



## Headlands Primary School: Progression of skills in PE

Please note that the transferable skills are taught in a spiral curriculum, meaning that we look to embed and contextualise the skills during each academic year. Then, as they move up through school there is a vertical increase in the challenge levels in each of the skill areas.

The **fundamentals of movement** are different in EYFS/KS1 compared to KS2.

Year 'A'	Reception	Year 1/2	Strands	Year 3/4	Year 5/6
Strands					
<b>Agility</b>	<b>body awareness</b> - identify part of the body - knees, head, arms, hands, legs, back -assume different positions <b>dodging and evading</b> -travel safely from one zone to another -zig zag from one side of a zone to another touch right hand to right foot, and left hand to left foot <b>flexibility of movement</b> -jump up on the spot and land on two feet <b>reaction</b> -receive a rolling ball reaction - follow a simple instruction, run to a line and STOP. <b>rotation</b> -take a ball passed into one hand and put into the other	<b>body awareness</b> -take own pulse to check heart rate - recognise what happens when tired -identify right and left hand and right and left foot <b>dodging and evading</b> -travel using side steps on both sides -anticipate, dodge and evade others coming in opposite direction jump off two feet and land on one foot (both left and right) <b>flexibility of movement</b> -touch opposite hand to foot (both sides) <b>reaction</b> -get body in a start position and start running on command, ready; steady; go -receive a bean bag	<b>Cognitive</b>	<b>anticipation</b> -build up my readiness and complete a sprint start on 'Ready, Steady, Go' command - catch a ball whist travelling <b>evaluation</b> -identify my own sporting strengths and weaknesses -award points in a small dance competition <b>peer mentoring</b> -identify good and bad technique in others -identify the elements of good team work and why they are important <b>tactical variation</b> - understand the role each player has in cricket (batter, bowler, fielder, wicket keeper) - demonstrate a block, a dodge, and a catch and understand their roles in dodge ball tactical variation <b>team work</b> -work with a	<b>anticipation</b> -understand how to anticipate and perform an interception - pace themself over a 400m run <b>evaluation</b> -observe others and identify areas for improvement -complete a fitness circuit forwards and backwards and identify reasons for variations in performance on each station <b>peer mentoring</b> observe, review and feedback to others -devise, understand and execute a team plan <b>tactical variation</b> - demonstrate good decision making -set the field to predict or restrict play <b>team work</b> -perform a synchronised gymnastics phrase with a team use teamwork to solve problems

	<p>hand to pass it on - move both arms at the same time in a circular motion</p> <p><b>travelling</b> -identify different equipment rugby ball, basketball, hockey stick, football etc. -run in a straight-line from one zone to another</p>	<p><b>Rotation</b> - throw a ball over arm with both left and right hand</p> <p>-pass a ball to someone behind me, by swivelling at the waist</p> <p><b>travelling</b> -run continuously for 30 seconds travelling</p> <p>-Carry a rugby ball, basketball, hockey stick, football, safely and appropriately</p>		<p>small team to follow a simple map -co-operate with team mates</p> <p><b>understanding rules</b> - listen and follow instructions -maintain a two handed grip on my hockey stick</p>	<p><b>understanding rules</b> - think flexibly and creatively as part of a team -play a small sided game of uni hock to the rules learned</p>
<b>Balance</b>	<p><b>balancing equipment</b> -balance a beanbag on your head and walk 5m - balance a beanbag on a plastic tennis racket and walk 5m</p> <p><b>dynamic balance</b> bounce from one foot to the other and back - walk along a straight line on the floor (heel to toe - like a tightrope)</p> <p><b>generating force through transfer of weight</b> -move weight from one foot to the other (with both feet</p>	<p><b>balancing equipment</b> - balance a beanbag on a plastic tennis racket, right and left hand and walk 10m -balance a beanbag on your head and a bean bag on a plastic racket and walk 5m</p> <p><b>dynamic balance</b> - catch a bean bag standing on one leg (both sides)</p> <p>-hop on 1 leg on the spot 10 times (both sides)</p> <p><b>generating force through transfer of weight</b> -run and kick a ball from a cone with right and left foot 10m</p>	<b>Manipulation</b>	<p><b>accuracy</b> -accurately throw a dodge ball at a static target from 3m (with either hand) -demonstrate a good javelin technique from a standing position</p> <p><b>dribbling</b> -dribble a hockey ball around a cone 5m away and back, keeping the ball under control -understand the different techniques of dribbling a basketball repeatedly and successfully perform upward facing basket catches</p> <p><b>fielding and catching</b> - use the correct technique</p>	<p><b>accuracy</b> -accurately throw a dodge ball at moving targets (with either hand) -throw a tennis ball further than 15m</p> <p><b>dribbling</b> -demonstrate an understanding of when to dribble and when to pass -dibble a football at pace, incorporating some tricks (step over, chop, cruyff turn etc.).</p> <p><b>fielding and catching</b> - use the correct technique to catch a variety of balls at a variety of heights -demonstrate that they can get in line with the ball and</p>

	<p>on the floor) -kick a ball off a cone points of contact Set off running from a sitting down position</p> <p><b>points of contact</b> balance on 1 leg for 3 seconds stand on one leg for 5 seconds (on both sides)</p> <p><b>Static balance</b> -stand on one leg for 5 seconds (on both sides) -standing still, balance a beanbag on your head and on a plastic tennis racket held out in front of you with a straight arm (repeat on both sides) for 10 seconds</p> <p><b>understanding base</b> -understand what happens when I lean too far -stand on one leg pushing a hula hoop with a partner (both legs)</p>	<p>-perform a standing jump off two feet and land on two feet</p> <p><b>points of contact</b> -balance on all fours for 10 seconds -set off running from an all fours position</p> <p><b>Static balance</b> -kneeling down, balance a beanbag on your head and on a plastic tennis racket in each hand, with a straight arm for 10 seconds - stand on one leg for 5 seconds (on both sides) with eyes closed and finger on nose</p> <p><b>understanding base</b> - exert power through pushing/throwing an object -bring my arms up when balancing</p>		<p>to catch a bean bag at a variety of heights</p> <p><b>passing</b> -perform the technique of a chest pass, a lob pass and a bounce pass over 5m -accurately throw a ball to a partners hands, aiming between their shoulders and their waist</p> <p><b>shooting</b> -kick a static ball through a gate that is 5m away and is 2m wide (with both feet) -hit a range of static targets with a bean bag</p> <p><b>striking</b> - hit a ball off a tee with a cricket bat - strike a bouncing ball with a racket on my forehand and backhand (both sides)</p>	<p>use the long barrier technique</p> <p><b>passing</b> -understand the different techniques of passing over a variety of distances -perform a range of passes to children in different positions - understand passing for retention and passing for attack passing</p> <p><b>shooting</b> -hit a moving target with a dodge ball from 3m away -turn and shoot into two alternating targets, changing feet and body position as appropriate</p> <p><b>striking</b> -kick a range of balls out of my hands (both feet) - perform a 4 shot tennis rally with a partner using tennis rackets</p>
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<p><b>Co-ordination</b></p>	<p><b>combination of skills</b> -bounce a large ball and catch it with two hands combination of skills -run from one zone to another zone jumping over cones as you move</p> <p><b>differentiating force</b> -understand how to slide a bean bag along the floor to a partner at different speeds - change how you throw a beanbag at targets 2m, 4m, 6m away</p> <p><b>organising limbs</b> - understand how to move to a rhythm - move to get in line to receive a bean bag</p> <p><b>receiving</b> -receive a bean bag and hold hands ready in cup position catch a beanbag at waist height</p> <p><b>sending</b> -roll a ball to a partner -kick a static football (with both feet) to a partner 3m away</p>	<p><b>combination of skills</b> - run and jump over a number of hurdles/obstacles in a relay race -catch a bounced tennis ball</p> <p><b>differentiating force</b> - understand how to roll a ball to a partner at different speeds -change how you throw a ball at targets 2m, 4m, 6m away</p> <p><b>organising limbs</b> - increase the tempo of my dancing in time with a change in speed of a rhythm -move to get in line to</p> <p><b>receive</b> -a rolled ball catch a beanbag at a variety of heights, feet, waist, above head etc. - move to receive a thrown beanbag and hold hands ready in cup position</p> <p><b>sending</b> -throw a ball to a partner using an underarm throw -kick a static football (with both feet) to a partner 5m away</p> <p><b>timing</b> -strike a bouncing sponge ball with my hand</p>	<p><b>Physical</b></p>	<p><b>agility</b> -perform a 5m shuttle run -demonstrate a sidestep technique off both sides whilst carrying a rugby ball</p> <p><b>control</b> -catch a football passed to me at a variety of heights -perform a controlled volley (forehand and backhand)</p> <p><b>physical processing</b> - adjust my body position to catch a netball whilst travelling -quickly process information and mirror a partners actions</p> <p><b>power</b> -throw a ball 10 yards (with both arms) -perform 5 sit ups</p> <p><b>Speed</b> -perform a running jump, take off from one foot and land on two feet, using arms and legs to gain momentum -perform 4 x 10m shuttles in under 10 seconds</p> <p><b>Strength</b> -hold a strong body position for 1 minute with two feet together and arms wide apart strength - understand the roles arms and legs play in good sprint/jumping technique</p>	<p><b>agility</b> -perform a variety of 'fast feet' drills -pass a rugby ball to children on either side of me</p> <p><b>control</b> -demonstrate an understanding of the tension of a surface in -alternate between a long shot (baseline) and a short shot (drop shot)</p> <p><b>physical processing</b> - react quickly to a number of moving objects -remember and perform a 5 move dance routine in a small group</p> <p><b>power</b> -strike a ball with a bat so that the ball goes beyond a rounders square -throw a basketball over 6m using a chest pass</p> <p><b>speed</b> -run a full rounder at full speed run 60m jumping over hurdles at 5m intervals -perform a vertical standing jump to a height above my own waist</p> <p><b>strength</b> -hold a strong body position for 1 minute with one foot on the floor, and other 3 limbs extended with the torso tipped forwards.</p>
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	<p><b>timing</b> -throw and catch a sponge ball - 1 bounce - to a partner</p> <p><b>timing</b> -stop and start a simple movement action to music</p>	<p>(both sides) -perform claps in time with a musical beat</p>			
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