

NORTH HEATH COMMUNITY PRIMARY SCHOOL

PE – Progression of individual skills

EYFS - To begin to develop practical skills in order to participate, compete and lead a healthy lifestyle

Games (including Athletic skills)

To talk about how the body feels when still and during exercise

Hit a ball with a bat or a racquet

Move a ball in different ways (such as roll, throw, kick)

Travel in different ways (forward, backwards, sideways)

Dance

Join a range of movements together

Change the speed and style of their movements

Control the body when performing a sequence of movements

To talk about what they and others have been doing

Gymnastics

Travel in different ways (over, under and through different objects and equipment/ tiptoe, step)

Stretch in different ways

Roll in different ways (curled side roll, log roll, teddy bear roll) with control

Begin to balance (standing balance) with control

Jump in different ways (straight jump, tuck jump, star jump, half turn jump, bunny hop, one-legged hop)

Control the body when performing a sequence of movements

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Games

Year 1 / 2 (Including Athletic skill)	Throw and roll accurately to a stationary target
	Pass a ball in different ways
	Strike a ball with increasing control
	Master running, jumping, throwing, catching and kicking skills in combination
	Use change of speed and direction whilst running
	Develop simple tactics for attacking and defending
	Develop ideas for improving skills
	Begin to choose and use the best space in a game
Year 3 / 4	Explain why exercise is good for your health
	Strike a ball with increased control and accuracy
	Develop different ways of throwing at a variety of stationary and moving targets and catching
	Bowl a ball with a straight arm
	Follow the rules of the game and play fairly
	Maintain possession of a ball (e.g. with feet, a hockey stick or hands)
	Make best use of space to pass and receive the ball
	Apply basic principles suitable for attacking and defending
Year 5 / 6	Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking)
	Throw accurately and successfully under pressure in a game
	Strike a bowled or volleyed ball with accuracy in a variety of ways
	Choose and make the best pass in game situations
	Demonstrate a good awareness of space
	Think ahead a create a plan of attack or defence
	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

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Dance	
Year 1/2	Copy, remember and repeat actions
	Change the speed and level of actions
	Move with careful control and coordination
	Link two or more actions to create a short motif inspired by a stimulus
	Perform using simple movement patterns (including learned skills/ own composition) with increased control
	Move in time to music
Year 3 / 4	Explain the reasons behind warming up and cooling down
	Perform dances using a range of movement patterns
	Move in a clear, fluent and expressive manner demonstrating rhythm and spatial awareness
	Confidently improvise independently or with a partner
	Create longer dances using learned and created movements in a small group
	Change speed and levels within a performance
Year 5 / 6	Develop physical strength and suppleness by practising moves and stretching
	Compose creative and imaginative dance sequences independently, with a partner or as part of a small group
	Use dramatic expression in movements and motifs
	Demonstrate strong and controlled movements throughout a dance sequence
	Move rhythmically and accurately in dance sequences
	Improvise with confidence
Perform sequences in time to music	

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Gymnastics

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Year 3/4	Copy, remember and repeat actions
	Change the speed and level of actions
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	Link two or more actions to create a short motif inspired by a stimulus
	Perform using simple movement patterns (including learned skills/ own composition) with increased control
	Move in time to music
	Copy, remember and repeat actions
Year 5 / 6	Create complex and well-executed sequences that include a full range of movements including: travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching, 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
	Develop flexibility, strength and control to refine the gymnastics techniques used in performances
	Demonstrate good placement and alignment of body parts in actions, shapes and balances
	Use equipment confidently to perform a series of movements and balances.

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Athletics

Year 3 / 4	Confidently demonstrate a technique for sprinting, focusing on arm and leg action
	Use a range of throwing techniques (e.g. under arm, over arm)
	Speed up and slow down smoothly
	Jump in several ways, developing a run up where appropriate
	Compete with others and aim to improve personal best performances
Year 5 / 6	Combine sprinting with low hurdles over 60 metres
	Choose the best place for running over a variety of distances
	Work as a team to confidently perform in a relay
	Show control in take-off and landings when jumping
	Compete with others and compare performance with previous ones and demonstrate improvement to achieve a personal best

Swimming

Year 3 / 4	To be able to perform self-safe rescue in different water-based situations
	Swim 25m+ distance
	Use a range of strokes
	To be able to breathe correctly in water

Outdoor Adventurous Activity

Year 5 / 6	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 (seek support from the team and the experts if in any doubt)
	Work effectively as part of a team, communicating effectively with others when under pressure
	Use a range of devices in order to orientate themselves
	Quickly assess changing conditions and adapt plans to ensure safety comes first
	Select appropriate equipment for outdoor and adventurous activity

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