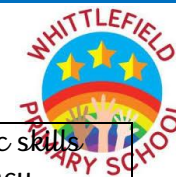


## Progression of Skills at Whittlefield Primary School



Subject: PE	By the end of KS1	By the end of LKS2	By the end of UKS2
-------------	-------------------	--------------------	--------------------



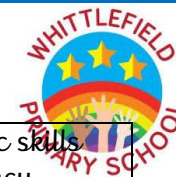
## Progression of Skills at Whittlefield Primary School

<p><u>Games</u></p>	<p>➤ Perform fundamental movement skills at a developing level and master some basic movements in:</p> <ul style="list-style-type: none"> <li>-Travelling skills</li> <li>-Receiving skills</li> <li>-Sending skills</li> </ul> <p><u>Year 1</u></p> <ul style="list-style-type: none"> <li>➤ Side gallop</li> <li>➤ Underarm throw</li> <li>➤ Running</li> <li>➤ Rolling a ball</li> <li>➤ Bounce a ball</li> <li>➤ Catch a ball</li> <li>➤ Running</li> </ul> <p><u>Year 2</u></p> <ul style="list-style-type: none"> <li>➤ Underarm throw</li> <li>➤ Catching</li> <li>➤ Running</li> <li>➤ Dodging</li> <li>➤ Throw</li> <li>➤ Catch</li> <li>➤ Strike a ball</li> <li>➤ Side gallop</li> <li>➤ Running</li> <li>➤ Strike a ball off a tee</li> <li>➤ Strike with a drop feed</li> <li>➤ Catch</li> <li>➤ Overarm throw</li> </ul>	<p>➤ Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy.</p> <p><u>Year 3</u></p> <p>Invasion games skills through:</p> <ul style="list-style-type: none"> <li>▶ Three touch ball (netball) – running, dodging, Chest pass, Bounce pass, Catching a ball</li> <li>▶ Three touch ball (rugby) – running, dodging, swing pass, Catching a ball</li> <li>▶ Three touch ball (handball) – running, dodging, one-handed pass, One handed Bounce pass, Catching a ball</li> </ul> <p><u>Year 4</u></p> <p>Invasion games skills through:</p> <ul style="list-style-type: none"> <li>▶ On the Attack (basketball) – running, chest pass, bounce pass, dribbling a ball.</li> <li>▶ On the attack (rugby) – running, dodging, swing pass, Catching a ball</li> <li>▶ On the attack (handball) – running, dodging, one-handed pass, One handed Bounce pass, Catching a ball, shooting a ball.</li> </ul>	<p>➤ Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.</p> <p><u>Year 5</u></p> <p>Invasion games skills through:</p> <ul style="list-style-type: none"> <li>▶ Year 5 core task (netball): - running, dodging, chest pass, bounce pass, catching, shoulder pass, shooting,</li> <li>▶ Year 5 core task (rugby): - -- running, dodging, swing pass, Catching a ball, kicking a ball</li> <li>▶ Year 5 core task (hockey): - running, push pass, dribbling, receiving a pass, shooting.</li> </ul> <p><u>Year 6</u></p> <p>Invasion games skills through:</p> <ul style="list-style-type: none"> <li>▶ Calling the shots' (netball): - running, dodging, chest pass, bounce pass, catching, shoulder pass, shooting,</li> <li>▶ Calling the shots' (rugby): - -- running, dodging, swing pass, Catching a ball, kicking a ball</li> <li>▶ Calling the shots' (hockey): - running, push pass, dribbling, receiving a pass, shooting.</li> </ul>
---------------------	--	--	--



## Progression of Skills at Whittlefield Primary School

<p><b>Dance</b></p>	<ul style="list-style-type: none"> <li>➤ Perform basic body actions with control and show some sense of dynamic, expressive and rhythmic qualities in their own dance.</li> <li>➤ Perform fundamental movement skills as a developing level and start to master some basic movements</li> <li>➤ Perform body actions with control and coordination and perform short dances, showing and understanding of expressive qualities.</li> </ul> <p><b>Body Actions</b></p> <ul style="list-style-type: none"> <li>▶ Copy and explore basic body actions from a range of stimuli (words, poetry, pictures, sounds, objects) <b>Travel, Turn, Jump, Gesture, Stillness</b></li> <li>▶ Copy simple movement patterns</li> <li>▶ Show and tell using body actions to explore moods, ideas and feelings.</li> <li>▶ Vary speed, strength, energy and tension of their movements.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Perform freely, translating ideas from a stimulus into movement using dynamic, rhythmic and expressive qualities clearly and with control.</li> <li>➤ Perform dances clearly and fluently and show sensitivity to the dance idea and the accompaniment.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Perform different styles of dance clearly and fluently, adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance.</li> <li>➤ Perform dances fluently and with control and can perform to an accompaniment expressively and sensitively.</li> </ul>
	<ul style="list-style-type: none"> <li>▪ To perform dances expressively, using a range of performance skills.</li> <li>▪ To perform dances with an awareness of rhythmic, dynamic and expressive qualities, on their own, with a partner and in small groups.</li> <li>▪ To perform more complex dance phrases that communicates character and narrative.</li> <li>▪ To perform in a whole class performance.</li> </ul>		



## Progression of Skills at Whittlefield Primary School

### Gymnastics

- Perform fundamental movement skills at a developing level and start to master some basic movements in:
  - Travelling skills
  - Perform body actions with control and coordination

#### Year 1

- ▶ Shape – Wide, thin
- ▶ Travelling - feet - Jog, skip, gallop, hop, walk forwards, backwards.
- ▶ Travelling – hand and feet - Frog, Bunny, Crab, Bear, Caterpillar, Crocodile, Monkey, etc.
- ▶ Balancing - Front support, balance on 4 & 3 points, large body parts, tummy, back, bottom, shoulder.
- ▶ Jumping and Landing – 2 -2 for height
- ▶ Rolling - Rocking on back, pencil, egg rolls,
- ▶ Apparatus

#### Year 2

- ▶ Shape – Wide, thin, dish, arch, tuck
- ▶ Travelling - feet - Jog, skip, gallop, hop, walk forwards, backwards.
- ▶ Travelling – hand and feet - Frog, Bunny, Crab, Bear, Caterpillar, Crocodile, Monkey, etc.
- ▶ Balancing - Front support, balance on 4 & 3 points, large body parts, tummy, back, bottom, shoulder.
- ▶ Jumping and Landing
- ▶ Rolling - Rocking on back, pencil, egg rolls, dish roll, teddy / circle roll, forward roll.
- ▶ Apparatus

- Master fundamental movement skills and start to develop sport specific skills performing them with consistency, accuracy and some control.

#### Year 1

- ▶ Travel – i.e Feet & hands and feet
- ▶ Balance – i.e. small body parts
- ▶ Jump – i.e 2 foot jump and land
- ▶ Rolling – basic rolls
- ▶ Apparatus

- ▶ Travel – i.e Feet & hands and feet
- ▶ Balance – i.e. large body parts, dish and arch, one foot balance
- ▶ Jump – different shapes when jumping. Jump ¼ & ½ tum
- ▶ Rolling – basic rolls
- ▶ Apparatus

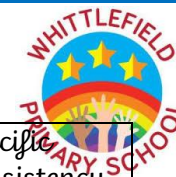
#### Year 2

- ▶ Travel – i.e. Feet & hands and feet
- ▶ Balance – i.e. partner balance (counter balance)
- ▶ Jump – different ways of jumping and landing with shape
- ▶ Rolling – basic rolls
- ▶ Apparatus

- ▶ Travel – i.e. Feet & hands and feet
- ▶ Balance – i.e. partner and group balance (counter balance)
- ▶ Jump – different ways of jumping and landing with shape
- ▶ Rolling – basic rolls
- ▶ Apparatus

- Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.

- ▶ Travel – i.e. Feet & hands and feet
- ▶ Balance – i.e. partner balance (counter balance)
- ▶ Jump – different ways of jumping and landing with shape
- ▶ Rolling – basic rolls
- ▶ Apparatus



## Progression of Skills at Whittlefield Primary School

<p><i>Athletics</i></p>	<p>➤ Perform fundamental movement skills at a developing level and start to master some basic movements.</p> <p><u>Year 1</u></p> <ul style="list-style-type: none"> <li>▶ Running</li> <li>▶ Hopping</li> <li>▶ Rolling a ball</li> <li>▶ Underhand throw</li> <li>▶ Jumping</li> </ul> <p><u>Year 2</u></p> <ul style="list-style-type: none"> <li>▶ Running</li> <li>▶ Underarm throw</li> <li>▶ Overarm throw</li> <li>▶ Push throw</li> <li>▶ Jumping for distance</li> </ul>	<p>Master fundamental movement skills and start to develop athletic specific skills performing them with consistency and accuracy.</p> <ul style="list-style-type: none"> <li>▶ Throwing – push, pull and sling</li> <li>▶ Hop, step and jump</li> <li>▶ Combination of jumping actions</li> </ul>	<p>➤ Continue to develop athletic specific skills and perform them with consistency, accuracy, confidence, control and speed.</p> <ul style="list-style-type: none"> <li>▶ Throwing – push, pull, sling and heave</li> <li>▶ Jumping and landing in different ways</li> <li>▶ Running for short and long distances</li> <li>▶ Passing a baton in a relay</li> </ul>
<p><i>Striking and Fielding</i></p>		<p>➤ Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy.</p> <ul style="list-style-type: none"> <li>▶ Strike a ball off a tee</li> <li>▶ Bowl underarm</li> <li>▶ Perform a straight drive</li> <li>▶ Catch a ball</li> <li>▶ Field a ball and return it quickly</li> </ul>	<p>➤ Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.</p> <hr/> <ul style="list-style-type: none"> <li>▶ Bowl overarm</li> <li>▶ Strike a bowled ball</li> <li>▶ Field a ball and throw back overarm</li> <li>▶ Strike a ball off a tee</li> </ul>
<p><i>Net and Wall</i></p>		<p>➤ Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy.</p>	<p>➤ Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.</p>

## Progression of Skills at Whittlefield Primary School



		<ul style="list-style-type: none"> <li>▶ Ready position</li> <li>▶ Underarm throw</li> <li>▶ Overarm throw</li> <li>▶ Hold a racket</li> <li>▶ Strike a ball with a racket</li> </ul>	<ul style="list-style-type: none"> <li>▶ Throwing a ball</li> <li>▶ Forehand</li> <li>▶ Backhand</li> <li>▶ Volley</li> <li>▶ Underhand serve</li> <li>▶ Hold a racket correctly</li> </ul>
Target and Creative		<ul style="list-style-type: none"> <li>➤ Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy.                             <ul style="list-style-type: none"> <li>▶ Dodging</li> <li>▶ Catching</li> <li>▶ Underhand throw</li> <li>▶ Rolling a ball</li> <li>▶ Overhand throw</li> <li>▶ Propelling a ball</li> <li>▶ Rolling a ball</li> <li>▶ Underarm throw</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.                             <ul style="list-style-type: none"> <li>▶ One handed throw</li> <li>▶ Catching</li> <li>▶ Dodging</li> </ul> <hr/> <li>▶ A range of sending and receiving skills.</li> </li></ul>
Outdoor and Adventurous Activities		<ul style="list-style-type: none"> <li>➤ Master fundamental movement skills and start to develop specific skills performing them with consistency, accuracy and some control.                             <ul style="list-style-type: none"> <li>▪ Orientate a map</li> <li>▪ Use a control card</li> <li>▪ Navigate a course safely</li> </ul> </li> <li>▪ Travel and balance safely when carrying out challenges</li> <li>▪ Demonstrates team work skills during planning, doing and reviewing.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Continue to develop specific skills and perform them with consistency, accuracy, confidence, control and speed.                             <ul style="list-style-type: none"> <li>▪ . Know how to keep the map "set or "orientated" when they move around a simple course.</li> <li>▪ Know the eight points of a compass.</li> <li>▪ Record information accurately at the control marker.</li> <li>▪ Navigate to a control marker on a score event course.</li> </ul> <hr/> <li>▪ To set a map using a compass</li> <li>▪ To practice and refine thumbing the set map (orientated)..</li> <li>▪ To set a direction of travel from the map, using a compass.</li> <li>▪ To follow instructions in order to complete an orienteering course.</li> </li></ul>



## Progression of Skills at Whittlefield Primary School

At Whittlefield, children swim in Years 1-4. Children who need to catch up will continue to swim in years 5 and 6.

Swimming	Swimming (Beginners- non- swimmers and developing swimmers)	Swimming (Developing and competent swimmers)
	In this unit children learn to enjoy being in water and become more confident. They learn how to keep afloat, move in the water, meet challenges and breathe when swimming. At first they use swimming aids and support – in time, some children will manage without these.	In this unit children focus on swimming more fluently, improving their swimming strokes, and learning personal survival techniques.