

Teach a child in the way they should go and when they are old, they will not depart from it' Proverbs 22:6



# Lacock C of E Primary School

## PE Skills Progression



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Gymnastics</b>	Adapt instructions to physical actions	Carry equipment safely	Use start and finish shapes	Contrasting shapes, body control when rolling	Cartwheel progression	Symmetry and asymmetry	Prepare for vaulting
	Develop take off and landing positions for jumps	Hurdle step take off	Power in jumping	Partner unison	Using STEP	Perform counterbalances	Dismounting from height
	Transferring and moving small equipment	Perform egg and log roll	Levels and speed	Fluency in movement	Judging	Round off progressions	Flight in unison and cannon
	Moving through and under apparatus	Explore body tension	Rhythm in performing	Half lever	Changes in speed	Linking cartwheels and roundoffs	Use music
	Copying and repeating actions	Linking movements - rock spin and turn	Body management in a range of actions	Bouncing, smooth transitions and extension	Shoulder roll	Performing pathways	Create group patterns
	Refines shapes and jumps to improve coordination	Move on, off and over	Arabesque, bridge, japana		Shoulder stand	Devising warm ups	Entrance and relationships to one another
	Experiment with egg and log rolls	Point balances, h / y / front support / back support			Showing flow		Use stimuli such as ribbons and hoops
	Recognise pathways and direction				Fitness throug tabattas		
	Points and patches to develop body tension						
	Link basic movements and use start and finish position						
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<b>Dance</b>	Link colours to feelings	Explore storytelling through dance	Dance in solo and duet	Perform a jazz square	Develop dance freeze frame	Perform locomotor and non-locomotor movements in a dance phrase	Explore space in a deeper way in relation to dance
	Explore animal movements and levels	Use a theme to create a dance	Explore creative footwork	Perform 2 contrasting characters	Perform a slide and roll	Describe the key features of line dancing	Identify appropriate dynamics and group formations for the Hakka
	Replicate actions in larger groups	Develop actions to express friendship	Discuss how a dance can develop	Communicate ideas a part of a group	Replicate a set phrase	Work collaboratively in a group of 4	Perform some basic street dance skills
	Sequence work	Dance with start middle and end	Respond to visual stimulus	Use a prop in a 4-action dance phrase	Work collaboratively to sequence movements	Use basic knowledge of line dancing steps to create own line dance	Compose a street dance performance
	Explore leader or follower work	Perform with feeling	Comment on contrasting actions	Discuss examples of professional work	Create a 5-action routine	Copy and perform a specific dance action to communicate a theme	Create a phrase of gestures that communicate a theme
	Learning and repeating actions through circle dance	Perform actions to nursery rhymes	Use the theme of a clockface to develop a dance	Create your own floor patterns	Use formations to tell a story	Communicate the idea of a hero	Describe the meaning / purpose of several different devices
	Perform to the count of 8	March in time	Perform 'freestyle' moves	Create longer dance phrases by linking shorter ones	Perform without prompts	Copy and execute a high energy jump sequence	Show formations that create tension and relationships
	Copy and repeat 4 actions	Move and turn as a group	Perform a motif to music	Introduce start and endings to dances	Use devices to manipulate movements	Create a low-level attack sequence	Create and perform a live aural setting
	Perform an African dance motif	Perform simple cannon and in rounds	Explore movement pathways	Perform in solo, duet and group	Perform contact work as a group		
			Apply feedback to improve own performance	Identify strengths in their performance			
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Body Management</b>	Balance obstacle course						
	Work with others to move through hoops						
	Reach, stretch, retrieve objects						
	Steps, strides, bounce, hop, bridges and tunnels						
	Travel over apparatus						
	Twist, turn, roll						
	Coordinate and control limbs						

	Run and jump in time to music						
	Agility, balance, coordination obstacle course						
	Perform basic actions with others						
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Speed, agility, travel</b>	Demo agility in variety of games						
	Recognise and follow instructions						
	Experiment with starting and stopping positions						
	Perform fast and slow movements						
	Show control to stop and perform actions						
	Play games, take turns						
	Move by inching, crawling and jumping						
	Jump for speed and distance						
	Recognise cues in lyrics to change actions						
	Use strength to maintain a body shape						
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Manipulation and coordination</b>	Coordinate limbs to carry out defined movements and actions						
	Replicate bilateral movements						
	Make contact with ball with legs and feet						
	Practice hop, step, jump sequence						
	Play parachute games						
	Move small objects using dominate and non-dominate hand						
	Push, hit, dribble						

	Use a baton to steer objects Roll, spin, rotate, throw and catch hoops						
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<b>Cooperate and solve problems</b>	Work as an individual and part of a group to match						
	Keep heart rate high						
	Travel and follow travels trails as an individual						
	Work cooperatively to form shapes						
	Move along a pathway / trail with a partner						
	Work with a partner to form jumping patterns						
	Respond to visual cues						
	Compete as a team to complete an obstacle relay						
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>OAA</b>		Follow simple instructions	Use equipment in unconventional ways	Use non-verbal communication effectively	Recognise compass points	Use memory and recall skills	Follow and orient a map
		Recognise, remember and match some symbols	Build on speed stack skills	Develop further simple map reading skills	Use a compass	Work at maximum physical capacity e.g. when running	Identify objects in a scavenger hunt
		Perform physically challenging actions	Compose a small group movement pattern	Respond to and resolve problems as a team	Follow a course	Use control cards	Perform complex group pyramid balances
		Follow a movement pattern with others	Participate in blindfold activities	Participate in trust activities	Work cooperatively with a partner to follow a map and solve problems	Perform safely and with control	Tie a reef knot
		Take part in competitive races and work with a partner	Introduce the principle of map keys and use in a simple way	Plan a route map	Recognise a range of standard map symbols	Classify and intepret simple morse code	Design your own game using, refining and adapting group ideas
		Undertake simple speed stack arrangements			Evaluate their own success		
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<b>Athletic activity</b>		Starting and stopping at speed	Aware of others when running in space	Combination jumps	Aiming at targets	Prepare to run an individual leg	Sprint start techniques

		Show power in run, use arms	Create more power with legs and apply to agility test	Recognising and performing different paced runs	Accelerating over short distances	Develop further the principles of pace	Developing the phases of triple jump to jump for distance
		Take off on two feet	Select best throw for conditioned games	Approaching hurdles	Taking off from run with one foot to increase distance	Steeplechase and jump for distance	Use the heave throw technique
		Use leading arm to throw	Perform some static and dynamic balances	Pull action when throwing	Sling action when throwing	Push action when throwing	Assess own ability in running tasks
		Compete in relay teams	Explore their emotions around different challenges	Skipping technique	Perform baton exchanges	Baton exchange within restricted area	Scissor jump preparation for high jump
		Perform agile movements	Attempt more accuracy in throws	Recording scores accurately		Run up for long jump	Quad track and field competition
		Work for sustained periods of time	Perform under pressure				
		Negotiate obstacles	Explore breathing techniques				
		Jumping and bounding					
		Run from different starting positions					
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<b><u>Invasion games</u></b>		Send targets	Kick with inside of foot and stop ball with feet	<b>General</b> - Dribbling, passing in pairs. Defensive position. Building an attack. Finding space to receive the ball. Shot, pass, dribble theory	<b>General</b> - Passing over longer distances, use some marking technique and introduce some defending principles	<b>General</b> - Combine basic skills with confidence such as dribbling and shooting, select and apply appropriate skills in a game situation	<b>General</b> - Compare performances, comprehend and show why player with the ball should keep moving or be ready to pass quickly
		Catch and intercept	Control a ball	<b>Basketball</b> - Jump ball, 2 handed shot, defensive body position	<b>Basketball</b> - Use footwork rules, explore basic marking, cross over dribble, bounce pass, jump shot, triple threat position	<b>Basketball</b> - Block, forward pivot, forward pass, push pass, boxing out	<b>Basketball</b> - Fast break, retreat dribble, free throw rules, L-cut, V-cut, pin down
		Bounce ball to self	Bounce a ball to send it	<b>Football</b> - Using inside and outside of foot, trapping	<b>Football</b> - Dribbling in different directions, defensive tackling, front of player and goal side marking	<b>Football</b> - Turning with the ball, running with ball, keeping possession, step over	<b>Football</b> - Setting up others to shoot, deny space, role of covering defender, penalty shooting, goal keeping, close control knee, chest

		Defend a target	Bounce a ball to begin to dribble	<b>Hockey</b> - Using flat side of stick, close control, preparing to tackle	<b>Hockey</b> - Push pass, slap pass, straight dribble, stopping and turning with the ball	<b>Hockey</b> - Block tackle, passing in the D, sweep shot, dragging the ball	<b>Hockey</b> - Shooting from close range, long corners, goal side marking, self-pass rule, channeling the opposition
		Attack and defend as a pair	Throw / send a variety of equipment	<b>Handball</b> - catching ready position, move correctly with the ball, attacking formations, effective hand grip	<b>Handball</b> - Protecting the ball, basic shooting, 3 man weave, turn on the move, 7m throw	<b>Handball</b> - Jump shot, closing angles, pivoting to pass, set plays	<b>Handball</b> - Screening, organisation around the D, dribbling with precision in game, utilising space
		Communicate with partner	Pass and move	<b>Lacrosse</b> - Underarm and overarm throw, groundball collection, shot, pass and run	<b>Lacrosse</b> - Following your pass, maintain unopposed possession, short range shooting, receive and turn		
		Compete in a basic tournament 2v2	Intercepting in a game	<b>Netball</b> - Chest, shoulder and bounce pass, role of goal shooter, dodging to get free, collecting a loose ball	<b>Netball</b> - Protecting the ball, basic shooting, playing within 3rds, 1 to 1 marking, pivoting, preliminary moves	<b>Netball</b> - Effective bounce pass in game, use a greater variety of dodging skills, pivot and pass, 2 handed shooting	<b>Netball</b> - Double bounce rule, marking to pass or shoot, organisation around the D, rebounds as attacker and defender, knocking the ball away
			Play goalkeeper	<b>Tag rugby</b> - Ball handling, running past defenders, evading taggers and tag protocol	<b>Tag rugby</b> - Picking up and running with ball, correct ball carrying position, keeping possession	<b>Tag rugby</b> - Tagging opposition, when to run and when to pass into space, deny space to opposition, pop pass, magic diamond formation, 3 step and pass technique	<b>Tag rugby</b> - Set play for attacking, take the distance not the time, spaces not faces
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<b>Striking and fielding</b>		Use a range of throwing and rolling skills	Hit with bats (some still hitting with hands)	<b>General</b> - Bowl with some accuracy and consistency, use the long barrier to collect a rolling ball / collect and return a moving ball	<b>General</b> - Directing hit to score runs, attempt to stop a bouncing ground ball with some success	<b>General</b> - Throw for accuracy over short distances	<b>General</b> - Demonstrate urgency when acquiring runs / rounders, track and catch high balls, work in pairs to field a long ball

		Return a ball to a base / zone	Use kicking to send a ball and score points	<b>Cricket</b> - Forward drive into space, foot placement to hit the ball effectively, use overarm throw to send ball longer distances, explore role of wicket keeper	<b>Cricket</b> - Anticipate when to run to score singles, bowl overarm from a stationary position, attempt a pull shot in a game, intercept the ball with one hand	<b>Cricket</b> - Calling for runs with partner, start to keep wicket, attempt a bowling with a run up and correct ball grip, forward defensive shot, developing knowledge of an on and off side as well as specific fielding positions	<b>Cricket</b> - Ring field positions, mid on, mid off, mid-wicket and cover, bowling short, on drive, attacking fielding roles slip, silly point and short leg
		Work with others to stop players scoring runs	Use underarm bowling	<b>Rounders</b> - Consistently hit one handed, use underarm bowling action to bowl a 'good' ball, selecting best base to throw to get players out, introduction to the role of the backstop	<b>Rounders</b> - Run at speed to avoid being stumped, play backstop in small game, use rounders scoring system, exploring bowling rules, full and half rounders	<b>Rounders</b> - Body position to catch a ball to stump players out, apply backwards hit rule, attempt to catch a backward hit, distinguish between deep and close fielding	<b>Rounders</b> - Play using standard rounders pitch layout, bowling fast ball, play tactically to avoid overtaking teammates
		Self-feed and hit a ball	Play as part of a team				
		Run between bases to score	Run to 'safety'				
			Outwit bowler and hit to space				
			Move in line to stop ball				
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<b>Net / Wall</b>		Sliding and receiving a ball / beanbag	Identify the dominant and non-dominant side	<b>Badminton</b> - Use hard and soft hits, hit using direction, return a shuttle, play using forehand shots, playing to boundaries, rally with a partner, send and return over a net, serve using the forehand	<b>Badminton</b> - Underarm forehand shot, overhead / clearance shot, introducing backhand, practice racket handling skills with trick shots, explain different scoring scenarios, developing singles play	<b>Badminton</b> - Moving opposition around court, perform forehand and short serves, use close control, develop reaction time	<b>Badminton</b> - Drop and smash shot, drop shot and recover, use quick reactions for confident net play, offensive court positioning, defensive formations for doubles

	Explore different ways of sending a ball	Use basic serving rules in a game	<b>Tennis</b> - Ready position, hot to different areas of court, perform a forehand shot, move towards the ball to return, serve with some accuracy to targets	<b>Tennis</b> - Correct position to return balls, consistently send forehand to targets, introduce backhand, work cooperatively to score points in simple doubles play	<b>Tennis</b> - Volley shots, clearing from the back of court, different positioning for doubles games, approach the ball and forehand and backhand, conditioned games to encourage using different shot types	<b>Tennis</b> - Introduce the lob, communication in doubles play, two handed backhand shot, use full rules for modified tennis games, use double tactics and court positioning effectively in competition
	Moving towards and returning balls	Able to self-feed a ball to a partner using a racquet	<b>Sitting volleyball</b> - ready position, seated movement, overarm seated serve, team contacts	<b>Sitting volleyball</b> - Rainbow pass, 3 contacts, ready position and smooth movement, moving to the net		
	Scoring points against opposition	Develop agility in isolated challenges				
	Attempt to hit a ball	Develop the ready position to receive a ball				
	Basic rally with slow moving objects (balloon)	Play a variety of roles in a simple game				
	Feeding the ball over a net	Throw into space to make it difficult for opponent to return				
	Track balls	Play out a point from a serve				
	Develop core strength to send objects from a sitting, kneeling and standing position					
	<b>Beginners</b>		<b>Intermediate</b>		<b>Advanced</b>	
<b>Swimming</b>	Pulling and pushing		Jump in from side of pool and submerge		Relay change over	
	Stablising - feet upright off the ground		Sink and roll		Mushroom float	
	Submerging		Front crawl legs		Partner support	
	Prone float		Surface dive		Crouching dive	
	Supine float		Linking 3 different types of floating technique		Surface five	
	Leg action on back		Breastroke legs		Treading water	



		Push, glide, turn		Somersault in water		Tumble turn / tumble under water	
		Doggy paddle		Sculling face in water		Combining fluent breaststroke arms and leg technique	
		Transition from glide to stroke		Kicking while submerged		Head out entry to water	