



Helmshore Primary School

PE Progression Document



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamental Movement Skills	Start to perform fundamental skills at an emerging level <u>Travelling Skills</u> - ~Running Fast ~Hopping on both feet. <u>Sending Skills</u> - ~Roll a ball underarm ~Underarm throw ~Overarm throw ~Bounce a ball <u>Receiving Skills</u> - ~Catch a large ball	Perform fundamental skills at a developing level <u>Travelling Skills</u> - ~Running Fast ~Hopping on both feet. ~Skipping ~Side galloping <u>Sending Skills</u> - ~Roll a ball underarm ~Underarm throw ~Overarm throw ~Bounce a ball <u>Receiving Skills</u> - ~Catch a large ball	Perform fundamental skills at a developing level and start to master basic movements; <u>Travelling Skills</u> - ~Running Fast ~Dodging ~Hopping on both feet. ~Skipping ~Side galloping <u>Sending Skills</u> - ~Roll a ball underarm ~Underarm throw ~Overarm throw ~Bounce a ball ~Strike a ball off a tee ~Strike with a drop feed. <u>Receiving Skills</u> - ~Catch a large ball	Master Fundamental Movement Skills and start to develop sport specific skills and perform them with some accuracy.	Master Fundamental Movement Skills and start to develop sport specific skills performing them with consistency and accuracy.	Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control.	Continue to develop sport specific skills and perform with consistency, accuracy, confidence, control and speed.
Games	~Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. ~Negotiates space successfully when playing, racing and chasing games with other children adjusting speed or direction to avoid obstacles.	~To use simple tactics to outwit an opponent. ~Pretend to throw one way then throw the other. ~Look one way and roll the ball the other. ~To throw away from the cones.	~To move into space to receive a ball. To pass a ball to a player in space. ~To throw the ball into space away from the opponent. ~To strike the ball away from cones/fielders.	<u>Develop Sport Specific Skills</u> ~Chest pass, bounce pass, swing pass, one handed pass, catching a ball. ~To know to move into a space to receive a ball. To pass a ball to a player in space when playing an invasion game.	<u>Develop Sport Specific Skills</u> ~Chest pass, bounce pass, swing pass, one handed pass, dribbling a ball, catching a ball, shooting a ball. ~To know to move into a space to receive a ball. To disguise a pass of a ball to outwit a defender.	<u>Develop Sport Specific Skills</u> ~Chest pass, bounce pass, swing pass, one handed pass, dribbling a ball, catching a ball, shooting a ball, kicking a ball, (hockey) push pass, dribbling, receiving a pass. <u>Attacking skills</u> ~To use a range of passes to pass ahead of supporting passes. ~To get away from a defender to receive a pass. <u>Defending Skills</u> ~To close down space.	<u>Develop Sport Specific Skills</u> ~Chest pass, bounce pass, swing pass, one handed pass, dribbling a ball, catching a ball, shooting a ball, kicking a ball, (hockey) push pass, dribbling, receiving a pass. <u>Attacking skills</u> ~To use a range of passes to pass ahead of supporting passes. ~To get away from a defender to receive a pass.



Helmshore Primary School

PE Progression Document



							~To send the ball wide and/or deep to supporting players. <u>Defending Skills</u> ~To close down space. ~To intercept a pass.
Dance	~Use movements to express feelings. ~Create movements in response to music. ~Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.	~Create and link simple combinations of 2 or 3 actions to create a sequence. ~Choose appropriate movements for different ideas and repeat short dance phrases. ~Copy and explore basic body actions. ~TRAVEL, TURN, JUMP, GESTURE, STILLNESS.	~Create and link simple combinations of 3 or 4 actions to create a sequence. ~Link body actions and remember and repeat dance phrases. ~Copy and explore basic body actions. ~TRAVEL, TURN, JUMP, GESTURE, STILLNESS. ~ Vary speed, strength, energy and tension of movements.	~ Create and perform sequences of actions (4-6) smoothly. ~Share and create dance phrases with a partner and in a small group; repeat, remember and perform these phrases in a dance.	~Create and perform sequence of actions (6) with control and precision. ~Use simple motifs and movement patterns to structure dance phrases on their own and with a partner.	~Create and perform longer sequences of actions (6-8) with a partner. ~Compose motifs and plan dances creatively and collaboratively in groups.	~Create and perform longer sequences of actions (8-10) with a partner that shows an awareness of their audience. ~Work creatively and imaginatively on their own, with a partner and in a group to compose motifs and structure simple dances.



Helmshore Primary School

PE Progression Document



Gymnastics	~Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. ~Mounts stairs, steps or climbing equipment using alternate feet. ~Can stand momentarily on one foot when shown. ~Jumps off objects and lands appropriately. ~Travels with confidence and skill around, under, over and through balancing and climbing equipment.	~ Create and link simple combinations of 2 or 3 actions to create a sequence. ~Shape - wide and thin. ~ Travelling - feet - jog, skip, gallop, hop, walk forwards and backwards. ~Travelling - hands and feet - frog, caterpillar, bunny, crab, bear, crocodile, monkey. ~Balancing - front support - balance on 4 and 3 points, large body parts - tummy, back, bottom, shoulders. ~Jumping and landing - 2 to 2 for height. ~Rolling - rock and roll, pencil, egg roll. ~Apparatus work	~ Create and link simple combinations of 3 or 4 actions to create a sequence. ~Shape - wide and thin, dish, arch, tuck. ~ Travelling - feet - jog, skip, gallop, hop, walk forwards and backwards. ~Travelling - hands and feet - frog, caterpillar, bunny, crab, bear, crocodile, monkey. ~Balancing - front support - balance on 4 and 3 points, large body parts - tummy, back, bottom, shoulders. ~Jumping and landing ~Rolling - rock and roll, pencil, egg roll, dish roll, teddy roll, forward roll. ~Apparatus work	~Create and perform sequences and actions (4-6) smoothly. ~ Travelling - feet - jog, skip, gallop, hop, walk forwards and backwards. ~Travelling - hands and feet - frog, caterpillar, bunny, crab, bear, crocodile, monkey. ~Balancing - small body parts - one foot balance, arabesque, square bridge, bridge, hands and feet. ~Rolling - rock and roll, pencil, egg roll, dish roll, teddy roll, forward roll. ~Apparatus	~Create and perform sequences of actions (6) with control and precision. ~ Travelling - feet - jog, skip, gallop, hop, walk forwards and backwards, side gallop, walk on tiptoes. ~Travelling - hands and feet - frog, caterpillar, bunny, crab, bear, crocodile, monkey. ~Balancing - small body parts - one foot balance, arabesque, square bridge, bridge, hands and feet. Large body parts - V sit, dish, arch, shoulder stand. ~Jumps - straight, straddle, pike, tuck, $\frac{1}{2}$ turn, full turn. ~Rolling - rock and roll, pencil, egg roll, dish roll, teddy roll, forward roll.	~Create and perform longer sequences of actions (6-8) with a partner. ~ Travelling - feet - jog, skip, gallop, hop, walk forwards and backwards, chasse. ~Travelling - hands and feet - frog, caterpillar, bunny, crab, bear, crocodile, monkey. ~Balancing - small body parts - one foot balance, arabesque, square bridge, bridge, hands and feet. Large body parts - V sit, dish, arch, shoulder stand. ~Balance with a partner - counter balance, counter tension. ~Jumps - straight, straddle, pike, tuck, $\frac{1}{2}$ turn, full turn. ~Rolling - rock and roll, pencil, egg roll, dish roll, teddy roll, forward roll.	~Create and perform longer sequences of actions (8-10) with a partner that show awareness of their audience. ~ Travelling - feet - jog, skip, gallop, hop, walk forwards and backwards, chasse. ~Travelling - hands and feet - frog, caterpillar, bunny, crab, bear, crocodile, monkey. ~Balancing - small body parts - one foot balance, arabesque, square bridge, bridge, hands and feet. Large body parts - V sit, dish, arch, shoulder stand. ~Balance with a partner - counter balance, counter tension. ~Jumps - straight, straddle, pike, tuck, $\frac{1}{2}$ turn, full turn. ~Rolling - rock and roll, pencil, egg roll, dish roll, teddy roll, forward roll.
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Helmshore Primary School

PE Progression Document



Outdoor and Adventurous				~ Orienteerate a map. ~ Use a control card. ~ Navigate a course safely.	~ Travel and balance safely when carrying out challenges. ~ Demonstrate team work skills during planning, doing and reviewing.	~ Know how to keep the map set or orientates when they move around a simple course. ~ Know the eight points of a compass. ~ Record information accurately at the control marker. ~ Navigate to a control marker on a score event course.	~ To set a map using a compass. ~ To practice and refine thumbing the set map (orientated). ~ To set a direction of travel from the map, using a compass. ~ To follow instructions in order to complete an orienteering course.
Striking and Fielding		~ Strike a ball of a tee. ~ Look for space to throw, hit or run into to help them score. ~ Understand why they need to throw or hit into space. ~ Use a feint to try and win a game.	~ Strike a ball of a tee. ~ Look for space to throw, hit or run into to help them score. ~ Understand why they need to throw or hit into space. ~ Understand the concept of aiming and the need for accuracy. ~ Throw or hit an object into a space to make it more difficult for their opponents. ~ Use a feint to try and win a game.	~ Catch a ball. ~ Field a ball and return it quickly.	~ Bowl underarm. ~ Perform a straight drive. ~ Catch a ball. ~ Field a ball and return it quickly.	~ Bowl underarm. ~ Strike a ball of a tee. ~ Strike a bowled ball. ~ Field a ball and throw back overarm.	~ Bowl underarm. ~ Strike a bowled ball. ~ Field a ball and throw back overarm.
Net and Wall		~ Look for space to throw, hit or run into to help them score. ~ Understand why they need to throw or hit into space. ~ Use a feint to try and win a game.	~ Look for space to throw, hit or run into to help them score. ~ Understand why they need to throw or hit into space. ~ Understand the concept of aiming and the need for accuracy. ~ Throw or hit an object into a space to make it more difficult for their opponents. ~ Use a feint to try and win a game.	~ Ready position. ~ Underarm throw. ~ Overarm throw. ~ Hold a racket. ~ Strike a ball with a racket.	~ Ready position. ~ Underarm throw. ~ Overarm throw. ~ Hold a racket. ~ Strike a ball with a racket.	~ Throwing a ball. ~ Hold a racket correctly. ~ Forehand. ~ Backhand. ~ Volley.	~ Throwing a ball. ~ Forehand. ~ Backhand. ~ Volley. ~ Underarm serve.
Athletics	~ Start to perform fundamental skills at an emerging level. <u>Travelling skills</u> ~ Running fast. <u>Sending Skills</u>	~ Perform FMS at a developing level. ~ Running. ~ Hopping. ~ Rolling a ball. ~ Underarm throw. ~ Jumping.	~ Perform FMS at a developing level and start to master some basic skills. ~ Running. ~ Underarm throw. ~ Overarm throw. ~ Push throw	~ Master FMS skills and start to develop athletic specific skills performing them with consistency and accuracy. ~ Throwing - push, pull and sling.	~ Master FMS skills and start to develop athletic specific skills performing them with consistency and accuracy. ~ Throwing - push, pull and sling.	~ Continue to develop athletic specific skills and perform them with consistency, accuracy, confidence, control and speed.	~ Continue to develop athletic specific skills and perform them with consistency, accuracy, confidence, control and speed.



Helmshore Primary School

PE Progression Document



	~ Roll a ball underarm. ~ Underarm throw. ~ Overarm throw. ~ Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. ~ Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.		~ Jumping for distance.	~ Hop, step and jump.	~ Hop, step and jump.	~ Throwing - push, pull, sling, heave. ~ Jumping - standing long jump and triple jump. ~ Running short and long distance. ~ Passing a baton in a relay.	~ Throwing - push, pull, sling, heave. ~ Jumping - standing long jump and triple jump. ~ Running short and long distance. ~ Passing a baton in a relay.
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Swimming Beginners (Non - swimmers and developing swimmers)

Children will learn how to swim between 10-20 metres unaided in shallow water, using their arms and legs to propel themselves. They will use one basic method to swim the distance, making sure that they breathe. They will start by using floats, swim over longer distances and periods of time with a more controlled leg kick. They will explore freely how to move in and under water, recognise the affects their temperature and identity and describe the difference between leg and arm actions.

Swimming (Developing and Competent swimmers).

The children will learn to swim 50 and 100 metres and keep swimming for 45 to 90 seconds; use three different strokes (front crawl, back stroke and breast stroke), swimming on their front and back. They will control their breathing and swim confidently and fluently on the surface and under water.

Children should know the dangers of water locally and nationally.

Learn how and why to use appropriate survival and self-rescue skills if they fall in by accident, or get into difficulty and know what to do if others get into trouble in the water.