



Lincewood Primary School

PE Progression of Skills



Autumn Term							
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
1	<p>Dance - Going on a Bear Hunt</p> <ul style="list-style-type: none"> - Negotiates space successfully. - Explore movements - Explore travelling. - Create a sequence. - Use different levels in a sequence. 	<p>FUNDAMENTAL SKILLS Throwing & Catching</p> <ul style="list-style-type: none"> - Throw underarm. <i>(soft ball)</i> - Catch with two hands. <i>(soft ball)</i> - Throw over a small distance. <i>(soft ball)</i> - To play throwing & catching games. <i>(soft ball)</i> <p>Swimming - Stage 2</p> <ul style="list-style-type: none"> - Water Safety - How to enter/exit the pool, progressing onto a jump - Blow bubbles - Move from flat floating positions to standing without support. - Push from a wall and glide on the back (with arms by side or above head) 	<p>FUNDAMENTAL SKILLS Throwing & Catching</p> <ul style="list-style-type: none"> - Throw underarm. <i>(soft ball)</i> - Catch with two hands. <i>(soft ball)</i> - Throw over head. <i>(soft ball)</i> - Throw over a small distance with accuracy. <i>(soft ball)</i> - To play throwing & catching games. <i>(soft ball)</i> <p>Swimming - Stage 3</p> <ul style="list-style-type: none"> - Water Safety - Jump in from poolside and submerge. - Sink, push away from wall and maintain a streamlined position. - Push and glide on the front with arms extended and log roll onto the front and back. 	<p>Tennis</p> <ul style="list-style-type: none"> - Intro coordination skills. - Intro forehand batting from underarm throw. - To pass a ball with a racket in a pair. - skills of serving - Apply skills in game. <p>Swimming - Stage 4</p> <ul style="list-style-type: none"> - Water Safety - Perform a sequence of changing shapes - Push and glide from the wall towards the pool floor. - Kick 10 metres backstroke & front crawl. 	<p>Tennis</p> <ul style="list-style-type: none"> - Practising coordination skills. - Forehand batting from underarm throw. - Forehand batting from batting. - To rally in a pair. - Apply skills in game. <p>Swimming - Stage 5</p> <ul style="list-style-type: none"> - Water Safety - Perform a flat stationary scull on the back. - Perform a feet first sculling action - Perform a sculling sequence with a partner including a rotation. - Tread water for 30 seconds. 	<p>Tennis</p> <ul style="list-style-type: none"> - Revisiting coordination skills. - Revisit forehand batting from batting. - Intro backhand batting from underarm throw. - Beginning to serve under arm. - To rally in a pair. - Apply skills in game. <p>Swimming - Stage 6</p> <ul style="list-style-type: none"> - Water Safety - Give two examples of how to prepare for exercise and understand why it is important. - Sink, push off on side from the wall, glide, kick and rotate into backstroke or front crawl. 	<p>Tennis</p> <ul style="list-style-type: none"> - Consolidation of coordination skills. - Forehand batting from batting. - Backhand batting from batting. - To serve under & over arm. - to serve & rally in a pair. - Apply skills in game. <p>Swimming - Stage 7</p> <ul style="list-style-type: none"> - Water Safety - Push and glide and swim 25 metres backstroke / front crawl / breaststroke / butterfly

Gymnastics - an intro.

- Listen to instructions.
- Using space safely.
- Travel on feet in different ways & recognise directions.
- Name & use different parts of their bodies.
- Lifting apparatus. (Mats & benches).
- Create & evaluate a sequence.

FUNDAMENTAL SKILLS

Jumping & Agility

- Jump on the spot.
- Hop on the spot.
- Jump and hop whilst moving.
- Begin to skip.
- Movement races.
- Change direction (*speed & control*).
- Agility games.

Dance

- Develop basic movement patterns.
- Develop balance & coordination.
- Develop agility in movement.
- Collaborate with others.
- Perform dances using simple movement patterns.
- Evaluate & improve.

FUNDAMENTAL SKILLS

Jumping & Agility

- Using a skipping rope (*static*).
- Using a skipping rope (*moving*).
- Skipping races.
- Change direction (*speed & control*).
- Agility games.

Dance - Castles

- Make shapes with whole body.
- Use different ways to travel.
- Link shapes.
- Consider speed & levels.
- Create routines in duets & groups.
- Add jumps & turns.
- Explore improvisation.
- Perform & evaluate.

Hockey

- Intro holding & moving hockey stick (*no ball*).
- Controlling a ball whilst walking.
- Pass to a partner in close range.
- Shoot in close range.
- Introduce tackling & defending 1v1.
- Apply skills in game.

Tag Rugby

- Holding rugby ball
- Throwing from the side to partner.
- Catch a rugby ball.
- Understand & practise attacking without ball.
- Move with the ball.
- Understand & practise defending without ball (pulling out a tag)
- Apply skills in game.

Dance - Dark & Light

- Improvise with levels & dynamics.
- Link moves together to create a motif.
- Create shapes with different sizes & link with travelling.
- Mirror partners.
- Create shapes as a group.
- Create a duet & group with contrasting actions, dynamic & levels.
- incorporate props into routines.
- Perform & evaluate.

Hockey

- Controlling a ball whilst walking. (*introduce weaving*)
- Pass to a partner in close range & add movement)
- Shoot in close range & add movement.
- Tackling & defending 2v2.
- Apply skills in game.

Tag Rugby

- Revise holding rugby ball
- Revise throwing from the side to partner & add movement.
- Catch a rugby ball. (*static & begin movement*)
- Revise attacking without ball.
- Begin to attack with the ball.
- Revise defending without ball.
- Begin to defend with ball.
- Apply skills in game.

Dance - The Rainforest

- Explore ways to travel.
- Create shapes individually & in groups.
- Add jumps, rolls & balances to travelling.
- Use stimulus to create a group performance.
- Create whole class routine including contrasting & unison.
- Perform & evaluate.

Hockey

- Controlling a ball whilst walking into jogging. (*Incorporate weaving*)
- Pass to a partner over a longer distance with control.
- Shoot from a distance & add movement.
- Tackling & defending 3v3. .
- Apply skills in game.

Tag Rugby

- Revise holding rugby ball.
- Throwing & catching in a group & add movement.
- Attacking with ball.
- Defending with the ball.
- Apply skills in game.

Dance - The Vikings

- Tell a story.
- Create directional movements in canon & unison.
- Use non-contact moves.
- Use contractions.
- Question & answer movements.
- Improvisation.
- Create balances based on stimulus.
- Link balances together (*pathways, levels, change direction*)
- Practice, refine, perform & evaluate.

Hockey

- Controlling a ball whilst jogging & weaving.
- Pass to a partner over range of distances with control whilst moving.
- Shoot, tackle & defend in game situations.
- Apply skills in game.

Tag Rugby

- Revise holding rugby ball.
- Throwing & catching in a group whilst moving.
- Attacking & defending with ball.
- Apply skills in game.

Dance - World War II

- Create movements based on stimulus. (speed)
- Turning, travelling & jumping.
- Teach solo dance to partner.
- Create unison routine in groups.
- Perform as a class in canon & unison.
- Perform & refine.
- Perform & listen to feedback.
- Evaluate routines.

Spring Term

1

- Dance -**
- Travel safely.
 - Stop with control.
 - Recognise & make different shapes.
 - Use quick & slow movements.
 - Use high & low movements.

FUNDAMENTAL SKILLS Batting & Balance

- Hold a racket.
- Balance a ball on bat.
- Batting a ball up.

Gymnastics

- Find space.
- Find ways of travelling low & high.
- Find ways of changing direction.
- Find ways of rolling.
- Find ways of jumping.
- Use a jump & a roll in a sequence.

FUNDAMENTAL SKILLS Batting & Balance

- Hold a racket.
- Balance a ball on bat whilst moving.
- Batting a ball up.
- Balance & bat.

Dance - Grace Darling

- Spiralling movements.
- Tilts, leans & rolls.
- Using Still positions & swaying movements.
- Create a group dance..
- Add pathways & variation of speed.
- Perform, evaluate & improve dance.

Football

- Static inside foot passing.
- Walking & dribbling with inside of foot.
- Blocking others & defending area.
- Static shooting using inside of foot.
- Apply skills in game.

Dance - The Stone Age

- Five basic dance actions (jump, turn, travel, stillness, gesture).
- Travelling including change of direction.
- Direction change in zig zag pathway.
- Expression (sequence that tells a story).
- Practise & improve sequence.
- Evaluate & perform sequence

Football

- Inside foot passing.
- Jogging & dribbling with inside of foot. *(possibly intro of weaving)*
- Defending area & beginning to "steal" ball.
- Static shooting using inside of foot.
- Shooting from small range.
- Apply skills in game.

Dance - The Romans

- Movements based on stimulus. (speed, level)
- Change formations, movements, levels & direction of movements in groups.
- Create narrative routine.
- Link past routines with turns & rolls.
- Practise & perform.
- Perform & listen to feedback.
- Evaluate routines

Football

- Revise static inside foot passing.
- Jogging inside foot passing.
- Jogging & dribbling with inside of foot, intro weaving.
- Defending area & developing "stealing" ball.
- Shooting from small range.
- Shooting from movements.
- Apply skills in game.

Dance - Outer Space

- Create shapes in groups.
- Movements based on stimulus. (speed, level, direction).
- Investigating travel in groups & solo.
- Create narrative routine.
- Practise & perform.
- Perform & listen to feedback.
- Peer evaluate routines.

Football

- Revise static inside foot passing.
- Consolidate jogging inside foot passing.
- Jogging & dribbling in a weave with inside of foot followed by passing.
- Defending area & developing "stealing" ball in game situation.
- Shooting from movements.
- Practise penalties.
- Apply skills in game.

Gymnastics

- Travelling, jumps & turns (floor work).
- Rolling & balancing (floor work).
- Practise, evaluate & refine sequences in pairs. *(using balls to improve tension / floor work)*.
- Sequences on apparatus *(focus on increased body tension)*.
- Sequences on apparatus *(focus on links & flow)*.
- Group sequence on apparatus *(focus on body tension & 'snap' in moving from one element to another)*.

Gymnastics

- Listen to instructions.
- Use space safely.
- Travel & spring confidently in different ways.
- Name & use different parts.

FUNDAMENTAL SKILLS

Team based activities

- Build team working skills.
- Teamwork games.
- Throwing & catching games.
- Kicking games.

Dance - We Are What We Eat

- Explore open & closed shapes.
- Develop jumps & turns.
- Contrast strong & light movements.
- Create different formations in a group.
- Mirror movements.
- Contrast slow & fast movements.

FUNDAMENTAL SKILLS

Team based activities

- Build team working skills.
- Teamwork games.
- Throwing & catching games.
- Kicking games.

Gymnastics

- Explore ways of travelling high & low.
- Explore balances & make big & small shapes
- Create a sequence with travel & balances.
- Explore ways of jumping & landing.
- Create a sequence with at least three components.
- Evaluate & improve sequences.

Netball

- Intro holding ball.
- Intro of chest pass & bounce pass.
- Intro catching a netball.
- Intro of footwork (*landing & two steps, pivoting*).
- Intro of positions.
- Intro shooting techniques.
- Attacking & Defending 2v2.
- Apply skills in game.

Basketball

- Intro holding ball.
- Intro of chest pass & bounce pass.
- Intro of footwork (*landing & two steps*).
- Intro of dribbling (*static*).
- Intro of simple rules.
- Attacking & Defending 1v1.
- Intro shooting techniques (*position of hands, bending knees, use of backboard*).
- Apply skills in game.

Gymnastics

- Ways of travelling (floorwork).
- Ways of balancing (floorwork).
- Sequence with a range of levels (floorwork).
- Jumping & landing (apparatus).
- Sequence including range of shapes (apparatus).
- Practise, evaluate & improve sequences.

Netball

- Revise holding ball.
- Revise chest pass & bounce pass & catching.
- Intro of over head pass.
- Continuation of footwork (*landing & two steps, pivoting*).
- Revise positions.
- Shooting techniques (*hand position, shooting stance*).
- Attacking & Defending 3v3.
- Apply skills in game.

Basketball

- Revise holding ball.
- Revise chest pass & bounce pass & catching.
- Intro of over head pass.
- Continuation of dribbling (*beginning to walk*).
- Revision of simple rules.
- Attacking & Defending 2v2.
- Revision of shooting techniques (*position of hands, bending knees, use of backboard*).
- Apply skills in game.

Gymnastics

- Travelling & turning.
- Jumping & rolling.
- Balancing in simple sequence.
- Create pathways for a sequence (floor).
- Practise, refine & evaluate sequence.
- Improve links & flow in performance.
- Perform, refine & evaluate sequence.

Netball

- Revise chest pass, bounce pass, over head pass & catching.
- Apply footwork in game situations.
- Revise positions & apply.
- Shooting techniques (*building accuracy of shot*).
- Attacking & Defending 4v4.
- Apply skills in game.

Basketball

- Revise chest pass, bounce pass & over head pass.
- Dribbling when moving (*beginning to weave & pass*).
- Simple rules revision.
- Attack & Defend 3v3.
- Revision of shooting techniques (*position of hands, bending knees, use of backboard, introducing lay up*).
- Apply skills in game.

Gymnastics

- Travelling, turning & jumps.
- Rolling & balancing.
- Balancing in simple sequence (*floor & apparatus*).
- Link movements (*between floor & apparatus*).
- Sequence on floor & apparatus.
- Practise, refine & evaluate sequences.

Netball

- Revise chest pass, bounce pass, over head pass & catching.
- Apply footwork in game situations.
- Revise positions & apply.
- Shooting, attacking & defending in game situations.
- Apply skills in game.

Basketball

- Revise chest pass, bounce pass & over head pass.
- Dribbling whilst moving & passing.
- Revision of simple rules.
- Attack, defend & shoot in game situation.
- Apply skills in game.

Dance - Rough & Tumble

- Create movements range of movements.
- Jumps, turns & rolls (*control, accuracy, tension, speed*).
- Create duet routine.
- Choreograph movements in groups (levels, formations & direction)
- Perform in unison.
- Link solos to duets to groups (*travelling/transitions*).
- Practice, rehearse, evaluate & improve

Exercise

- Use different body shapes for balances & travelling.
- Take weight on different body parts to make different shapes.
- Hold a strong, controlled balance.
- Show an awareness of levels.
- Link together two or more movements to make a sequence.
- Adapt curled & stretched movements onto apparatus.

Swimming - Stage 1

- Water Safety
- Moving with feet on/off the floor
- Being comfortable with water on the face
- How to enter/exit the pool

**FUNDAMENTAL SKILLS
Sport basics**

- Kick a football.
- Pass a basketball.
- Hit a ball with hockey stick.

Swimming - Stage 2

- Push from a wall and glide on the front with arms extended.
- Travel using a recognised leg action with floatation support
- Perform a tuck
- Perform a log roll from the back to the front.
- Exit the water without support.

**FUNDAMENTAL SKILLS
Sport basics**

- Kick a football to a partner.
- Pass a basketball.
- Pass a ball with hockey stick.
- Hit a ball with cricket bat.

Swimming - Stage 3

- Travel 5 metres on front, tuck to rotate onto back and return
- Fully submerge to pick up an object.
- Correctly identify three of the four key water safety messages.*
- Push and glide - travel 10 metres on the back.

Rounders

- Intro underarm throwing
- Intro catching (*cupping hands*).
- Intro batting from under arm throw.
- Intro simple rules.
- Apply skills in game.

Cricket

- Intro of underarm throwing.
- Intro catching (*cupping hands*).
- Intro batting from under arm throw.
- Intro fielding (*retrieving the ball*)
- Apply skills in game.

Swimming - Stage 4

- Kick 10 metres butterfly and breaststroke
- Perform a head first sculling action for 5 metres
- Travel on back and log roll in one continuous movement on the front.

Rounders

- Revision of underarm throwing (*improving accuracy*).
- Intro over arm throwing.
- Revision of catching (*improving accuracy*).
- Revision to batting from under arm throw (*improving accuracy*).
- Begin to apply to rules in simple game.
- Apply skills in game.

Cricket

- Revision of underarm throwing (*improving accuracy*).
- Intro over arm throwing.
- Revision of catching (*improving accuracy*).
- Revision to batting from under arm throw (*improving accuracy*).
- Revision of fielding (*retrieving the ball*)
- Apply skills in game.

Swimming - Stage 5

- Perform three different shaped jumps into deep water.
- Push and glide and swim 10 metres backstroke and front crawl
- Push and glide and swim 10 metres breaststroke.

Rounders

- Revision of throwing (*improving accuracy & power*).
- Revision of catching (*improving accuracy*).
- Intro of long barrier.
- Batting from a bowler (*improving accuracy*).
- Applying rules in simple game.
- Apply skills in game.

Cricket

- Revision of throwing (*improving accuracy & power*).
- Revision of catching (*improving accuracy*).
- Intro of long barrier.
- Intro bowler throw.
- Batting from a bowler (*improving accuracy*).
- Apply skills in game.

Swimming - Stage 6

- Swim 10 metres wearing clothes.
- Push and glide and swim front crawl / breaststroke / butterfly to include at least six rhythmical breaths.

Rounders

- Deciding the best choice of throwing (*accuracy & power*).
- Revision of catching (*improving accuracy*).
- Improve long barrier.
- Batting from a bowler (*improving accuracy & directional*).
- Applying rules in simple game.
- Apply skills in game.

Cricket

- Deciding best choice of throwing (*accuracy & power*).
- Revision of catching (*improving accuracy*).
- Improve long barrier.
- Improve bowler throw.
- Batting from a bowler (*improving accuracy & directional*).
- Apply skills in game.

Swimming - Stage 7

- Perform a movement sequence (*linking skills with strokes and sculls*) of one minute duration, in a group of three or more, incorporating a number of the following skills:
Sculling: head first, feet first
Rotation: forward or backward somersault, log roll
Floating: star on the front or on the back, tuck float, create own
Eggbeater: Moving, lifting one or both arms out of the water

Gymnastics

- Move in different ways.
- Use space.
- Improvisation & expressing feelings.
- Practise, perform & refine routine.

Swimming - Stage 1

- Move from flat floating positions to standing
- Leg and arm actions
- Push and glide
- Water confidence

FUNDAMENTAL SKILLS Movement and athletics

- Develop balance.
- Develop teamwork.
- Improve performance.
- Apply skills in race situations.

Swimming - Stage 2

- Travel using a recognised leg action with no support
- Perform a tuck with rotation
- Perform a log roll from the front to the back.
- Sink, push away from wall

FUNDAMENTAL SKILLS Movement and athletics

- Use a range of strategies in races.
- Develop balance.
- Develop teamwork.
- Improve performance.
- Pass a baton.
- Apply skills in race situations.

Swimming - Stage 3

- Correctly identify three of the four key water safety messages.*
- Push and glide - travel 10 metres on the front.
- Perform a tuck float / hold for three seconds.
- Exit the water without using steps.

Athletics

- Introduce over arm tennis throw.
- Introduce javelin throw.
- Static jumping techniques (*bending knees, swinging arms*)
- Begin running long distance (*pacing*).
- Begin sprinting (*burst running*).
- Passing a baton to a partner.

Swimming - Stage 4

- Travel on front and log roll in one continuous movement onto back.
- Push and glide and swim 10 metres, choice of stroke is optional.
- Perform a sequence of changing shapes whilst floating on the surface and demonstrate an understanding of floating.

Athletics

- Revise over arm tennis throw (*improving power & accuracy*).
- Revise javelin throw. (*improving power & accuracy*).
- Static jumping techniques (*bending knees, swinging arms*)
- Running long jump (*adding a run up to static*)
- Continue running long distance (*pacing*).
- Continue sprinting (*burst running*).
- Passing a baton through a group.

Swimming - Stage 5

- Push and glide and swim 10 metres butterfly.
- Perform a handstand and hold for a minimum of three seconds.
- Perform a forward somersault.
- Demonstrate an action for getting help.

Athletics

- Introduce shot putt (*holding at shoulder & pushing*)
- Revise javelin throw. (*improving power & accuracy*).
- Running long jump (*taking off with one foot*)
- Continue running long distance (*pacing*).
- Continue sprinting (*burst running*).
- Passing a baton through a group in a race.

Swimming - Stage 6

- Push and glide and swim backstroke to include at least six regular breaths.
- Push and glide and swim 25 metres, choice of stroke is optional
- Perform a 'shout and signal' rescue.
- Perform a surface dive.

Athletics

- Revise shot putt (*improving power & accuracy*).
- Revise javelin throw. (*improving power & accuracy*).
- Running long jump (*improving power*)
- Continue running long distance (*pacing*).
- Continue sprinting (*burst running*).
- Passing a baton through a group in a race with fluency & speed.

Swimming - Stage 7

- Push and glide and swim 50 metres continuously using a minimum of three different strokes
- Tread water using eggbeater action for 30 seconds.
- Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.