

Green Oaks Primary Academy Progression of PE Skills

PE Curriculum Map						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Autumn 1	Autumn 1	Autumn 1	Autumn 1	Autumn 1	Autumn 1
First PE	Space Dance	Jungle Dance	Multi Skills	Multi Skills	Stomp Dance	Swimming
Gymnastics	OAA	Ball Games	Quicksticks	Quicksticks	Quicksticks	Quicksticks
Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2
Multi Skills	Jungle Yoga	Fitness	Greatest Showman	Yoga Facts	Dodgeball	Swimming
Word Moves	Ball Games	Rugby FUNdamentals	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby
Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1
First PE	Gymnastics	Gymnastics	Dodgeball	Dance	Swimming	Yoga Facts
Gymnastics	Fitness	Football FUNdamentals	OAA	Netball	Netball	Netball
Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2
Fitness and Fundamentals	Rugby FUNdamentals	Mini Muay Thai	Gymnastics	Gymnastics	Swimming	Gymnastics
Superhero Dance	Multi Skills & FUNS	Multi Skills & FUNS	Basketball	Basketball	OAA	Fitness
Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1
First PE	Dance	Jungle Yoga	Fitness	Swimming	Yoga Time	Dodgeball
Outdoor adventure	Football FUNdamentals	Ball Skills	Athletics	Athletics	Athletics	Athletics
Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2
Enjoy-a-ball	Boccia	Dance	Boccia	Fitness	Gymnastics	World War II Dance
Athletics	Kwik Cricket	Kwik Cricket	Kwik Cricket	Kwik Cricket	Kwik Cricket	Kwik Cricket

Green Oaks Primary Academy Progression of PE Skills



P ROGRESSION OF KEY SKILLS

Gymnastics

Early Years

- Can experiment with different shapes
- Experiment with different jumps
- Experiment with different ways of rolling in small shape
- Experiment with balancing on different body parts
- Moving along the floor in different ways like aliens sliding, rolling, stretching etc
- Show a start shape, middle and finishing shape (beginning of a sequence)
- Moving on and off apparatus safely

EY

1

Year 1

- Can perform various shapes
- Perform basic jump (straight jump, Star jump)
- Perform a tuck rock and a tuck roll and rocket roll with pointed toes
- Perform a simple balance holding for 3 seconds
- Perform a bunny hop- hands first then feet
- Perform a basic sequence (roll, jump and roll)
- Moving on and off apparatus with control

Year 2

- Can perform shapes with a strong body and control
- Perform jumps (straight, star, tuck jump) with control and a strong body
- Perform a tuck rock, tuck roll, forward roll and dish/arch roll
- Perform a balance on one or more parts of body
- Perform a bunny hop - hands flat with straight arms
- Perform a sequence on apparatus- (roll, jump and balance)
- Moving on and off apparatus with strong body and control

2

3

Year 3

- Can perform a variety of shapes with good control
- Perform a straight jump with a half turn
- Perform a Teddy bear roll
- Perform Point and Patch balances
- Perform a bunny hop across a mat run and onto/across low benches and apparatus
- Perform a short sequence on mats (using levels directions control)
- Hopscotch on throw down feet- introduction to hurdle step onto apparatus

Year 4

- Can perform a variety of shapes with good control when performing various skills
- Perform various jumps and develop travelling across the mat
- Teddy bear roll with a partner/group in sequence with pointed toes
- Perform matching and mirroring balance routines on apparatus
- Perform a bunny hop onto a variety of apparatus with control
- Perform a short sequence on mats and apparatus showing levels, unison, and pointed toes
- Hopscotch across the floor to develop hurdle step onto low apparatus

4

5

Year 5

- Can perform complex shapes with control and some flexibility
- Perform more complex jumps, tuck, pike and a scissor kick
- Perform a T-roll
- Perform symmetrical and asymmetrical balances
- Perform a 'squat on and squat off' on various apparatus
- Link skills to create a sequence with Fluency. Co-operate, communicate and collaborate with others
- To perform a hurdle step on the floor/springboard
- Cartwheel on the floor using various apparatus

Year 6

- Can perform complex shapes when performing Sequences and skills with flexibility
- Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leap
- Side star roll, T-roll (with pointed toes), backwards roll
- Perform various balances counter balance and counter tension
- Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)
- Compete in teams to win points with sequences and a vault competition
- Perform a hurdle step on the floor/springboard and onto apparatus
- Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand

6



Green Oaks Primary Academy Progression of PE Skills



P ROGRESSION OF KEY SKILLS

Dance

Early Years

EY

- Moving in time to happy and sad music
- Experiment with different ways of moving
- Experiment with actions at different levels
- Moving around as different characters or animals to the music

1

Year 1

- Listen to the music and begin to move in time to it
- Perform basic dance movements
- Perform dance movements showing some levels
- Perform basic dance travelling movements e.g. stepping, skipping, jumping
- Perform simple dance moves with some control

2

Year 2

- Move in time to the music showing some expression
- Perform dance movements with control
- Perform dance movements showing a variety of levels
- Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing
- Remember simple dance steps, perform with control in time to the music

3

Year 3

- Collaborate to make a dance warm up
- Use a stimulus to create a dance
- Dance in unison with a partner
- Perform in canon with a group
- Use some different levels and pathways

4

Year 4

- Cooperate to make a dance warm up and take on a leadership role
- Respond imaginatively to a stimulus
- Dance in unison with a partner/group performing a range of movement patterns
- Perform in canon showing a range of movement patterns
- Perform a variety of levels and pathways in a dance!

5

Year 5

- Co-operate and collaborate to create a warm up displaying a variety of movement patterns
- Translate ideas from a stimulus showing control and fluency
- Dance in unison in a group keeping in time with each other
- Dance in canon showing good timing
- Perform using a variety of levels and using the space

6

Year 6

- Co-operate, communicate and collaborate with a group to make up a warm up with good rhythm and timing
- Translate ideas from a stimulus into movement showing expression, precision, control and fluency
- Dance in unison in a group showing good timing, energy and strength
- Dance in canon in a group showing good timing, energy and strength
- Use levels, travelling and space with timing and musicality



Green Oaks Primary Academy Progression of PE Skills



P

ROGRESSION OF KEY SKILLS

Multi-Skills

Early Years

Experiment with different ways of balancing

Experiment with different ways of moving (agility)

Experiment with different ways of moving ball with different body parts (co-ordination)

Working with friends in a team-taking turns

EY

1

Year 1

Balance on lines with control and use equipment to balance on various parts of the body

Changing direction with some control (agility)

Co-ordinating body whilst beginning to move with equipment

Co-operate, compete and challenge themselves as a team in various games

2

Year 2

Balance on low equipment with good control

Changing direction quickly with good balance and control (agility)

Co-ordinating body whilst beginning to move at different speeds with various equipment

Complete challenges as a team in various running/obstacle games and working to improve performance

3

Year 3

Balancing on various body parts while moving

Agility focus -changing direction at speed

Co-ordinate body to perform a combination of movements

Complete a variety of fitness tests successfully and achieve a personal best

4

Year 4

Balancing confidently using various equipment and body parts

Agility focus - changing direction at speed with good technique

Co-ordinate body efficiently to perform a combination of movements or actions

Complete a variety of fitness tests confidently and achieve a number of personal bests

5

Year 5

In combination with different skills, can balance equipment while moving and co-ordinating another action

Agility focus - change direction quickly and efficiently with equipment

Agility focus - change direction quickly and efficiently with equipment

Test and measure balance, agility and co-ordination confidently and accurately. Can compare their performances with previous ones and strive to achieve a personal best

6

Year 6

Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately


Agility focus - can change direction at speed with balance and control whilst using various equipment

Co-ordinate using both sides of the body with fluency to perform a combination of movements or actions

Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best



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P

ROGRESSION OF KEY SKILLS

Invasion Games

EY

Early Years (progressions through first PE unit/Enjoy-a-ball)
Throw to self, catching a soft ball/balloon. Experiment with rolling the ball, throw and catch to self and to a partner (hand-eye co-ordination)
Moving around a spot/ area, experimenting with different ways of moving (footwork) e.g. jumping, hopping, skipping
Moving around, changing direction and negotiating space
Follow a partner to steal their bib
Experiment with different ways of shooting/placing an object into/on a target or hoop
Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)
Introducing basic rules e.g. areas of play, how you become out, how you can score points. This becomes the first initial steps of following rules in games

1

1

Year 1 (progressions through ball skills/ball games/Football FUNS/Rugby FUNS)
Catch/receive a ball safely. Pass a ball with some control (using either hands, feet or object)
Introducing footwork e.g. stopping and freezing in adapted games, landing on spots with two feet
Move into a space in a game, looking to throw/pass the ball to someone in a space
Follow an opponent in a game/adapted game
Scoring in a variety of ways- into hoops, goals or targets
Begin to develop tactics for attacking and defending.
Children begin to learn rules of adapted games. They learn that rules are there to keep you safe and encourage fair play.

2

2

Year 2 (progressions through ball skills/ball games/Football FUNS/ Rugby FUNS)
Introduce a various passes (hands/ feet/object) continuing to develop control of pass
Adapted games - developing thought process of footwork rule e.g. superhero ball e.g. no running with the ball
Move into a space to catch/relieve a ball. Pass the ball to someone in a space
Follow/mark an opponent and trying to win (intercept) the ball
Scoring in a variety of ways and begin to use in a game situation
Develop tactics for attacking and defending
Play adapted games-learning different rules. Encouraging fair play and respect

3

3

Year 3 (progressions through invasion game units)
Continue to develop control of passing and receiving the ball - beginning to attempt these in a game situation
Adapting footwork to suit game being played e.g netball stride stop and jump stop, handball 3 steps
Perform a dodge into get into a space and receive a pass
Marking a player, keeping on the balls of your feet
Shooting adapting technique to to suit game - e.g into hoop/target or goal
Begin to apply some basic principles for attacking & defending - how do they deny space, how can they win back possession
Continue to play adapted games and introduce key rules that are sport specific. Apply in a game situation

4

4

Year 4 (progressions through invasion game units)
Pass and receive mostly control - begin to select and apply the correct pass
Footwork-be able to change direction quickly, accelerating in a game situation
Attempting various dodges to create space to receive the ball
Marking a player, standing side on, sticking to player
Shooting- focus on bending the knees and place hand under the ball to shoot
Develop tactics - begin to use them in a variety of games- e.g. when and where to move while in, and out of possession
Understand rules of a game. Begin to officiate their own game and become familiar with key terms and vocabulary related to RST

5


5

Year 5 (progressions through invasion game units)
Selecting the correct pass in a game and move into a space
Receive the ball on the move (on the balls of feet) changing direction quickly
Perform different dodges/movements to receive a ball in a space
To defend a player and attempt to intercept a pass
Shooting -Chosing the correct shot for the game
Begin to use attacking and defending, techniques learned in a game situation e.g. positions on the pitch/court e.g. formations to either keep possession or win back possession of the ball
In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)
Understand how to apply rules in various invasion games and be able attempt officiating

6

6

Year 6 (progressions through invasion game units)
Perform a variety of passes with some precision - quickly move into a space to receive another pass
Perform correct footwork in a game - quick feet to turn the correct way to pass the ball
Perform a variety of dodges to move into a space and receive a ball - in a practice and in a game situation
Defend a player during a game, intercepting the ball
Shooting- focus on precision and accuracy and attempt to get the rebound if the shot is missed
In a team, discuss tactics and how to win as a team (communicate and collaborate)
In teams discuss tactics and how to work as a team finding strategies to beat their opponents
Understand and apply rules consistently in various invasion games- officiate with confidence using key vocab and rules



Green Oaks Primary Academy Progression of PE Skills



PROGRESSION OF KEY SKILLS Outdoor Adventurous Activities (OAA)

Early Years

- Work with a partner and take turns
- Listen attentively to a partner
- Negotiate space and obstacles safely
- Move energetically, such as running, jumping, hopping, skipping and climbing
- Have the confidence to try new activities and show resilience to challenge
- Develop strength, balance and co-ordination when completing tasks

EY

1

Year 1

- Begin to work with a partner to meet a challenge
- Use communication to guide your partner through a course when blindfolded
- Begin to travel in different directions under instruction, to locate treasure with a partner
- Identify ways of travelling to include hopping, jumping and leaping, whilst using co-ordinates to make maps
- Work as part of a team to match animals to their matching cards
- Continue to develop team skills while attempting to complete a task

2

Year 2

- Work within a team to find solutions to cross the river
- Develop the ability to work with a variety of partners, providing instruction while creating an obstacle course
- Begin to use co-ordinates and confidently navigate through a map using North, South, East and West
- Have a basic understanding of how to use a compass and create their own instructions
- Continue to work together as a team and further develop team skills including communication
- Begin to develop individual leadership qualities while completing tasks as part of a team

3

Year 3

- Use a key to follow a plan
- Communicate with peers to complete challenges
- Know the eight points of the compass
- Identify what is at points on a grid using co-ordinates in the form (letter, number)
- Collaborate with members of a team to begin to solve problems
- Continue to develop leadership qualities while completing tasks as part of a team

4

Year 4

- Use a key to accurately place things in the correct locations according to a plan
- Develop different methods of communication to achieve a goal
- Give and follow directions using the eight points of the compass
- Use co-ordinates on a plan to correctly place and locate different objects
- Listen carefully and follow instructions given by teammates
- Lead a team to complete a task

5

Year 5

- Use a key to identify orienteering landmarks on a map
- Communicate and listen clearly to other members of the team to complete challenges in isolation
- Use compass directions to navigate around a grid
- Use 4-figure grid references to read an OS map
- Work efficiently as part of a team to complete a challenge
- Effectively lead a team to complete a task

6

Year 6

- Use a key to follow a route on an orienteering map
- Use clear and concise communication skills to achieve a challenge
- Use compass directions to navigate around a familiar area eg school grounds
- Use 6-figure grid references to read an OS map
- Work as a team to ensure all members are able to complete a challenge at a competitive pace
- Effectively lead a team to complete a task and evaluate their own leadership skills



Green Oaks Primary Academy Progression of PE Skills



PROGRESSION OF KEY SKILLS

Yoga

Early Years

Experiment with different Yoga poses both static and moving
Begin short relaxation games
Create different sun shapes with their body
Challenge themselves to make up their own animal poses
Listen to the Yoga story and create poses

EY
1

Year 1

Perform basic Yoga poses with some balance
Begin to relax the body in rest pose
Perform Sun Pose (beginning of sun salutation)
To try some of the challenge poses e.g. snake pose
Make up a story with some Yoga poses

2

Year 2

Perform Yoga poses, beginning to use tummy muscles (core strength), some flexibility, balance and control
Relax in rest post and begin to focus on breathing
Perform Sun pose with control (beginning of sun salutation)
To perform the challenge poses e.g. Tree pose 2 or 3
Make up a story using all Yoga poses

3

Year 3

Perform more complex Yoga poses showing control and increased flexibility
Sit in lotus pose relax and begin to focus on breathing in and out of nose
Perform Cobra pose 2 (used in sun salutation)
Improve on balance to perform swaying tree pose
Collaborate to create a Yoga Fun Facts routine

4

Year 4

Perform more complex yoga poses developing core strength and good flexibility
Begin to focus on breathing in more than one pose
Perform individual poses to build up towards Sun Salutation e.g. tree, downward dog, Cobra Pose 2
To perform the challenge pose and swaying tree, with some control and fluency
Collaborate to create a Yoga Fun Facts Routine and teach the routine to others

5

Year 5

Perform complex Yoga poses with control, core strength and flexibility
Perform a variety of poses using breathing techniques and use in relaxation time
Remember and perform Sun Salutation (SS)
Perform the extended poses- e.g. extended cat pose
Collaborate in a group to create a Yoga routine of 7 poses

6

Year 6

Perform complex Yoga poses with good core strength, flexibility and balance for longer periods of time on each pose
Perform all poses and remembering to use breathing technique when performing them in relaxation time
Perform Sun Salutation (SS) and link to other Yoga moves
Perform extended version of cat pose, dog pose and create their own extensions
Collaborate in a group to create a Yoga routine- and create a sequence of moves like Sun Salutation.



Green Oaks Primary Academy Progression of PE Skills



P

ROGRESSION OF KEY SKILLS

Mini Muay Thai

Early Years

EY

- Basic stance – Developing balance using throw down feet to help with positioning for left and right
- Begin different types of strike – developing co-ordination of arms
- Upper cut – develop bobbing up and down (bouncing motion)
- Knee strike – Balancing on left and right leg
- Kicking– developing balance on one leg (left and right side) to be able to kick from the front
- Introduce some defensive techniques through a game
- Begin to develop co-ordination by adding some combinations of strikes together

1

Year 1

- Right and left stance, introduce guard beginning to keep hands up – to protect yourself
- Jab – develop co-ordination of jabbing hand at the front
- Upper cut (left and right)– dipping body down and standing up
- Knee strike– developing control and balance when bringing knee up
- Kicking – developing bringing arm down as you kick
- Shin check –begin to develop balance to get into shin check defensive position
- Develop co-ordination using different combinations of techniques and begin to compete against self

3

Year 3

- Can stand in the correct stance keeping chin down and hands up to guard
- Jab cross – keeping guard up and balanced
- Upper cut and hook (left and right) always keeping one hand in guard position
- Knee strike –keeping guard up and balanced
- Kicks – flick foot, keeping guard up to protect face
- Shin check –keeping balanced and guard up when in shin check defensive position
- Perform combinations of techniques developing flexibility, control, balance and strength

4

Year 4

- Can begin to switch stance for each of the strikes– keeping guard up
- Jab cross–with control and co-ordination using left and right stance
- Perform upper cut and hooks front and rear, keeping guard up
- Perform knee strike with control using front and rear– keeping guard up
- Kicks – front and rear, being able to reset into stance position
- Shin check – improve flexibility of technique – improving the height
- Using memory to remember striking combinations

5

Year 5

- Can react and change stance for each strike e.g. hand, knee kick
- Jab cross developing speed and accuracy
- Perform uppercut and hook– confidently using front and rear technique fluently
- Perform knee strikes (front and rear) beginning to improve power– and develop onto a bag/focus mitts
- Kicks– develop flexibility to kick at different levels, using both left and right leg
- Defensive – be able use shin check in isolation with control and fluency
- Perform and remember a variety of striking combinations (and create some of their own)
- Communicate and collaborate with others and create a Mini Muay Thai session

6

Year 6

- Can change stance quickly, reacting and adapting for each strike e.g. hand, knee kick
- Jab cross (on and off the focus mitts) with power and speed– using left and right hands
- Upper cut and hooks – use front and rear as part of combinations and developing speed, power and accuracy
- Knee strike (on and off the focus mitts) – with fluency and power
- Perform a front and rear kick with control, speed and power
- Defensive – be able react using shin check in isolation and combination (using defensively)
- Perform a variety of striking combinations with flexibility, control, balance and strength
- Create a Mini Muay Thai session as part of a small group and actively lead another group



Green Oaks Primary Academy Progression of PE Skills



P ROGRESSION OF KEY SKILLS Hockey (Quicksticks)

Early Years (progressions through first PE unit/Enjoy-a-ball)

Ball Awareness—moving the ball along the floor using hands
Pushing/Patting the ball to a partner using one hand
Move around safely in a variety of ways and negotiating space
Trying to get the magic ball from another player—holding a throw down strip (magic wand) in hand
Scoring into a target in a variety of ways
Play adapted games—beginning to score into a goal

EY

1

Year 1 (progressions through Ball Games, tennis)

Ball Awareness—moving a ball along the floor using a tennis racket
Pushing a ball to a partner using a hand paddle/tennis racket
Begin to move into a space in a 'Hand hockey' game holding throw down strips (in hand)
Hand hockey—beginning to tackle, holding a throw down strip as extension to hand
Introduce scoring into a goal, using various types of equipment
Small-sided adapted games 3v3. Begin to develop tactics for attacking and defending.

2

Year 2 (progressions through Ball games, tennis)

Ball Awareness—moving a ball along the floor with control, using a tennis racket
Pushing a ball to a partner when using a tennis racket, developing control
Pass and begin to move forward into a space in a 'Hand hockey' game, holding a throw down strip (in hand)
Hand Hockey—beginning to anticipate when to tackle, using throw down strips (as hand extension)
Scoring into goals/targets using various types of equipment e.g. tennis racket to hit a ball through cones
Small-sided games using various types of equipment. Develop tactics for attacking and defending

3

Year 3

Dribble the ball holding the stick in correct position
Pass and receive a ball with some control
Perform a pass and look for a space in an adapted game to receive the ball
Begin to tackle a player safely—when stationary and moving
Score whilst the ball is stationary. Adapted games to focus on accuracy
Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending

4

Year 4

Dribble and stop the ball with control
Pass the ball over a longer distance with accuracy and power
Perform a short pass and begin to move into a space and receive the ball with some control
Tackle a player beginning to use the correct grip and positioning—bend knees, low to the ground.
Develop shooting—at targets/goals. Beginning to score whilst the ball is moving
Play adapted games, Children encouraged to think of tactics when attacking and defending

5

Year 5

Dribbling the ball in different directions, keeping head up
Pass the ball over a variety of distances with some accuracy and power, in a game situation
Perform a pass with some control, accuracy and with movement into a space
Begin to defend against an opponent in a game situation—tackling and marking
Hit a moving ball with some accuracy and control into a goal
Begin to use techniques learned in a game situation and to have an understanding of key rules

6

Year 6

Dribble the ball at various speeds—both in isolation and a game situation
Pass the ball over a variety of distances in attacking or defensive situations
Pass and move into a space with accuracy, control and speed (in isolation/game situation)
Begin to defend as an individual and communicate to defend as a team (marking and tackling)
Hit a moving ball into a goal from different angles and sometimes with different levels of power
Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending



Green Oaks Primary Academy Progression of PE Skills



P

ROGRESSION OF KEY SKILLS

Football

Early Years

Explore stopping a ball with different parts of the body
 Experiment kicking the ball with feet to a partner
 Move a bean bag/ball on the floor using inside of foot
 Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)
 Shooting into a target on the floor
 Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)

EY

1

Year 1

Stopping a ball with the inside of feet
 Pass the ball, beginning to use inside of feet "toe, toe, toe, no, no, no"
 Dribble the ball with the inside of feet - finding a space
 Introduce getting the ball off a player - tackling
 Scoring in a variety of ways - into goals and at targets
 Begin to understand tactics for attacking and defending
 Small sided games 4v4

2

Year 2

Stopping a ball with the sole and inside of feet
 Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy
 Dribble the ball with the inside of feet, keeping the ball close to their body - dribble into a space
 Improve tackling by using adapted games - introduce intercepting play
 Scoring in a variety of ways and begin to use in a game situation
 Begin to include some basic tactics for attacking and defending in conditioned games
 Play an adapted and conditioned games 5v5.

3

Year 3

Control a ball using inside, outside and sole of feet
 Pass the ball with inside of feet with accuracy. Pass the ball to someone in a space
 Dribble the ball, beginning to turn with some control (inside and outside hook)
 Defend making a tackle in isolation (a conditioned game)
 Shooting - Kick a stationary ball past a goal keeper
 Adapted games, begin to apply some basic principles for attacking & defending in small sided games
 Small sided games 6v6

4

Year 4

Move body to correct position to stop and control a ball
 Pass the ball with inside of feet, whilst on the move
 Dribble the ball using inside, outside hook and drag back, beginning to accelerate
 Defend - moving forward to close down space to tackle in a conditioned game. Intercept a pass
 Shooting - Strike a moving ball (past a goal keeper) with some accuracy
 Encourage children to talk about tactics when attacking and defending
 Small sided games - up to 7v7

5

Year 5

Control the ball using either foot when moving
 Pass the ball with inside, front or laces on the foot
 Dribble the ball using inside, outside hook and drag back beginning to accelerate
 Show good body position to defend and press in a 2v2 game
 Scoring using top of foot (laces) - aiming for corners of the goal
 Begin to use attacking and defending, techniques learned in a game situation
 In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)

6

Year 6

Move into space to receive the ball and control with either foot in a game
 Select the correct pass for various distances in a game situation
 Dribble the ball in a game situation around a defender
 Communicate with team when defending in a game - making interceptions, cover space
 To work as a team to score, shooting from various angles
 In a team, discuss tactics and how to win as a team (communicate and collaborate)
 Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
 Understanding the positions and rules of the game



Green Oaks Primary Academy Progression of PE Skills



P ROGRESSION OF KEY SKILLS

Kwik Cricket

Early Years

Rolling and stopping a ball, sitting down and standing up
 Experiment with throwing and catching to self and to a partner (hand-eye co-ordination)
 Passing underarm an object to another child
 Pushing a ball away from body with hands
 Push ball with throw down strips to develop hand eye co-ordination

EY

1

Year 1

Rolling and stopping a ball with one/two hands
 Throw and catch a ball with some control
 Bowl underarm towards a target
 Hit a ball off a tee using various bats
 Play a modified game hitting off a tee
 Small-sided adapted games. Begin to develop tactics for striking and fielding

Year 2

Roll and stop a ball with control/accuracy
 Throw underarm with some accuracy and catch a ball
 Bowl underarm towards a target with control and accuracy
 Begin to hold the bat in correct position and hit a ball off a tee
 Play a modified game encouraging teamwork when fielding
 Small-sided games using various types of equipment. Develop tactics for striking and fielding

2

3

Year 3

Roll the ball with one hand and stop the ball attempting Long barrier method
 Throw and catch underarm with both hands (in isolation)
 Bowl underarm at a wicket and attempt overarm
 Control with a bat (holding it correctly) hitting a ball off a tee and moving
 Play a modified game using fielding and batting skills
 Adapted games, with variations of rules, begin to apply some basic principles for striking and fielding

Year 4

Roll the ball with one hand and stop the ball from different directions using barrier method
 Throw and catch under pressure in modified games
 Bowl at a wicket underarm/overarm with accuracy and control
 Hit a drop fed ball and/or moving ball with a bat
 Play a game communicating as a team
 Play adapted games, Children encouraged to think of tactics when striking and fielding

4

5

Year 5

Begin to use fielding techniques with throwing and stopping and scooping up the ball
 Throwing over/underarm and catching over various distances
 Bowl, attempting to hit the wicket using under/overarm
 Hit a moving ball with control and some distance
 Communicate and collaborate as a team to beat an opponent
 Developing tactics for striking and fielding e.g working as a team, supporting each other

Year 6

Positioning in a modified game to field a ball (both throwing and stopping it)
 Making correct decisions with the type of throw to use in a modified game. Move body into a position to catch the ball
 Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket
 In a competitive game begin to tactically hit/place a ball into a space
 Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
 In a team, discuss tactics of attacking and defending (communicate and collaborate)

6



Green Oaks Primary Academy Progression of PE Skills



P ROGRESSION OF KEY SKILLS

Dodgeball

Early Years	(progressions through first PE unit/Enjoy-a-bal)
Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination).	
Throw to self and to a partner using soft objects e.g. balloon, scarf, soft ball. Catching a balloon/balloon	
Aiming at a target e.g. a tall cone	
Jumping over objects in a variety of different ways	
Pushing a balloon away with two hands	
Move around safely in a variety of ways and negotiating space.	

EY

1	Year 1
	Rolling the ball in different ways through tunnels
	Throw a ball to a partner underarm. Throwing and catching with a partner
	Aiming at a variety of targets and at different levels
	Jumping over a variety of objects at different heights and over a ball in a game situation.
	Blocking technique movement - through a game situation - tapping another partner's ball with their own
	Adapted games. Begin to develop tactics for attacking and defending.

Year 2	2
Rolling the ball to a partner, increasing the distance of targets to improve accuracy	
Throw the ball to a partner underarm- introduce targets. Throwing and catching, having control of the ball	
Aiming at a variety of targets, beginning to develop accuracy e.g. through a hoop	
Jumping and dodging to avoid being hit by a ball	
Protecting a specific player in a game	
Small-sided adapted dodgeball games. Develop tactics for attacking and defending	

3	Year 3
	Throw the ball in different ways e.g. grip and claw
	Catching the ball in a variety of ways and getting into 'Ready Position'
	Aiming at the opposition (below the waist) in a variety of directions, using an underarm throw
	Begin to develop different ways to dodge the ball in isolation and replicate in a game situation
	Experiment with different ways of blocking
	Adapted games, begin to apply some basic principles for attacking & defending

Year 4	4
Throw the ball in different ways e.g. grip and claw with control	
Catching the ball in a variety of ways and at various distances - moving towards the ball	
Aiming and improving the accuracy of throwing distance	
Begin to develop footwork to dodge and avoid being hit by the ball.	
Blocking the ball in a variety of ways and beginning to protect other players	
Encourage children to talk about tactics when attacking and defending	

5	Year 5
	Throwing the ball overarm and underarm in a variety of directions with control and some speed
	Catching the ball at different levels within a game situation
	Aiming at the opposition with some precision and control
	Dodging in a variety of ways in a game situation. Duck, jump, moving sideways with control and good reactions
	Blocking the ball from a variety of directions and protecting other players in an adapted game
	Begin to use techniques learned in a game situation and to have an understanding of key rules

Year 6	6
Throwing the ball in a game with precision, control and speed	
Identify catching opportunities to claim a catch in a game	
Aiming at the opposition, below the shoulder, using a variety of throwing techniques	
Dodging in a game, reacting quickly and communicating tactics to teammates to dodge	
Blocking the ball and attempting to get a teammate to catch it in a game situation	
To apply defensive techniques e.g. blocking and marking in a competitive game situation.	
Use techniques learned and apply in a game situation. Children to officiate.	



Green Oaks Primary Academy Progression of PE Skills



P ROGRESSION OF KEY SKILLS

Basketball

Early Years (progressions through first PE unit/Enjoy-a-ball)

- Ball Awareness—moving ball on body
- Experiment with moving an object along the floor e.g pushing a balloon
- Throw to self, catching a soft ball/balloon. Passing to a partner with different types of balls
- Throwing into hoops and targets to score
- Run in an area, stop quickly and 'Freeze' (in a game/warm up) –fundamentals to developing footwork
- Move around safely in a variety of ways and negotiating space. Follow my leader in pairs
- Play adapted games to get past players, with a ball – (while attempting to bounce it)

EY

1

Year 1 (progressions through ball skills/Bal games)

- Ball Awareness—moving a ball on the ground
- Experiment with bouncing and dribbling a ball
- Catch a soft ball safely Pass a soft ball from the chest - 'W' shape when passing and receiving
- Scoring in superhero basketball – throwing a ball into target (someone's hands/hoop)
- Footwork- adapted game, not running with a ball
- Move into a space in a game, looking to throw the ball to someone in a space
- Follow an opponent in a game/adapted game
- Small-sided games 3v3. Begin to develop tactics for attacking and defending.

2

Year 2 (progressions through ball skills/bal games)

- Ball Awareness—moving ball on the ground with control
- Experiment with bouncing and dribbling a ball, beginning to use left and right hands
- Catch a ball safely. Pass from a short distance to a partner
- Scoring in a variety of ways and begin to use these in a game situation
- Stopping –with two feet bending at knees and holding the ball close to body
- Move into a space to catch a ball. Pass the ball to someone in a space
- Follow an opponent and trying to win (intercept) the ball
- Small-sided games (Superhero ball Basketball). Develop tactics for attacking and defending

3

Year 3

- Ball Awareness—moving ball around different parts of the body
- Dribbling and bouncing a ball in a variety of ways 'push not pat'
- Pass and receive a ball with some control
- Scoring into smaller targets
- Perform a jump and stride stop in basketball
- Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking
- Protecting the ball in an adapted game
- Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules

4

Year 4

- Ball Awareness—moving ball around different parts of the body with control
- Dribbling and bouncing a ball with control and using either hand
- Pass and receive, stepping into the pass (chest and bounce pass)
- Scoring into a net/hoop in a small sided 3v3 basketball game
- Perform a jump and stride stop with a pivot
- Dodging around a player with the ball, focus on dodging into a space
- Protecting the ball – using the pivot to protect the ball. Begin to apply basic principles suitable for defending
- Introduce 4v4 or adapted game. Begin to use some additional rules e.g double dribble, travelling. .

5

Year 5

- Ball Awareness—copying a partner and moving with the ball
- Dribbling the ball, changing direction, and turning, using either hand
- Pass, receive and move with the ball (chest and bounce pass)
- Learn the BEEF technique when shooting in isolation and begin to use in a game situation
- Dribble the ball and perform the correct footwork when stopping
- Offensive play in a conditioned, game, beating your partner when dribbling a ball
- Defence techniques- (Gorilla) and begin to use the body to protect the ball in a conditioned game situation
- Begin to use techniques learned in a game situation and to have an understanding of key rules

6

Year 6

- Ball Awareness—copying a partner and keeping control while moving the ball
- Dribbling the ball in various directions at speed
- Perform a variety of passes within a game with precision and control
- Using the BEEF technique in a competitive game situation with some success
- Dribble the ball and perform the correct footwork when stopping in a competitive game situation
- Offensive play using your team member to screen the ball in combination. Apply basic principles for attacking
- To apply defensive techniques in a competitive game situation. Apply basic principles for defending
- Use techniques learned and apply in a game situation. Children to officiate.



Green Oaks Primary Academy Progression of PE Skills



P ROGRESSION OF KEY SKILLS

Fitness

Early Years

- Experiment with different ways of balancing through various fun exercises
- Imaginative exercises beginning to count how many they can do
- Begin to co-ordinate different parts of your body through fun exercises
- Begin to understand the importance of good health, physical exercise, and a healthy diet

EY

1

Year 1

- Balance on different parts of body performing static and some moving exercises
- Each imaginative exercise – encourage to count score and record them
- Co-ordinating body whilst beginning to move with control when exercising
- Beginning to understand what is happening to your body when exercising

Year 2

- Balancing in exercises static and when moving building control when performing movements
- Counting scores, recording them and trying to beat their score
- Co-ordinating body whilst beginning to move at different speeds during various exercises
- Understand what is happening to your body when exercising and how to feel a pulse

2

3

Year 3

- Balancing with control, focusing on preferred and non preferred leg (when performing exercises)
- Complete a variety of fitness exercises successfully and achieve a personal best
- Co-ordinate body to perform a combination of movements in a variety of exercises
- Take pulse before exercise. Understand how your body is getting stronger when exercising

Year 4

- Balancing in different directions e.g. on leg – forward backward and side to side
- Complete a variety of fitness activities confidently and achieve a number of personal bests
- Co-ordinate body efficiently to perform a combination of movements or actions when exercising
- Begin to know different types of fitness. Take pulse before and after exercise

4

5

Year 5

- Balancing on various parts of body when moving – using core strength and keeping control when moving
- Can compare their performances with previous ones and strive to achieve a personal best on each station
- Co-ordinate using both sides of the body when performing exercises – increasing speed and power
- Create a warm up and cool down. Take pulse before and after exercise accurately

Year 6

- Balance on various body parts using harder balances e.g. shutting eyes, adding explosive movements
- Evaluate previous performance levels and demonstrate improvements to achieve their personal best
- Co-ordinate using both sides of the body with fluency and speed to perform a combination of exercises
- Create an exercise to improve a specific fitness e.g. strength, co-ordination, power

6



Green Oaks Primary Academy Progression of PE Skills



P ROGRESSION OF KEY SKILLS

Tag Rugby

Early Years

- Follow a partner to steal their bib – introducing tag games
- Move with different objects in their hands
- Passing an object to another child
- Trying to get around a static player in a coned area
- Scoring points with beanbag treasure in a simple hoop invasion game
- Fun game getting past the fish (defender) in a small area. Fish (defender) trying to get the tails

EY

1

Year 1

- Play a simple game of tag and begin to call 'tag' when taking a bib or belt
- Hold the ball with two hands
- Hand over the Rugby ball sideways
- Attempt to get past a defender 1v1
- Scoring a try in a modified drill using correct technique- using 2 hands to place ball down
- Small-sided adapted games. Begin to develop tactics for attacking and defending

2

Year 2

- Tag a player when facing your partner – raise hand and call "Tag"
- Move with the ball, holding it with hands- chest height
- Pass the ball sideways- with smile technique
- Dodge around a defender in a small area
- Scoring a try in an adapted game- focus placing ball down with 2 hands and staying on feet
- Small-sided games using various types of equipment. Develop tactics for attacking and defending

3

Year 3

- Tag another player, face on and keeping body position low to the ground
- Move with a ball in their hands using correct position
- Pass the ball backwards and sideways in isolation
- Move into a space to avoid a defender, through dodging techniques
- Beat a defender to score a try in various scoring zones
- Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending

4

Year 4

- Play a tag game whilst moving at speed, keeping close to an opponent
- Move with control in a variety of directions holding the ball in the correct position
- Pass the ball backwards/ sideways with control whilst moving
- Use speed and space to avoid a passive defender
- Beat a defender at speed to score a try in an isolated game situation
- Play adapted games, Children encouraged to think of tactics when attacking and defending

5

Year 5

- Tag more than one player using either hand whilst moving
- Choose different pathways to move with a ball in hands against an opponent
- Pass the ball and move (loop around a teammate)
- Introduce looping around your teammate- to try and trick an opponent
- Working as a team to score a try- supporting runs in practice
- Developing tactics for attacking e.g working as a team, supporting each other
- In teams discuss tactics of attacking e.g diagonal line when attacking
- In a team, discuss tactics of defending e.g make a wall or flat line as a team when defending

6

Year 6

- Tag a player using either hand when moving at full speed in a game situation
- Dodge around a defender at speed with a ball in hands avoiding being tagged
- Bring in pass and loop into a game situation
- Looping around your teammate- to try and trick an opponent in game situation
- Working together as a team to score a try in a tag rugby game, e.g supporting diagonal runs
- Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
- In a team, discuss tactics of attacking and defending (communicate and collaborate)



Green Oaks Primary Academy Progression of PE Skills



P ROGRESSION OF KEY SKILLS

Netball

Early Years (progressions through first PE unit/Enjoy-a-bal)	EY
Throw to self, catching a soft ball/balloon	
Experiment with rolling the ball, throw and catch to self and to a partner (hand-eye co-ordination)	
Moving around, changing direction and negotiating space	
Fun games, encouraging throwing and catching different types of ball	
Passing with a partner and counting to 5 and 10	
Shooting into a target or hoop on the floor	
Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)	

Year 1 (progressions through ball skills/ball games)	1
Catch a soft ball safely. Pass a soft ball from the chest - 'W' shape when passing and receiving	
Adapted game introducing footwork- no running with the ball	
Move into a space in a game, looking to throw the ball to someone in a space	
Follow an opponent in a game/adapted game	
Scoring in a variety of ways- into hoops and targets	
Begin to develop tactics for attacking and defending.	
Small sided games (super hero ball) 3 v 3	

Year 2 (progressions through ball skills/ball games)	2
Introduce a bounce pass from a short distance to a partner	
Adapted games - Feet are stuck when receiving the ball - developing thought process of footwork rule	
Move into a space to catch a ball. Pass the ball to someone in a space	
Follow an opponent and trying to win (intercept) the ball	
Scoring in a variety of ways and begin to use in a game situation	
Develop tactics for attacking and defending	
Play an adapted super hero netball game.	

Year 3	3
Pass and receive a netball safely (chest and bounce pass). Pass the ball in a game within 4 seconds	
Perform a stride and jump stop in netball	
Perform a dodge in netball to get into a space	
Marking a player, keeping on the balls of your feet	
Shooting the ball high and bending knees-into hoop/target	
Adapted games, begin to apply some basic principles for attacking & defending	
Introduce Bee netball (Flier)	

Year 4	4
Pass and receive, stepping into the pass with control (chest, bounce and shoulder pass)	
Perform a stride and jump stop with a pivot	
Perform two different dodges (Drive and the dodge) creating space to receive the ball	
Marking a player, standing side on, sticking to player	
Shooting- focus on bending the knees and place hand under the ball to shoot	
Encourage children to talk about tactics when attacking and defending	
Confidently play Bee netball (Flier) 4v 4	

Year 5	5
Selecting the correct pass in a game and move into a space	
Receive the ball on the move and perform the correct footwork (jump stop, stride stop and pivot)	
Perform three different dodges (Drive dodge and double dodge) and receive a ball in a space	
To defend a player and attempt to intercept a pass	
Shooting into netball posts - Stance, bend knees to gain height, flick wrist for accuracy	
Begin to use attacking and defending, techniques learned in a game situation	
Begin to understand the positions in a Bee Netball (Stinger) game	
In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)	

Year 6	6
Perform a variety of passes with some precision - quickly move into a space to receive another pass	
Perform correct footwork in a game - pivoting to turn the correct way to pass the ball	
Perform a variety of dodges to move into a space and receive a ball - in a practice and in a game situation	
Defend a player during a game, intercepting the ball	
Shoot into a netball post, focus on precision and accuracy and attempt to get the rebound if the shot is missed	
In a team, discuss tactics and how to win as a team (communicate and collaborate)	
Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending	
Play Bee Netball (Stinger) - understanding the positions and rules	



Green Oaks Primary Academy Progression of PE Skills

Swimming- Progression of Key Skills

Beginner (KS1/KS2)	Intermediate (KS1/KS2)	Advanced (KS2)	End of KS2 expectation
<p>Enter and exit the pool in correct and safe manner by the poolside steps</p> <p>Gain confidence in water walking unaided in pool</p> <p>Breathing technique – blowing bubbles, face in water and begin to develop technique with float</p> <p>Developing whole strokes including “doggy paddle” swim on back through kicking and sculling</p> <p>Be able to swim 5-10metres</p> <p>Gain knowledge of water safety and attempt self rescue using skills e.g. pyjama rescue in shallow water</p>	<p>Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out.</p> <p>Be confident to be able to swim across the pool without stopping</p> <p>Begin to show breathing technique when performing various strokes with and without a float</p> <p>Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke</p> <p>Be able to swim at least 25 metres</p> <p>Perform safe self rescue in water base situations e.g. pyjama rescue, float aids in deep water etc</p>	<p>Enter the pool by jumping and diving (at the deep end) safely. Exit the pool by climbing out.</p> <p>Swim confidently using various strokes on the surface and under the water</p> <p>Use advance breathing techniques in all strokes</p> <p>Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly.</p> <p>Be able to swim over 25m</p> <p>Confidently perform safe self rescue skills in deep water</p>	<p>All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2.</p> <p>Each pupil is required to be able to do the following:</p> <p>Perform safe self-rescue in different water based situations</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>