

### Progression of Skills in PE

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>To use travelling actions to move safely</li> <li>To create Shapes in balances and jumps,</li> <li>To use rolls safely barrel rolls straight rolls and forward rolls.</li> </ul>	<ul style="list-style-type: none"> <li>To use travelling actions to move safely</li> <li>To create shapes in balances and jumps with increasing stability</li> <li>To use rolls safely barrel rolls straight rolls and forward rolls.</li> </ul>	<ul style="list-style-type: none"> <li>To use point and patch balances and jumps</li> <li>To use the correct technique when completing straight roll, barrel roll forward roll</li> </ul>	<ul style="list-style-type: none"> <li>To use individual and partner balances,</li> <li>To use rotational jumps in sequences</li> <li>To use the correct technique rolling and when creating a bridge and a shoulder stand.</li> </ul>	<ul style="list-style-type: none"> <li>To use symmetrical and asymmetrical balances</li> <li>To complete rotational jumps with confidence</li> <li>To perform a cartwheel</li> <li>Evaluate and improve moves</li> </ul>	<ul style="list-style-type: none"> <li>To use symmetrical and asymmetrical balances</li> <li>To complete rotational jumps with confidence</li> <li>To perform a cartwheel</li> <li>Evaluate and improve moves</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>To change direction during travelling moves.</li> <li>To link travelling moves that change direction and level.</li> <li>To explore basic body patterns and movements to music.</li> <li>To use a variety of moves that change speed and direction</li> </ul>	<ul style="list-style-type: none"> <li>To explore different levels and speeds of movement.</li> <li>To compose and perform simple dance phrases.</li> <li>To work to music, creating movements that show rhythm</li> </ul>	<p>To work with a partner to create dance patterns.</p> <ul style="list-style-type: none"> <li>To perform a dance with rhythm and expression.</li> <li>To use knowledge of dance to create a story in</li> </ul>	<ul style="list-style-type: none"> <li>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>To create an individual dance that reflects the chosen dancing style.</li> <li>To create partnered dances that reflect the dancing style and apply the key components of dance.</li> </ul>	<p>To identify and practise the patterns and actions of the chosen dance style.</p> <ul style="list-style-type: none"> <li>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>To create and perform an individual dance that reflects the chosen dance style.</li> <li>To create partnered dances that reflect the chosen dancing style and apply the key components of dance.</li> </ul>	<ul style="list-style-type: none"> <li>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>To create and perform an individual dance that reflects the chosen dance style.</li> <li>To create partnered dances that reflect the chosen dancing style and apply the key components of dance.</li> </ul>
<b>Invasion Games</b>	<ul style="list-style-type: none"> <li>To master basic sending and receiving techniques.</li> <li>To develop balance, agility and co-ordination</li> <li>To develop balance, agility and co-ordination.</li> <li>To use ball skills in game based activities.</li> </ul>	<ul style="list-style-type: none"> <li>To use hand-eye coordination to control a ball.</li> <li>To kick and move with a ball.</li> <li>To develop catching and dribbling skills.</li> <li>To use ball skills in a mini festival.</li> </ul>	<p>To be aware of others when playing games.</p> <ul style="list-style-type: none"> <li>To choose the correct skills to meet a challenge.</li> <li>To perform a range of actions, maintaining control of the ball.</li> <li>To perform a range of catching and gathering skills with control.</li> <li>To identify and follow the rules of games.</li> </ul> <p>To choose and use simple tactics to suit different situations.</p> <ul style="list-style-type: none"> <li>To react to situations in ways that make it difficult for opponents to win.</li> </ul>	<ul style="list-style-type: none"> <li>To use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation.</li> <li>To identify and apply ways to move the ball towards an opponent's goal.</li> <li>To learn concepts of attack and defence.</li> <li>To play in a mini tournament.</li> </ul>	<ul style="list-style-type: none"> <li>To demonstrate basic passing and receiving skills</li> <li>To develop an understanding and knowledge of the basic footwork rule of netball.</li> <li>To use good hand/eye co-ordination to pass and receive a ball successfully.</li> <li>To develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel.</li> <li>To be able to demonstrate a range of defending skills and understand how to mark an opponent.</li> <li>To recognise which positions are attacking and which are defending.</li> </ul>	<ul style="list-style-type: none"> <li>To understand the basic rules of a game</li> <li>To work as a team, using ball-handling skills.</li> <li>To pass and carry a ball using balance and coordination.</li> <li>To apply rules and skills learned to a game.</li> </ul>
<b>Ball skills</b>	<ul style="list-style-type: none"> <li>To learn skills for striking and fielding games.</li> <li>To use throwing and catching skills in a game.</li> <li>To practise accuracy of throwing and consistent catching.</li> <li>To strike with a racket or bat.</li> <li>To use fielding skills to play a game.</li> </ul>	<ul style="list-style-type: none"> <li>To position the body to strike a ball.</li> <li>To develop throwing and catching skills.</li> <li>To throw a ball for distance.</li> <li>To play a game fairly and in a sporting manner.</li> <li>To use fielding skills to play a game.</li> </ul>	<ul style="list-style-type: none"> <li>To consolidate and develop a range of skills in striking and fielding.</li> <li>To practise the correct technique for catching a ball and use it in a game.</li> <li>To practise the correct batting technique and use it in a game situation.</li> <li>To practise the correct technique for fielding and use it in a game situation.</li> </ul>	<ul style="list-style-type: none"> <li>To use ABC (agility, balance, co-ordination) to move into good positions for catching and apply it in a game situation.</li> <li>To use hand-eye coordination to strike a moving and a stationary ball.</li> <li>To develop fielding skills and understand their importance when playing a game.</li> </ul> <p>To play in a competitive situation, and to demonstrate sporting behaviour.</p>	<ul style="list-style-type: none"> <li>To develop skills in batting and fielding.</li> <li>To choose fielding techniques.</li> <li>To develop a safe and effective overarm throw.</li> <li>To learn batting control.</li> <li>To use all the skills learned by playing in a mini tournament.</li> </ul>	<p>To throw and catch under pressure.</p> <ul style="list-style-type: none"> <li>To use fielding skills to stop the ball effectively.</li> <li>To learn batting control.</li> <li>To play in a tournament</li> <li>To play in a tournament and work as team, using tactics in order to beat another team.</li> </ul>

<p><b>Athletics</b></p>	<ul style="list-style-type: none"> <li>• To use varying speeds when running.</li> <li>• To use given footwork patterns.</li> <li>• To explore different methods of throwing.</li> <li>• To practise short distance running.</li> </ul>	<ul style="list-style-type: none"> <li>• To run with agility and confidence.</li> <li>• To learn the best jumping techniques for distance.</li> <li>• To throw different objects in a variety of ways.</li> <li>• To hurdle an obstacle and maintain effective running style.</li> <li>• To complete an obstacle course with control and agility</li> </ul>	<ul style="list-style-type: none"> <li>• To run in different directions and at different speeds, using a good technique.</li> <li>• To improve throwing technique.</li> <li>• To understand the relay and passing the baton.</li> <li>• To compete in a mini-competition,</li> </ul>	<ul style="list-style-type: none"> <li>• To select and maintain a running pace for Different distances.</li> <li>• To practise throwing with power and accuracy.</li> <li>• To demonstrate good running techniques in a competitive situations</li> <li>• To understand which technique is most effective when jumping for distance.</li> </ul>	<p>To use correct technique to run at speed.</p> <ul style="list-style-type: none"> <li>• To develop the ability to run for distance</li> <li>• To identify and apply techniques of relay running.</li> <li>• To understand which technique is most effective when jumping for distance.</li> <li>• Learn how to use skills to improve the distance of a pull throw.</li> </ul>	<ul style="list-style-type: none"> <li>• To investigate running styles and changes of speed.</li> <li>• To practise throwing with power and accuracy.</li> <li>• To demonstrate good running technique in a competitive situation.</li> <li>• To utilise all the skills learned in this unit in a competitive situation.</li> </ul>
<p><b>Yoga</b></p>	<ul style="list-style-type: none"> <li>• To explore yoga and mindfulness</li> <li>• To copy a pose</li> <li>• To balance while holding a pose</li> </ul>	<ul style="list-style-type: none"> <li>• To copy and repeat a yoga pose</li> <li>• To copy and remember actions linking a flow</li> <li>• To perform a simple yoga flow.</li> </ul>	<ul style="list-style-type: none"> <li>• To explore poses that challenge balance and flexibility</li> <li>• To explore poses that challenge strength</li> <li>• To begin to create a flow</li> </ul>	<ul style="list-style-type: none"> <li>• To explore how to connect breath and movement</li> <li>• To use flexibility and strength in a positive summer flow</li> <li>• To develop flexibility and wellbeing in individual yoga flow</li> </ul>	<ul style="list-style-type: none"> <li>• To practise breath work should be used effectively when moving between poses.</li> <li>• To use strength and balance to maintain poses</li> <li>• To create a refine flow with a partner</li> </ul>	<ul style="list-style-type: none"> <li>• To use balance to create yoga flows</li> <li>• To use strength and technique to create a yoga pose</li> <li>• To understand the sun salutation flow</li> </ul>
<p><b>Hockey</b></p>			<ul style="list-style-type: none"> <li>• To move safely and with control when dribbling</li> <li>• To defend the goal</li> <li>• To send and receive the ball with control</li> </ul>	<ul style="list-style-type: none"> <li>• To send and receive the ball with accuracy and control</li> <li>• To attacking and defending skills</li> <li>• To find space and move towards the goal</li> </ul>	<ul style="list-style-type: none"> <li>• To send and receive the ball under pressure</li> <li>• To communicate with members of the team</li> <li>• To use attacking skills to beat a defender.</li> </ul>	<ul style="list-style-type: none"> <li>• To send and receive a ball with control under pressure</li> <li>• To use the appropriate defensive and attacking techniques to gain or keep possession</li> <li>• To develop dribbling to beat a defender.</li> </ul>