in order to orientate themselves. Quickly assess changing conditions and adapt plans to ensure safety comes first.
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future physical education sessions & other physical disciplines including dance , gymnastics, sport & swimming.

- Develop their small motor skills so that they can use a range of tools competently, safely & confidently. Suggested tools: pencils for drawing & writing, paint brushes, scissors, knives, forks & spoons.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Combine different movements with ease & fluency.
- Confidently & safely use a range of large & small apparatus indoors & outside, alone & in a group.
- Develop overall body-strength, balance coordination & agility.
- Further develop & refine a range of ball skills including: throwing, catching, kicking, passing, batting & aiming.
- Develop confidence, competence, precision & accuracy when engaging in activities that involve a ball.
- Develop the foundations of a handwriting style which is fast, accurate & efficient.
- Further develop the skills they need to manage the school day successfully:
 - Lining up & queuing
 - mealtimes

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