



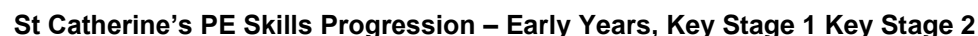
St Catherine's PE Skills Progression – Early Years, Key Stage 1 Key Stage 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE 1 - move safely and sensibly in a space with consideration of others, develop moving safely and stopping with control, use equipment safely and responsibly, use different travelling actions whilst following a path, work with others co-operatively and play as a group, follow, copy and lead a partner.	Fundamentals 1 - develop balancing whilst stationary and on the move, develop running and stopping, develop changing direction, develop jumping and landing, develop hopping and landing with control, explore different ways to travel.	Dance 1 - use counts of 8 to know when to change action, explore different body parts and how they move, explore different body parts and how they move and remember and repeat actions, express and communicate ideas through movement exploring directions and levels, move with control and coordination, linking, copying and repeating actions.	Ball skills 1 - develop rolling a ball to a target, develop stopping a rolling ball, develop accuracy when throwing to a target, develop bouncing and catching a ball, develop dribbling a ball with your feet, develop kicking a ball.	Games 1 - work safely and develop running and stopping, develop throwing and learn how to keep score, be able to play games showing an understanding of the different roles within it, follow instructions and move safely when playing tagging games, work co-operatively and learn to take turns, work with others to play team games.	Gymnastics 1 - copy and create shapes with your body, create shapes whilst on apparatus, develop balancing and taking weight on different body parts, develop jumping and landing safely, develop rocking and rolling, copy and create short sequences linking actions together.
Reception	Introduction to PE 2 - move around safely in space, stop safely and develop control when using equipment, follow a path and take turns, work co-operatively with a partner.	Ball skills 2 - develop rolling and tracking a ball, develop accuracy when throwing to a target, develop dribbling with hands, develop throwing and catching with a partner, develop dribbling a ball with your feet, develop	Fundamentals 2 - develop balancing, develop running and stopping, develop changing direction, develop jumping and hopping, explore different ways to travel using equipment.	Dance 2 - use counting to help to stay in time with the music when copying and creating actions, move safely with confidence and imagination, communicating ideas through movement, explore movement using a prop with	Gymnastics 2 - create short sequences using shapes, balances and travelling actions, develop balancing and safely using apparatus, develop jumping and landing safely from a height, develop rocking and rolling, explore	Games 2 - develop accuracy when throwing and practise keeping score, follow instructions and move safely when play tagging games, learn to play against an opponent, play by the rules and develop coordination, explore



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		kicking a ball to a target.		control and co-ordination, move with control and coordination, expressing ideas through movement and repeating actions, move with control and coordination, expressing ideas through movement.	travelling around, over and through apparatus, create short sequences linking actions together and including apparatus.	striking a ball and keeping score, work co-operatively as a team.
Year 1	<p>Ball Skills - catch with two hands, dribble with hands and feet, roll and throw with some accuracy towards a target, track an approaching ball.</p> <p>Fitness -recognise changes in my body when I exercise, recognise how exercise makes me feel, try my best in challenges, understand importance of warm up.</p>	<p>Gymnastics -link simple actions together to create a sequence, make my body tense, relaxed, stretched and curled, remember and repeat actions and shapes, use apparatus safely and wait for my turn.</p> <p>Invasion -change direction to move away from a defender, send and receive a ball with hands and feet, stay with a player when defending, understand when to defend and attack.</p>	<p>Dance -copy, remember and repeat actions, use different parts of the body in isolation and together, choose appropriate movements for different dance ideas, show some sense of dynamic and expressive qualities.</p> <p>Fundamentals -change direction when moving at speed, run at different speeds, show hopping and jumping movements, show balance and co-ordination when static and moving at a slow speed.</p>	<p>Sending and receiving -beginning to send and receive a ball with feet, catch a ball with some resources, roll a ball towards a target, throw a ball to a partner, track an approaching ball.</p> <p>Target games -roll a ball towards a target, use an overarm throw aiming towards a target, use an underarm throw aiming towards a target</p>	<p>Athletics -To learn to move at different speeds for varying distances, develop throwing for distance and accuracy explore hopping, jumping and leaping for distance,</p> <p>Team building -co-operate and communicate with a partner to solve challenges, explore and develop teamwork skills, use communication skills to lead a partner.</p>	<p>Striking and fielding -develop underarm throwing and catching and put this into small sided games, develop overarm throwing, develop striking a ball with my hand and equipment, retrieve a ball when fielding.</p> <p>Ball skills - catch with two hands, dribble with hands and feet, roll and throw with some accuracy towards a target, track an approaching ball.</p>

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	<p>safe stroke without flotation (e.g. doggy paddle), swim 25m of a recognised stroke (backstroke, breaststroke, frontcrawl).</p> <p>Fundamentals -jump and turn in a skipping rope, link hopping and jumping actions, demonstrate balance when performing other fundamental skills.</p>	<p>safe stroke without flotation (e.g. doggy paddle), swim 25m of a recognised stroke (backstroke, breaststroke, frontcrawl).</p> <p>Gymnastics -adapt sequences to suit different types of apparatus, choose actions that flow well into one another, choose and plan a sequence of contrasting actions, complete actions with increasing balance and control, move in unison with a partner.</p>	<p>safe stroke without flotation (e.g. doggy paddle), swim 25m of a recognised stroke (backstroke, breaststroke, frontcrawl).</p> <p>Fitness -collect and record scores, recognising my strengths, complete exercises with control, persevere when finding a challenge hard, use key points to help me improve my sprinting technique.</p>	<p>safe stroke without flotation (e.g. doggy paddle), swim 25m of a recognised stroke (backstroke, breaststroke, frontcrawl).</p> <p>Dodgeball -learn the rules of the game and begin to use them fairly, understand the aim of the game, work co-operatively with my group to self-manage games.</p>	<p>safe stroke without flotation (e.g. doggy paddle), swim 25m of a recognised stroke (backstroke, breaststroke, frontcrawl).</p> <p>Athletics -develop changeover in relay events, develop jumping technique in a range of approaches and take off positions, develop the sprinting technique and improve on your personal best.</p>	<p>safe stroke without flotation (e.g. doggy paddle), swim 25m of a recognised stroke (backstroke, breaststroke, frontcrawl).</p> <p>Cricket -develop overarm throwing and catching, develop underarm bowling, learn how to grip the bat and develop batting technique.</p>
Year 4	<p>Swimming - swim a width using no floats, swim 25m of backstroke, swim 25m of breaststroke, swim 25m of frontcrawl, swim 50m using a safe technique, swim one width of butterfly, understand how to perform a safe rescue in water.</p>	<p>Swimming - swim a width using no floats, swim 25m of backstroke, swim 25m of breaststroke, swim 25m of frontcrawl, swim 50m using a safe technique, swim one width of butterfly, understand how to perform a safe rescue in water.</p>	<p>Swimming - swim a width using no floats, swim 25m of backstroke, swim 25m of breaststroke, swim 25m of frontcrawl, swim 50m using a safe technique, swim one width of butterfly, understand how to perform a safe rescue in water.</p>	<p>Swimming - swim a width using no floats, swim 25m of backstroke, swim 25m of breaststroke, swim 25m of frontcrawl, swim 50m using a safe technique, swim one width of butterfly, understand how to perform a safe rescue in water.</p>	<p>Swimming - swim a width using no floats, swim 25m of backstroke, swim 25m of breaststroke, swim 25m of frontcrawl, swim 50m using a safe technique, swim one width of butterfly, understand how to perform a safe rescue in water.</p>	<p>Swimming - swim a width using no floats, swim 25m of backstroke, swim 25m of breaststroke, swim 25m of frontcrawl, swim 50m using a safe technique, swim one width of butterfly, understand how to perform a safe rescue in water.</p>



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	Ball skills -accurately use a range of throwing techniques to throw to a target, catch different sized objects with increasing accuracy with one and two hands, consistently track the path of a ball that is not sent directly to me, dribble a ball with increasing control and coordination.	Gymnastics -plan and perform sequences with a partner that include a change of level of shape, safely perform balances individually and with a partner, understand how body tension can improve the control and quality of my movements.	Fitness -collect and record my scores and identify areas I need to improve, show balance when changing direction at speed, show control when completing activities to improve balance, show determination to continue working over a period of time.	Basketball -delay an opponent and help prevent the other team from scoring, dribble, pass, receive and shoot the ball with increasing control, move to space to help my team keep possession and score goals, use simple tactics to help my team score or gain possession.	Athletics -develop stamina and an understanding of speed and pace in relation to distance, develop power and speed in the sprinting technique, develop technique when jumping for distance, develop power and technique when throwing for distance.	Cricket -be able to field a ball using a two handed pick up and a short barrier, develop overarm bowling technique, play apply skills learnt to mini cricket.
Year 5	Hockey -communicate with my team and move into space to keep possession and score, dribble/pass/receive and shoot the ball with some control under pressure, use tracking/tackling and intercepting when playing in defence. OAA -navigate around a course using a map, orientate a map	Tag rugby -pass and receive the ball with some control under pressure, tag opponents and close down space, know what position I am playing in and how to contribute when attacking and defending, understand the need for tactics and identify when to use them in different situations. Dodgeball	Dance -accurately copy and repeat set choreography, choreograph phrases individually and with others considering actions and dynamics, confidently perform different styles of dance, clearly and fluently, showing a good sense of timing, refine the way I use actions, dynamics, relationships and space in my dance in	Fitness -develop speed and stamina, develop strength using my own body weight, develop co-ordination through skipping. Handball -develop a variety of passes and know when to use each to help to maintain possession, use stepping, dribbling and passing skills to create space, move	Cricket -develop overarm throwing and catching, develop underarm bowling, learn how to grip the bat and develop batting technique, Tennis -develop returning the ball using a forehand groundstroke, develop returning the ball using a backhand groundstroke, develop the underarm serve	Athletics -develop fluency and coordination when running for speed, develop technique and coordination in the triple jump, develop throwing with greater control and technique. Rounders -begin to strike a ball with a rounders bat, begin to develop a wider range of fielding skills, work cooperatively with others to manage a



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	confidently, work effectively with a partner and a small group, sharing ideas and agreeing on team strategy.	-develop a wider range of skills and begin to use some of these under pressure, select the appropriate action for the situation and make this decision quickly, work co-operatively with others to manage our game, understand the need for tactics and identify when to use them in different situations, understand the rules and apply them honestly most of the time.	response to a stimulus. Volleyball -apply the rules, skills and tactics learnt to play in a volleyball tournament, volley the ball using a set shot, develop the dig and understand when to use it, keep a continuous rally going over the net.	towards goal and away from defenders, select and apply the appropriate skill to score goals.	and understand the rules of serving.	game, apply rules and skills in a rounders tournament.
Year 6	Hockey -create and use space to help my team, dribble/pass/receive and shoot the ball with increasing control under pressure, use marking/tackling and /or interception to improve my defence, OAA -orientate a map efficiently to navigate around a course, pool ideas within a group,	Tag rugby -select the appropriate action for the situation and make this decision quickly, tag opponents individually and when working within a unit, work collaboratively to create tactics with my team and evaluate the effectiveness of these. Netball	Dance -choreograph a dance and work safely using a prop, perform dances confidently and fluently with accuracy and good timing, refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters, work creatively and imaginatively on my own, with a partner	Handball -use defending skills to stop an opponent from scoring, use defensive skills to gain possession, maintain possession under pressure. Fitness -change my running technique to adapt to different distances, collect/record/analyse scores to identify areas where I have made the most	Cricket -be able to field a ball using a two handed pick up and a short barrier, develop overarm bowling technique, play apply skills learnt to mini cricket. Tennis -return the ball using a backhand groundstroke, develop the volley and understand when to	Athletics -develop your own and others sprinting technique, develop power, control and technique for the triple jump, work collaboratively in a team to develop the officiating skills of measuring, timing and recording. Rounders -strike a bowled ball with increasing accuracy, work



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	selecting and applying the best method to solve a problem, use critical thinking skills to form ideas and strategies to solve challenges.	-pass, receive and shoot the ball with increasing control under pressure, select the appropriate action for the situation and make this decision quickly, use marking and / or interception to improve my defence, work collaboratively to create tactics with my team and evaluate the effectiveness of these.	and in a group, to choreograph and structure dances. Dodgeball -use jumps, dodges and ducks to avoid being hit, develop catching to get an opponent out, select and apply tactics in the game, apply the rules fairly in a game.	improvement, understand the different components of fitness and ways to test and develop them, work to my maximum consistently when presented with challenges.	use it, develop the forehand groundstroke.	collaboratively to get batters out, apply tactics in the game as a batter, bowler and fielder.
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