



## 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 'B'	Reception	Year 1/2	Strands	Year 3/4	Year 5/6
Strands					
<b>Agility</b>	<p><b>body awareness</b> - identify part of the body - knees, head, arms, hands, legs, back -assume different positions</p> <p><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</p> <p><b>flexibility of movement</b> -jump up on the spot and land on two feet</p> <p><b>reaction</b> -receive a rolling ball reaction - follow a simple instruction, run to a line and STOP.</p> <p><b>rotation</b> -take a ball passed into one hand and put into the other</p>	<p><b>body awareness</b> - recover my breathing and lower my heart rate after exercise -turn to the left and right quickly in a fluid movement</p> <p><b>dodging and evading</b>- anticipate, dodge and evade others coming in multiple directions -demonstrate when to change direction whilst running</p> <p><b>flexibility of movement</b>- speed bounce for 1 minute - mirror the actions of a partner</p> <p><b>reaction</b> - jump over a hurdle when running at pace -receive a bouncing ball</p> <p><b>Rotation</b> -hit a moving tennis ball with a racket - with both hands</p> <p>rotation -pivot on one</p>	<b>Cognitive</b>	<p><b>anticipation</b> - successfully compete in a 4 man relay team, with a smooth baton handover - defend appropriately when a direct opponent is shooting</p> <p><b>evaluation</b> - Observe others and get ideas to take into my own performances -measure my own performance against that of my peers</p> <p><b>peer mentoring</b> - help a 'blindfolded' team mate navigate a course with clear instructions - communicate suggestions for improvements to others</p> <p><b>tactical variation</b> – demonstrate that I can vary my shots to hit into the space- demonstrate an understanding of the difference between an</p>	<p><b>Anticipation</b>-read the play - I can predict where the ball will go next when I am not in possession -successfully complete a 40m hurdle course with hurdles spaced out intermittently</p> <p><b>evaluation</b> –create a programme of practices to help me to improve my weaker areas -lead and help others to improve</p> <p><b>peer mentoring</b>-organise and manage a team in a game situation -select and lead a short gymnastics performance routine</p> <p><b>tactical variation</b> – suggest formations/tactics in a dodge ball game -demonstrate tactical understanding within a game situation</p> <p><b>team work</b> - build team relationships and create sub teams to solve multiple problems team work -with</p>

	<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>foot to pass and receive a ball</p> <p><b>travelling</b> -Run a continuous relay with a partner 2 minutes - dribble a rugby ball, basketball, hockey stick, football, safely and appropriately</p>		<p>attacking and a defensive approach</p> <p><b>team work</b> - demonstrate good team work - be part of an effective team</p> <p><b>understanding rules</b> - understand the importance rules play in the safety of sport - create a task and explain the rules to others</p>	<p>team mates to solve problems in a competitive situation</p> <p><b>understanding rules</b> -work as a team to plan and manage a competition for others - referee a small sided game of uni hoc</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 run through a 15m zig zag circuit -Balance a beanbag on your head and a bean bag on a plastic racket in both hands at the same time and walk through a 15 m zig zag circuit</p> <p><b>dynamic balance</b> - hop 5m on right leg, and 5m on left leg -catch a bouncing ball standing on one leg (both sides)</p> <p><b>generating force through transfer of</b></p>	<b>Manipulation</b>	<p><b>accuracy</b> – accurately throw a dodge ball at a static target from 5m (with either hand) - demonstrate a good shot put technique</p> <p><b>dribbling</b> – understand the correct technique of dribbling with a hockey stick -outwit an opponent by using fakes and dummies when dribbling a basketball</p> <p><b>fielding and catching</b> - catch a ball at a variety of heights and speeds -use the correct technique to catch a soft ball at a variety of heights</p>	<p><b>accuracy</b> – demonstrate a good javelin technique incorporating a run up - accurately throw a dodge ball at moving targets (with either hand) from the back of the dodge ball court</p> <p><b>dribbling</b> - competently demonstrate that I have good transferable dribbling skills in hockey, basketball and football dribbling -incorporate dribbling techniques into game situations</p> <p><b>fielding and catching</b> - perform catches and accurate throws in quick succession - perform a catch, turn and throw back to a wicket</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><b>weight</b> -kick a moving ball with both feet 10m - perform standing two foot jump and use arms and legs to gain momentum</p> <p><b>points of contact</b> - Chose the best position to set off running -stay in a 2 arm press up position for 5 seconds</p> <p><b>Static balance</b> - standing on one leg, 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 (both sides) for 10 seconds and change position of other limbs - controlling balance i.e. bend knees, rotate arms etc.</p> <p><b>understanding base</b> - widen my base to maintain stability -Exert power to pull an object from an opponent</p>		<p><b>passing</b> –understand the different techniques of passing a rugby ball, football, hockey ball and a basketball over 3m - understand how to create a passing opportunity</p> <p><b>shooting</b> –kick a moving ball through a gate that is 7m away and is 2m wide -hit a static target with a dodge ball from 3m away</p> <p><b>striking</b> - throw a ball up and hit it with a cricket bat (no bounce) -perform a rally with a partner using my hands to strike a soft ball (both hands)</p>	<p><b>passing</b> - incorporate passing techniques into game situations -select the correct pass in a game situation</p> <p><b>shooting</b> –use a variety of thrown shots, incorporating fakes, delays and aiming for legs/ feet- react to balls served at different heights to get a first time shot shooting</p> <p><b>striking</b> - -demonstrate that I can strike the ball using a number of different tennis shots in a match- demonstrate a good range of transferable striking skills - tennis/football/cricket/rounders</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 <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 <b>organising limbs</b> -understand how to move to a rhythm -move to get in line to receive a bean bag <b>receiving</b> - receive a bean bag and hold hands ready in cup position catch a beanbag at waist height <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> - throw a tennis ball up, clap twice and catch it with one hand (both sides) -run and jump over a number of low obstacles in a relay race whilst travelling with a variety of balls <b>differentiating force</b> - understand the power needed to throw a shuttlecock, a tennis ball and a beanbag the same distance -understand how to change the power I use to throw a bean bag to different targets (all underarm) <b>organising limbs</b> - create a short individual dance sequence to music -run to get in line to receive a bounced ball <b>receive</b> -catch a bouncing ball at a variety of heights and angles - run to receive a bounced ball and get hands ready, cup position or inverted cup position</p>	<p><b>Physical</b></p>	<p><b>agility</b> – demonstrate a controlled change of direction on command - catch a rugby ball arriving at a variety of heights <b>control</b> - control and retain possession of a hockey ball which is passed to me -perform a drop shot <b>physical processing</b> - catch and pass a netball in one fluid movement - work with a partner on a sequence of movements <b>power</b> -throw a ball from 1st base to 4th base (with both arms) - perform 5 press ups, keeping my back straight <b>Speed</b> –run 60m in a straight line in under 12 seconds -run 10m stepping/jumping over a cone at 1m intervals <b>Strength</b> -perform a vertical standing jump to a height above my own knees -hold a strong body position for 1 minute with two feet together and arms straight up, pointing up</p>	<p><b>agility</b> - use swerves, dodges and sidesteps within a game situation- change from an attacking run to a defensive position quickly in a game situation <b>control</b> - understand how to control a football with various parts of my body to set up my next movement -perform a range of different shots with different power and target areas <b>physical processing</b> - assess and select the best option in a fast paced game situation - remember and perform an 8 piece dance routine in a small group <b>power</b>-demonstrate powerful play (throwing/running/hitting) in a game of rounders -use power to pull a ball out of an opponents grip <b>speed</b> – demonstrate speed of running and speed of throwing in a game -perform a triple jump (run up, hop, skip, jump &amp; landing) <b>strength</b> -hold a strong body position for 1 minute, parallel to the floor, feet together, with one arm stretched upwards -</p>
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	<p><b>timing</b> -throw and catch a sponge ball - 1 bounce - to a partner <b>timing</b> -stop and start a simple movement action to music</p>	<p><b>sending</b> - kick a static football (with both feet) to a partner 7m away - bounce pass a basketball to a partner <b>timing</b> -strike a bouncing ball with a racket with a forehand (both sides) -follow musical cues</p>			<p>perform a running jump of 1.5m in height</p>
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