



# Roe Green Infant School

## PE – Skills Progression



AUTUMN/SPRING/SUMMER				
Reception	Year 1	Year 2	LKS2	UKS2
<b>DANCE</b>				
<ul style="list-style-type: none"><li>Create short dance sequences</li><li>Stand on one foot.</li><li>Catch a ball.</li><li>Write some letters and copy their name.</li><li>Experiment moving in different ways on equipment and jump landing safely.</li><li>Help to put away equipment correct</li><li>Manage own risk</li></ul>	<ul style="list-style-type: none"><li>Express feelings of characters through dance</li><li>Learn basic movements relating to feelings.</li><li>Show that they have a clear starting and finishing position.</li><li>Respond to different music showing a range of emotions.</li><li>Perform dance movements and simple routines using simple movement patterns</li></ul>	<ul style="list-style-type: none"><li>Identify and describe good-quality form and movement</li><li>Perform dance in duets and formations</li><li>Describe healthy lifestyles and how exercise supports healthy living</li><li>Evaluate and improve a dance performance by recording and viewing their rehearsals.</li><li>Use a range of vocabulary to describe moods and how dances make them feel.</li><li>Remember and repeat simple dance phrases.</li></ul>	<ul style="list-style-type: none"><li>Increase flexibility through static and dynamic stretches</li><li>Create, perform and evaluate dance sequences</li><li>Use character, formations, and freeze frame positions in dance</li><li>Improvise freely on their own and with a partner, translating ideas from a stimulus to a movement.</li><li>Keep up an activity over a period of time and know what they need to warm up and cool down for dance.</li><li>Describe, interpret and evaluate their own and others' dances</li></ul>	<ul style="list-style-type: none"><li>Understand locomotor vs. non-locomotor movement in dance</li><li>Explore street dance and haka</li><li>Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group.</li><li>Organise their own warm up and cool down activities to suit the dance.</li><li>Show an understanding of why it is important</li><li>Explore, improvise and combine movement ideas fluently and effectively.</li><li>Understand how a dance is formed and performed. To evaluate, refine and develop their own and others' work.</li></ul>
<b>GAMES</b>				
<ul style="list-style-type: none"><li>Balance themselves and objects</li><li>Control speed and direction in running games</li><li>Navigate obstacle courses</li><li>Move and control objects like beanbags, balloons, and balls</li><li>Cooperate and problem-solve with partners and groups</li><li>Understand basic changes in exercise</li><li>Move freely using suitable spaces and speed.</li><li>Draw lines and circles.</li><li>Understand their own needs hunger/toilet/personal hygiene.</li><li>Dress with support.</li><li>Know equipment needs to be used safely.</li></ul>	<ul style="list-style-type: none"><li>Catch and throw balls</li><li>Intercept objects and how to outwit opponents</li><li>Hit objects with a hand or bat</li><li>Track and retrieve a rolling ball</li><li>Link running, jumping and long-distance throwing</li><li>The basics of games rules, such as end zones and bases</li><li>Describe the benefits of exercise and ways people enjoy it</li><li>participate in simple, fun competitions</li><li>Explore different ways of using a ball.</li><li>Explore ways to send a ball or other equipment.</li><li>Retrieve and stop a ball using different parts of the body. A&amp;D</li><li>Play a variety of running and avoiding games.</li><li>Practise skills to make them warmer.</li><li>Explain why they enjoy playing games and physical activities.</li><li>Talk about what our bodies do during exercise e.g. breathing</li><li>Develop simple attacking and defending techniques.</li><li>Pass and receive a ball in different ways with increased control.</li></ul>	<ul style="list-style-type: none"><li>Dribble and pass balls</li><li>Use the goalkeeping principles</li><li>Bowl, bat and team field</li><li>Understand the basic net game rules and skills, such as boundary lines</li><li>Use static and dynamic balances</li><li>Jump for distance and height</li><li>Recognise the best ways to score points and stop points being scored.</li><li>Recognise how they work best with their partner.</li><li>Use different rules and tactics for invasion games.</li><li>Make it difficult for opponents.</li><li>Describe what they see and ask to copy others' ideas, skills and tactics.</li><li>Recognise what is successful and how to use this knowledge. (Do they play well when hot or out of breath.)</li><li>Participate in team games.</li><li>Understand and develop tactics for attacking and defending.</li></ul>	<ul style="list-style-type: none"><li>Complete running and jumping challenges</li><li>Field, bowl and bat for cricket and rounders</li><li>Pass, dribble, and teamwork for football</li><li>Build an attack and defence skill for handball</li><li>Use zones of play and passing tactics within netball</li><li>Work in teams to solve problems in outdoor settings</li><li>Use basic racquet skills, such as forehand shots and serves</li><li>Use baton passing, discus throw, and running on curved tracks</li><li>Use a pull shot technique and run-scoring strategies for cricket</li><li>Tackle, pass, and goal-side mark in football</li><li>Use circle running, 3-man weaving, and the defence basics for handball</li><li>Use hockey stick-handling skills, passing, and run pacing</li><li>Use one-to-one marking in netball</li><li>Map-read and use skills for orienteering using a compass</li><li>Use the basics of tag rugby, including positions and scoring</li></ul>	<ul style="list-style-type: none"><li>Sprint and pace for distance when running</li><li>use overarm bowling and wicket keeping skills within cricket</li><li>use jump shots, set plays, and goalkeeping within Handball</li><li>use bounce passing, one- and two-handed shooting within netball</li><li>Field backwards hits in rounders</li><li>passing and use of the diamond formation within Tag rugby</li><li>Use of volley shots and overhead shots in tennis, plus doubles play</li><li>Use/interpret Morse code in OAA</li><li>Use sprint starts for athletics</li><li>include short bowling and fielding high balls with Cricket</li><li>use penalty starts, tactical use of space, team attack and defence within Football</li><li>Screen and organise around the D in handball</li><li>Self-pass and channel in hockey</li><li>rebound and pass/shot marking within netball</li><li>Design and refine OAA activities for others</li><li>Play tennis with full scoring</li></ul>
<b>GYMNASTICS</b>				
<ul style="list-style-type: none"><li>Perform and link simple gymnastics movements</li><li>Move freely in a variety of different ways.</li><li>Use scissors and other tools safely.</li><li>Show a dominant hand.</li><li>Make anticlockwise movement</li></ul>	<ul style="list-style-type: none"><li>take-off and land within gymnastics</li><li>Respond to instructions and commands.</li><li>Move between mats and small apparatus and change the speed of movement.</li><li>Learn a variety of basic gym actions.</li><li>Be still in different body shapes and balances and combine different ways of travelling.</li><li>Handle apparatus safely.</li><li>Recognise how it feels when the body is tense.</li><li>Discuss how the body changes during exercise.</li><li>Develop balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction.</li></ul>	<ul style="list-style-type: none"><li>use simple gymnastics scoring and judging</li><li>Develop short sequences on their own.</li><li>Use imagination to find different ways of using apparatus.</li><li>Form simple sequences of different actions using floor and apparatus.</li><li>Have a clear start, middle and end.</li></ul>	<ul style="list-style-type: none"><li>Use body control skills in gymnastics, such as rolls, jumps, and sequences</li><li>Use cartwheels and explosive movements in gymnastics</li><li>Develop and perform actions.</li><li>Practice and concentrate on quality of movement.</li><li>Link different balances moving in and out of positions of stillness.</li><li>Use actions on floor and over, through, across and along apparatus.</li><li>Copy a partner's sequence on floor and apparatus.</li></ul>	<ul style="list-style-type: none"><li>Perform extended gymnastics sequences with or without props</li><li>Incorporate flight and high apparatus into gymnastics</li><li>Explore range of symmetric and asymmetric actions, shapes and balances.</li><li>Control actions and combine them fluently.</li><li>Be aware of extension, body tension and control.</li></ul>

		<ul style="list-style-type: none"><li>• Have a clear focus when watching others perform.</li><li>• Say when a movement or skill is performed well (aesthetic appreciation).</li><li>• Describe what they have done and what they have seen.</li><li>• Develop balance, agility and co-ordination. of travelling, stillness, jumping, timing, changing shape, size, direction</li></ul>	<ul style="list-style-type: none"><li>• Perform easy combinations of contrasting actions.</li><li>• Choose combinations that work in their sequences.</li><li>• How they devise sequences.</li><li>• Include changes of dynamics.</li><li>• Adapt their sequences to</li><li>• Compare and contrast similar performances and suggest ways to improve the quality of sequence.</li></ul>	<ul style="list-style-type: none"><li>• Move from floor to apparatus, change levels and move safely</li><li>• Watch a performance and evaluate its success.</li><li>• Identify what was performed well and what needs improving.</li><li>• Use compositional ideas, contrasts and variation in shape, speed, level, timing and actions.</li></ul>
<b>SPORTSMANSHIP &amp; COORDINATION (KS1/KS2)</b> <ul style="list-style-type: none"><li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li><li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li><li>• Play competitive games, modified where appropriate</li><li>• participate in team games,</li></ul>			<b>SWIMMING</b> <ul style="list-style-type: none"><li>• Become familiar with floating, submerging, and moving through water</li><li>• Use swimming aids to develop technique and stamina</li><li>• Swim lengths and link with turns, including tumble turns</li><li>• Swim distances from 10 to 400 metres unaided</li><li>• Use breathing patterns for different strokes</li><li>• Use different pull and kick styles</li><li>• Tread water, basic survival and rescue techniques</li></ul>	