



Monks Coppenhall Academy and Day Nursery

"To be the best we can in mind, body and spirit"

"Working together to create better futures"

Progression of Skills

In PHYSICAL EDUCATION

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics and Movement	<ul style="list-style-type: none"> Develop overall body co-ordination Make basic shapes individually and with others Basic balances/shapes Move in different directions 	<ul style="list-style-type: none"> make body curled, tense, stretched and relaxed control body when travelling and balancing copy sequences and repeat them roll, curl, travel and balance in different ways 	<ul style="list-style-type: none"> plan and perform a sequence of movements improve sequence based on feedback think of more than one way to create a sequence which follows some 'rules' 	<ul style="list-style-type: none"> adapt sequences to suit different types of apparatus and criteria explain how strength and suppleness affect performance 	<ul style="list-style-type: none"> move in a controlled way include change of speed and direction in a sequence work with a partner to create, repeat and improve a sequence with at least three phases 	<ul style="list-style-type: none"> make complex extended sequences combine action, balance and shape perform consistently to different audiences 	<ul style="list-style-type: none"> combine own work with that of others sequences to specific timings <ul style="list-style-type: none"> Teach a routine or sequence to other children explaining roles within the group
Basic Movement and Team Games. (KS1) Competitive Games (KS2)	Look at moving with speed and agility whilst holding equipment (balls/beanbags) Rolling, throwing, kicking Receiving equipment (balls & Bean bags)	<ul style="list-style-type: none"> throw underarm throw and kick in different ways Aiming at targets Using power & accuracy 	<ul style="list-style-type: none"> use hitting, kicking and/or rolling in a game decide the best space to be in during a game use a tactic in a game follow rules Understand the objective of individual team sports/games 	<ul style="list-style-type: none"> be aware of space and use it to support team-mates and to cause problems for the opposition know and use rules fairly Know the different principles of attack & defence. 	<ul style="list-style-type: none"> throw and catch accurately with one hand hit a ball accurately with control vary tactics and adapt skills depending on what is happening in a game Hit/strike a ball power Understand specific positions / roles in a game situation 	<ul style="list-style-type: none"> gain possession by working a team and pass in different ways choose a specific tactic for defending and attacking use a number of techniques to pass, dribble and shoot Understand when to use power or accuracy in a game situation 	<ul style="list-style-type: none"> agree and explain rules to others work as a team and communicate a plan lead others in a game situation when the need arises
Dance	<ul style="list-style-type: none"> Sharing ideas/working in groups. Following creative movements Repeating movements previously done Working individually & expressing feelings through movement. 	<ul style="list-style-type: none"> perform own dance moves copy or make up a short dance move safely in a space 	<ul style="list-style-type: none"> change rhythm, speed, level and direction in dance make a sequence by linking sections together use dance to show a mood or feeling 	<ul style="list-style-type: none"> improvise freely and translate ideas from a stimulus into movement share and create phrases with a partner and small group remember and repeat dance perform phrases 	<ul style="list-style-type: none"> take the lead when working with a partner or group use dance to communicate an idea 	<ul style="list-style-type: none"> compose own dances in a creative way perform dance to an accompaniment dance shows clarity, fluency, accuracy and consistency 	<ul style="list-style-type: none"> develop sequences in a specific style choose own music and style
Athletics	<ul style="list-style-type: none"> Running at speed over short distances. Knowing the difference between running fast over short distances and jogging for a longer period Combining running and jumping Combining running and throwing 	<ul style="list-style-type: none"> Use different speeds to run short distances and for a longer period Combining running and jumping whilst moving as quick as possible Throw different objects (beanbags, javelins, frisbees) 	<ul style="list-style-type: none"> Run for longer periods of time keeping a consistent speed Look at technique of sprinting and how to speed up Throwing using different techniques looking at accuracy and distance. 	<ul style="list-style-type: none"> run at fast, medium and slow speeds; changing speed and direction take part in a relay, remembering when to run and what to do 	<ul style="list-style-type: none"> sprint over a short distance and show stamina when running over a long distance understanding the distance of the race jump in different ways throw in different ways and hit a target, when needed 	<ul style="list-style-type: none"> controlled when taking off and landing throw with increasing accuracy combine running and jumping at speed with control 	<ul style="list-style-type: none"> demonstrate stamina and increase strength Understand tactics of races

Outdoor and Adventurous Activity.	<ul style="list-style-type: none"> Working as a team or group to solve problems Exploring different environments/surfaces Link to maths & literacy to use clues. 	<ul style="list-style-type: none"> Introduce maps with simple instruction and tasks to follow in groups Problem solving in groups Following clues & instructions 	<ul style="list-style-type: none"> Work in small groups/individually to follow a simple map Problem solve individually to help the team complete task 	<ul style="list-style-type: none"> follow a map in a familiar context use clues to follow a route follow a route safely 	<ul style="list-style-type: none"> follow a map in a (more demanding) familiar context follow a route within a time limit 	<ul style="list-style-type: none"> follow a map into an unknown location use clues and a compass to navigate a route change route to overcome a problem use new information to change route 	<ul style="list-style-type: none"> plan a route and a series plan with others, taking a danger
Evaluate	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> compare and contrast gymnastic sequences recognise own improvement in ball games 	<ul style="list-style-type: none"> provide support and advice to others in gymnastics and dance be prepared to listen to the ideas of others 	<ul style="list-style-type: none"> pick up on something a partner does well and also on something that can be improved know why own performance was better or not as good as their last 	<ul style="list-style-type: none"> know which sports they a how to improve further
Swimming							<p>By the end of Key Stage 2, every child should be able to:</p> <ul style="list-style-type: none"> Swim competently and confidently over a distance of 25m. Use a range of strokes effectively. Perform safe self-rescue situations.
Vocabulary	<ul style="list-style-type: none"> Space Roll Jump Turn Catch Throw Kick Hit Forward/Backwards 	<ul style="list-style-type: none"> Direction Speed Stretch Spring Balance Aim Target Dribble Overarm Underarm 	<ul style="list-style-type: none"> Strike Land Take Off Shoot Pass Control Team Warm Up/Cool down 	<ul style="list-style-type: none"> Goals Points Possession Marking Supporting Team Creating Space Distance Stamina Combination Sequence 	<ul style="list-style-type: none"> Flow Repeat Pattern Attack Defend Evaluate Improve 	<ul style="list-style-type: none"> Transition Width Shield Protect Innings Create Solve Position Stroke Breathing Safety 	<ul style="list-style-type: none"> Tactics Synchronize Improve Assess Elements Variation Improvisation Exploration Reaction

Key Stage 1

Gymnastic Movement

- developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Basic Movement and Team Games

- master basic movements including running, jumping, throwing and catching.
- participate in team games, developing simple tactics for attacking and defending.

Dance

- perform dances using simple movement patterns.

Key Stage 2

Athletics

- use running, jumping, throwing and catching in isolation and in combination

Competitive Games

- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]
- apply basic principles suitable for attacking and defending

Gymnastics

- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Dance

- perform dances using a range of movement patterns

Outdoor and Adventurous Activity

- take part in outdoor and adventurous activity challenges both individually and within a team.

Evaluate

- compare their performances with previous ones and demonstrate improvement to achieve their personal best

