

Christopher Pickering Progression of Skills in PE

Early Years and KS1 Progression of Skills in PE

Fundamental Movement Skills and Team Games				
	F1	F2	Year 1	Year 2
HET Sticky Knowledge	<ul style="list-style-type: none"> Catching large balls Moving freely <p><i>Slithering, crawling, pulling, tiptoes, catching, throwing</i></p>	<ul style="list-style-type: none"> Throwing smaller balls Catching smaller balls Kicking using different parts of the foot Negotiating space Adjusting speed Adjusting direction and manoeuvring around obstacles <p><i>Throwing, catching, kicking, foot, space, pace, fast, slow, jog, run, obstacles</i></p>	<ul style="list-style-type: none"> throw underarm throw and kick in different ways catch with some accuracy travel in a variety of ways with increased coordination show sporting values <p><i>team mate, catching, throwing, running, passing</i></p>	<ul style="list-style-type: none"> throw and catch different sized objects accurately use hitting, kicking and/or rolling in a game decide the best space to be in during a game use a tactic in a game follow rules show sporting values <p><i>Year 1, Opponent</i></p>
Locomotion: Travelling P.O.S.		Explore and develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game	Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a competitive game	Explore dodging Develop dodging Apply dodging: exploring attacking and defending Apply dodging in teams
Locomotion: Jumping P.O.S.		Explore and develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping	Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game	Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations
Ball skills: Hands P.O.S.		Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing	Introduce sending Bouncing with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce and develop stopping, combining sending skills Combine sending and receiving skills	Develop dribbling/passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing and receiving to score a point
Ball skills: Feet P.O.S.		Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent	Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point	Develop dribbling, passing, receiving and keeping possession Combine dribbling, passing and receiving, keeping possession to score a point Apply dribbling, passing and receiving as a team to score a point

Games for Understanding P.O.S.	<ul style="list-style-type: none"> Taking turns/keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring Applying attacking and defending into a game <p><i>Attacker, defender, space, rules, tagging or tag, sharing.</i></p>	<ul style="list-style-type: none"> Understanding the principles of attack and defence Applying attacking and defending principles into a game Consolidate attacking and defending <p><i>Attacker, defender, space, rules, tactics, team.</i></p>	<ul style="list-style-type: none"> Attacking and defending as a team Understanding the transition between defence and attack Create and apply attacking and defensive tactics <p><i>Attacker, defender, space, tactics, transition, team.</i></p>
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Gymnastic Movements				
	F1	F2	Year 1	Year 2
HET Sticky Knowledge	<ul style="list-style-type: none"> Travelling under Travelling over Climbing up and down equipment, stairs <p><i>Under, over, travel, climbing</i></p>	<ul style="list-style-type: none"> Static balances Jumping off and object Climbing along Sequencing balances Combining movements with expressions <p><i>Under, over, travel, climbing, sequence, combine, movement, balance</i></p>	<ul style="list-style-type: none"> make body curled, tense, stretched and relaxed control body when travelling/ balancing copy sequences and repeat them roll, curl, travel, balance in different ways <p><i>rolling, tall, narrow, balance, travelling</i></p>	<ul style="list-style-type: none"> plan and perform a sequence of movements improve sequence based on feedback think of more than one way to create a sequence which follows some 'rules' <p><i>See Year 1</i></p>
Gymnastic Movement P.O.S.		<ul style="list-style-type: none"> Introduction to high, low over and under Introduction to apparatus Applying high and low on apparatus Exploring moving and making shapes using different body parts Explore big and small ways of moving and making shapes Moving in pairs Creating shapes in pairs <p><i>Champion gymnastics, shapes, big, small, high, low, apparatus, transition.</i></p>	<ul style="list-style-type: none"> Introduction to wide, narrowed and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrowed and curled movements Linking two movements together Introduction to big and small body parts Combining big and small with wide, narrowed and curled Transition between wide narrow and curled using big and small body parts Adding movements together (linking) <p><i>Champion gymnastics, wide, narrow, curled, big, small, interesting, linking.</i></p>	<ul style="list-style-type: none"> Developing linking Linking on apparatus Jump, roll, balance sequences, building towards apparatus Creation of sequences Completion of sequences and performance <p><i>Champion gymnastics, linking, flow, transition, zig-zag, curved, sequence.</i></p>

Dance				
	F1	F2	Year 1	Year 2
HET Sticky Knowledge	<ul style="list-style-type: none"> Movement to music <p><i>Up, down, side</i></p>	<ul style="list-style-type: none"> Initiate combination to music Representing own ideas through dance <p><i>Sway, skip, side-step, movement, dance, time, pace, sequence</i></p>	<ul style="list-style-type: none"> perform own dance moves copy or make up a short dance move safely in a space <p><i>perform, movement</i></p>	<ul style="list-style-type: none"> change rhythm, speed, level and direction in dance make a sequence by linking sections together use dance to show a mood or feeling <p><i>See Year 1</i></p>

Dance P.O.S.	<p>Nursery Rhymes Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements</p> <p>Ourselves Moving in sequence Responding in movement to words and music Moving with props and contrasting tempos Creating their own movements Exploring opposites and creating simple movement sequences</p> <p><i>Champion dancers, beat, moving, control, rhythm, timing, sequence, tempo, opposite.</i></p>	<p>The Zoo Exploring expression Developing our movements, adding movements together Responding to a rhythm: Introducing partner work Creating an animal sequence motifs Exploring relationships within our motifs</p> <p>Growing Responding to rhythm Developing the growing plant 'dance' Introduction to motifs Creating motifs Creating movement sequences Relationships and performance</p> <p><i>Champion dancer, beat, moving, control, rhythm, timing, sequence, opposite, motif, expression</i></p>	<p>Explorers Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequences, relationships and performance</p> <p>Water Responding to stimuli Developing whole group movement Improvisation and physical descriptions Creating contrasting movement sequences Sequences, relationships and performance</p> <p><i>Champion dancers, control, rhythm, expression, emotion, choreography, unison, motif, stimulus, flow, timing.</i></p>

Health and Wellbeing				
	F1	F2	Year 1	Year 2
Progression of skills			Introduce and explore agility Introduce and explore balance Introduce and explore coordination: Bouncing, rolling and throwing <i>a</i>	Consolidate agility Consolidate balancing: Explore balancing on apparatus Introduce and explore coordination: dribbling and kicking



KS2 Progression of Skills in PE

Competitive Games				
	Year 3	Year 4	Year 5	Year 6
HET Sticky Knowledge	<ul style="list-style-type: none"> know the difference between attacking and defending be aware of space and use it to support team-mates and to cause problems for the opposition know and use rules fairly <p><i>possession, rules, space, tactics, attacker, defender</i></p>	<ul style="list-style-type: none"> throw and catch accurately hit a ball accurately with control vary tactics and adapt skills depending on what is happening in a game Hold equipment correctly (ie cricket bat) <p><i>possession, rules, space, tactics, chest Pass, shoulder pass, bounce pass, underarm, overarm</i></p>	<ul style="list-style-type: none"> gain possession by working as a team and pass in different ways choose a specific tactic for defending and attacking use a number of techniques to pass, dribble and shoot <p><i>overload, respectful, bowled, volleyed, serve, return, forehand, backhand</i></p>	<p>Refine previous skills and knowledge through:</p> <ul style="list-style-type: none"> agree and explain rules to others work as a team / communicate a plan lead others in a game situation when the need arises <p><i>Year 5</i></p>
Football P.O.S.	<p>Introducing dribbling and keeping control Introducing passing and receiving Combing dribbling and passing to make space Develop passing, dribbling and receiving</p> <p><i>Attacker, defender, space, possession, free kick, penalty</i></p>	<p>Refining dribbling Turning Refine passing and receiving Develop passing and dribbling creating space Introduce shooting</p> <p><i>Attacker, defender, transition, turning, dragback, goalkeeper</i></p>	<p>Refine dribbling and passing to maintain possession Introduce and develop defending Develop shooting Refine attacking skills, passing, dribbling and shooting. Introduce officiating</p> <p><i>Tactics, marking, pressure, tackle, shadowing, tracking.</i></p>	<p>Consolidate keeping possession, develop officiating Consolidate defending Organise formations and manage teams Organise formations Deciding tactics Managing teams and officiating games</p> <p><i>Tactics, transition, counter attack, referee, through ball, man to man marking.</i></p>

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<p>Netball P.O.S.</p>	<p>Introducing passing and receiving Creating space Developing and combine passing and moving Develop and combine passing and shooting <i>Attacker, defender, possession, chest pass, footwork.</i></p>	<p>Refine passing and receiving Develop passing and dribbling, creating space Develop passing, moving and shooting Refining passing and shooting Develop footwork <i>Attacker, defender, possession, chest pass, footwork.</i></p>	<p>Refine passing and receiving Applying passing, footwork and shooting into mini games Introduce officiating Introduce 'High 5' game mode Explore the function of other passing styles <i>Tactics, transition, possession, marking, shoulder pass. Bounce pass.</i></p>	<p>Consolidating keeping possession Develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations Competitive 'High 5' games. <i>Tactics, transition, umpire, netball positions, marking.</i></p>
<p>Hockey P.O.S.</p>	<p><i>Attacker, defender, [possession, space, intercepting, shooting, barrier.</i></p>	<p>Introduce dribbling and keeping control Introduce passing and receiving Combine passing and moving Introduce shooting Develop and combine passing and shooting Introduce defending <i>Attacker, defender, dribbling, marking, tackling, blocking, free hit.</i></p>	<p>Develop and consolidate passing and receiving Explore the function of other passes Develop defending Develop passing and creating space Introduce officiating Refine Shooting <i>Tactics, marking, attack, counter-attack, man to man marking, goalside.</i></p>	<p>Consolidate keeping possession Consolidating defending Develop officiating Create, understand and apply attacking and defending tactics in game situation <i>Tactics, attack, defending, counter-attack, free hit.</i></p>
<p>Tag Rugby P.O.S.</p>	<p>Introduce moving with the ball, passing and receiving, passing and receiving Introduce tagging Creating space when attacking Developing passing and moving Combine passing and moving to create attacking opportunities <i>Attacker, defender, possession, dodge, try, tagging, tag, ball carrier</i></p>	<p>Develop passing, moving and creating space Apply learning to 3v3 mini games Develop defending in different situations Combine passing and moving to create an attack and score <i>Space, attacker, defender, forward pass, offside.</i></p>	<p>Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics Introduce officiating and officiating terms. <i>Tactics, transition, outwit, offside, loop pass, miss pass.</i></p>	<p>Consolidate passing and moving Consolidate defending Create, understand and apply attacking and defending tactics in game situations Consolidate attacking and defending in mini games Develop officiating <i>Tactics, transition, offside, formations, knock on, advantage.</i></p>
<p>Cricket P.O.S.</p>	<p>Understand the concept of batting and fielding Introduce throwing overarm Introduce throwing underarm Introduce catching Striking with intent (the batting tee) <i>Throwing, catching, outwit, strike, batting, fielder, out</i></p>	<p>Develop understanding of batting and fielding Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angles and speeds <i>Retrieving, bowling, strike, batting, fielder, the long barrier,</i></p>	<p>Refine batting, understand and develop batting and bowling tactics Refine fielding stooping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring <i>Tactics, bowling, run out, wicket keeper, no ball, wide, bye</i></p>	<p>Consolidate batting, fielding and bowling Create, understand and apply attacking, defensive tactics in a game. <i>Tactics, umpire, boundary, four runs, six runs, over</i></p>
<p>Rounders P.O.S.</p>			<p>Introduce and develop batting – How, where and why? Application of stopping the ball in a game Develop fielding with a backstop Understand what happens if the batter misses the ball Fielding tactics – what players where? Applying tactics in mini games <i>Tactics, fielder, bowling, batting and bowling square, no ball, out</i></p>	<p>Introduction of full rounders Consolidate fielding tactics Refine understanding of a missed bat or backwards ball and how to act. Batting considerations <i>Tactics, fielder, bowling, run out, outfielder, umpire.</i></p>
<p>Tennis</p>	<p>Introduction to the sport of tennis Outwitting and opponent Creating space to win a point Consolidating how to win a game and introduce rackets Introduce forehand <i>Outwit, space, return, recover, baseline, forehand, rally, out.</i></p>	<p>Develop the forehand Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point <i>outwit, space, accuracy, power, baseline, forehand, backhand, rally, out.</i></p>	<p>Introduce and develop the volley Controlling the game from the serve Double, understanding and applying tactics to win a point <i>Tactics, outwit, space, accuracy, forehand, backhand, volley, serve.</i></p>	<p>Game application Mixed ability doubles Round robin games <i>Tactics, space, outwit, forehand, backhand, volley, doubles, serve.</i></p>

	Year 3	Year 4	Year 5	Year 6
HET Sticky Knowledge	<ul style="list-style-type: none"> throw overarm 2-feet to 2-feet jump (ie standing jump) run at fast, medium and slow speeds; safely changing speed take part in a relay, remembering when to run and what to do <p><i>sprinting, run, conserve energy, accuracy, technique</i></p>	<ul style="list-style-type: none"> throw in different ways (ie small ball, javelin) jump in different ways (ie standing jump and long jump) sprint over a short distance and show stamina when running over a long distance combine running and jumping (ie over small obstacles, equipment) <p><i>pace</i></p>	<ul style="list-style-type: none"> jump with balance and coordination when taking off and landing (ie triple jump) throw with increasing distance (ie javelin, shotput) run short, middle and long distances (ie 75m, 200m, 600m) combine running and jumping (ie hurdles) <p><i>hurdles, javelin, refine performance, aerobic, anaerobic</i></p>	<ul style="list-style-type: none"> controlled jumps when taking off and landing throw with increasing power and distance (ie discus, shotput, javelin) demonstrate stamina and increased strength across all disciplines (running, jumping, throwing) <p>combine running and jumping with accurate technique</p>
Athletics P.O.S.	<p>Exploring running for speed Exploring acceleration Introduce and develop relay – running for speed in a team Throwing: accuracy vs. distance. Five Strides</p> <p><i>Tactics, speed, acceleration, distance, accuracy, relay, changeover</i></p>	<p>Develop running at speed Exploring our stride pattern Exploring running at pace Understanding and applying tactics when running for distance Javelin Standing triple jump</p> <p><i>Tactics, speed, distance, pace, power, stride pattern.</i></p>	<p>Finishing a race Evaluating our performance Sprinting: My personal best Relay change overs Shot put Introducing the hurdles</p> <p><i>Tactics, speed, distance, evaluation, changeover, personal best, a lap.</i></p>	<p>Running for speed in competition Running for distance in competition Throwing competition Jumping competition</p> <p><i>Tactics, teamwork, speed, distance, evaluation, false start, events.</i></p>

Gymnastics

	Year 3	Year 4	Year 5	Year 6
HET Sticky Knowledge	<ul style="list-style-type: none"> adapt sequences to suit different types of apparatus and criteria explain how strength and flexibility affect performance safely stretch major muscle groups move and use apparatus safely <p><i>direction, fluent, expressive, pike, tuck, straddle</i></p>	<ul style="list-style-type: none"> move in a controlled way include change of speed and direction in a sequence work with a partner to create, repeat and improve a sequence with at least three phases <p><i>flight, swing,</i></p>	<ul style="list-style-type: none"> make complex extended sequences (ie integrating apparatus) combine action, balance and shape perform consistently to different audiences <p><i>travelling, balances, swinging, flight, rotations, twisting, aesthetic movement</i></p>	<ul style="list-style-type: none"> combine own work with that of others sequences to specific timings <p><i>springing, vault</i></p>
Gymnastics P.O.S.	<p>Linking</p> <p><i>Excellent gymnastics, linking, flow, interesting, extension, symmetrical, asymmetrical.</i></p>	<p>Bridges</p> <p><i>Excellent gymnastics, extension, control, interesting, bridge, levels, flow</i></p>	<p>Counter Balance and Counter Tension</p> <p><i>Excellent gymnastics, interesting, flow, levels, counter balance, counter tension, unison, cannon.</i></p>	<p>Matching and Mirroring</p> <p><i>Excellent gymnastics, flow, levels, matching, mirroring, unison, cannon.</i></p>

Dance

	Year 3	Year 4	Year 5	Year 6
HET Sticky Knowledge	<ul style="list-style-type: none"> translate ideas from a stimulus into movement share and create phrases as a class and in groups perform a routine to the count of 8 use dance to communicate an idea <p><i>rhythm, movement, sequences, accompaniment</i></p>	<ul style="list-style-type: none"> take the lead or follow when working with a partner or group share and create phrases in collaboration with others <p><i>fluent, strength, flexibility, unison, canon, stillness, mirroring</i></p>	<ul style="list-style-type: none"> compose own dances in a creative way in a range of styles improvise freely and translate ideas from a stimulus into movement dance shows clarity, fluency, accuracy and consistency <p><i>expressive, body posture, imaginative, stamina, creative, mirroring</i></p>	<ul style="list-style-type: none"> develop sequences in a specific style choose own music and style <p><i>Year 5</i></p>

Dance P.O.S.	<p>Wild Animals: Responding to stimuli Developing character dance into a motif Developing sequences with a partner in character the shows relationships Extending sequences with a partner in character</p> <p>Weather: Responding to stimuli – extreme weather Developing thematic dance into a motif Extending dance sequences with a partner</p> <p><i>Excellent dancers, expression, creativity, emotion, rhythm, timing, stage presence, motif, emotion, choreography, character</i></p>	<p>Cats: Responding to stimuli working together Extending sequences with a partner in character Exploring sequences with a partner in character Exploring two contrasting relationships and interlinking dance moves.</p> <p>Space: Extending sequences with a partner in character Developing sequences with a partner in character that show relationships and interlinking dance moves. Sequences, relationships, choreography and performances</p> <p><i>Excellent dancers. Expression, creativity, emotion, motif, flow, character, choreography</i></p>	<p>Greeks: Exploring the Greeks using compositional principles Extending sequences with a partner using compositional principles Creating movement when using improvisation where movement is reactive</p> <p>The Circus: Developing character movements linked to the 19th Century prejudices Creating movements to represent different character and performers in a 19th century circus Extending our performance incorporating props and apparatus linked to the variety of the performers</p> <p><i>Excellent dancers, expression, creativity, emotion, motif, compositional, improvisation, character, unison</i></p>	<p>Carnival: Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture Chorographical elements including still imagery</p> <p>Titanic: Creating rhythmic patterns using our body Extending our choreography through controlled movements, character emotion and expression Explore relationships between character emotion and expression Performance and reflection</p> <p><i>Excellent dancers, expression, creativity, emotion, stimulus, choreography, rhythm, motif</i></p>
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Outdoor and Adventurous Activity

	Year 3	Year 4	Year 5	Year 6
HET Sticky Knowledge	<ul style="list-style-type: none"> orientate and follow a map in a familiar context use clues to follow a route follow a route safely take into account of safety and danger when outside use simple positional and directional language (KS1 Geography - ie N, S, E W) <p><i>direction, position, compass,</i></p>	<ul style="list-style-type: none"> follow a map in a (more demanding) familiar context recognise basic symbols on a map follow a route with increasing level of challenge (ie individual, paired, time limit) <p><i>symbol, route,</i></p>	<ul style="list-style-type: none"> use clues / a compass to navigate a route plan and estimate a walking time change route to overcome a problem use new information to change route begin to recognise basic standardised symbols (ie OS) <p><i>estimate, approximate, clues</i></p>	<ul style="list-style-type: none"> plan a route and a series of clues for someone else plan with others know most standardised symbols (Y6 Geography)
OAA P.O.S.	<p>Communication and Tactics Creating and applying simple tactics Developing leadership Developing communication as a team Collaborating effectively as a team Create defending and attacking tactics as a team</p> <p><i>Communication, tactics, teamwork, strategy, attacker, defender, tag</i></p>	<p>Problem solving Benches and mat challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges</p> <p><i>Communication, tactics, teamwork, strategy, non-verbal communication.</i></p>	<p>Orienteering Face orienteering Cone orienteering Point and return Point to point Times course Orienteering competition</p> <p><i>Teamwork, strategy, tactics, communication, control point, scale</i></p>	<p>Orienteering</p> <p><i>Navigate, teamwork, strategy, tactics, leadership, responsibility, cooperation.</i></p>

Health, Wellbeing and Fitness/ Health Related Exercise

	Year 3	Year 4	Year 5	Year 6
Health, Wellbeing and Fitness P.O.S.	<p>Exploring warm ups Continuous training Interval training</p>	<p>Mental wellbeing Mindfulness Leadership Cooldowns</p>		

Health Related Exercise			<i>Cardio fitness, flexibility, strength, cardiovascular system, circuits, fitness assessment</i>	<i>Cardio fitness, flexibility, strength, cardiovascular system, circuits, fitness assessment</i>

Evaluative Skills				
	Year 3	Year 4	Year 5	Year 6
HET Sticky knowle	<ul style="list-style-type: none"> compare and contrast gymnastic and dance sequences recognise own improvement in ball games make use of digital technology to support own evaluations 	<ul style="list-style-type: none"> provide support and advice to others in gymnastics and dance be prepared to listen to the ideas of others compare performances with previous ones, including use of digital technology 	<ul style="list-style-type: none"> pick up on something a partner does well and also on something that can be improved know why own performance was better or not as good as their last 	<ul style="list-style-type: none"> know which sports they are good at and find out how to improve further and advance their personal best

