

## Skills Progression for PE

### EYFS and KS1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

| Skills                                                              | EYFS                                                                                                                                                                                                                                                                         | Year 1                                                                                                                                                                                                                                                                                                 | Year 2                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <b>Key skills<br/>(Fundamental movements)</b><br><br><b>Balance</b> | <ul style="list-style-type: none"> <li>· To travel forwards in a straight line</li> <li>· To travel forwards across a raised surface</li> <li>· To travel across a curved line</li> <li>· To balance a beanbag on my head, the back of my hand or on my shoulder?</li> </ul> | <ul style="list-style-type: none"> <li>· To travel backwards</li> <li>· To quickly change direction</li> <li>· To balance on a reduced number of body parts ( i.e. back, stomach, one leg, one arm and one leg)</li> <li>· To hold free body parts further from my core with good stability</li> </ul> | <ul style="list-style-type: none"> <li>· To maintain stillness on different bases of support with different body shapes</li> <li>· To perform basic actions using changes in speed and direction, including travelling, rolling, jumping and climbing and stay still when required</li> <li>· To be ready to move in different ways and change direction (ready positions)</li> <li>· To balance on one foot to pivot or rotate</li> </ul> |
| <b>Jumping</b>                                                      | <ul style="list-style-type: none"> <li>· To jump vertically from a standing position</li> </ul>                                                                                                                                                                              | <ul style="list-style-type: none"> <li>· To perform a run and jump sequence</li> <li>· To jump from one leg</li> </ul>                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>· To jump for height (i.e. from the floor and land on a bench)</li> <li>· To perform variations in jumps (i.e.</li> </ul>                                                                                                                                                                                                                                                                           |

| Skills                  | EYFS                                                                                                                                                                                                                  | Year 1                                                                                                                                                                                                                                                          | Year 2                                                                                                                                                                                                                                                       |
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| <b>Running (moving)</b> | <ul style="list-style-type: none"> <li>· To jump forwards</li> <li>· To jump off apparatus (and land safely)</li> </ul>                                                                                               | <ul style="list-style-type: none"> <li>· To jump over a small object forwards and sideways</li> </ul>                                                                                                                                                           | straddle, pike, tuck, star) <ul style="list-style-type: none"> <li>· To use jumping within game situations such as Benchball</li> <li>· To incorporate jumping actions tactically within games</li> </ul>                                                    |
|                         | <ul style="list-style-type: none"> <li>· To stop and start</li> <li>· To negotiate and use space safely</li> <li>· To show a good awareness of personal space</li> </ul>                                              | <ul style="list-style-type: none"> <li>· To change direction - i.e. during tag</li> <li>· To apply running skills in game situations</li> <li>· To use my arms to improve my speed and co-ordination</li> <li>· To push off from my toes in take off</li> </ul> | <ul style="list-style-type: none"> <li>· To show good awareness of space and the actions of others</li> <li>· To run with a good technique at different speeds</li> </ul>                                                                                    |
|                         | <b>Hopping</b> <ul style="list-style-type: none"> <li>· To balance on one leg</li> <li>· To bend my leg to push off</li> <li>· To take off and land on the same foot</li> <li>· To use my arms for balance</li> </ul> | <ul style="list-style-type: none"> <li>· To hop in different directions – forwards, backwards, sideways?</li> <li>· To hop on my left and right foot or alternate feet</li> <li>· To hop along a line or between two ropes</li> </ul>                           | <ul style="list-style-type: none"> <li>· To hop to jump and jump to hop (hopscotch)</li> <li>· To hop over a small piece of equipment? For example: beanbag or spacer</li> <li>· To land on the ball of my foot and remain balanced when landing.</li> </ul> |
| <b>Skiping</b>          | <ul style="list-style-type: none"> <li>· To step forward and hop on the same foot and repeat with the other foot</li> </ul>                                                                                           | <ul style="list-style-type: none"> <li>· To lift my knees up to improve height and speed of skip</li> <li>· To skip at different speeds</li> </ul>                                                                                                              | <ul style="list-style-type: none"> <li>· To change direction when negotiating space and skipping</li> </ul>                                                                                                                                                  |

| Skills           | EYFS                                                                                                                                                                                                                                                                                                                                                                                                                     | Year 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Year 2                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <b>Galloping</b> | <ul style="list-style-type: none"> <li>· To gallop in a straight line</li> <li>· To gallop around a large space</li> </ul>                                                                                                                                                                                                                                                                                               | <ul style="list-style-type: none"> <li>· To gallop at varying speeds</li> <li>· To gallop with either my left or my right foot leading</li> <li>· To gallop around objects (e.g. slalom)</li> </ul>                                                                                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>· To gallop over equipment</li> <li>· To negotiate space and change direction accurately when galloping.</li> <li>· To use galloping skills to side step</li> </ul>                                                                                                                                                                                                                                            |
| <b>Throwing</b>  | <p><u>Overarm</u></p> <ul style="list-style-type: none"> <li>· To look at the target and throw a ball in the right direction</li> <li>· To release the ball at the right time meaning that the ball travels forwards</li> </ul> <p><u>Underarm</u></p> <ul style="list-style-type: none"> <li>· To face the direction of the throw</li> <li>· To keep my eyes on the object/person that I am throwing towards</li> </ul> | <p><u>Overarm</u></p> <ul style="list-style-type: none"> <li>· To stand accurately and step forward with opposite foot to throwing arm towards target</li> <li>· To follow through with your throwing arm down and across your body</li> </ul> <p><u>Underarm</u></p> <ul style="list-style-type: none"> <li>· To step forward with opposite foot to throwing hand and follow through with arm – fingers pointing towards target</li> <li>· To show a good throwing technique and extend accuracy and distance</li> </ul> | <p><u>Overarm</u></p> <ul style="list-style-type: none"> <li>· To throw with increasing strength the increase the distance</li> <li>· To throw with increasing accuracy–reaching specific targets</li> </ul> <p><u>Underarm</u></p> <ul style="list-style-type: none"> <li>· To throw balls of varying shapes and sizes i.e. tennis balls in tennis and large balls for dodge ball.</li> <li>· To accurately throw during game situations.</li> </ul> |
| <b>Catching</b>  | <ul style="list-style-type: none"> <li>· To stop a ball</li> <li>· To throw a balloon/large ball up and catch it</li> <li>· To watch the ball the whole time</li> <li>· To bounce a large ball and catch it</li> </ul>                                                                                                                                                                                                   | <ul style="list-style-type: none"> <li>· To reach for a ball and catch it with one or two hands</li> <li>• To catch the ball when my partner throws it to me?</li> </ul>                                                                                                                                                                                                                                                                                                                                                  | <ul style="list-style-type: none"> <li>· To invent a simple catching game</li> <li>· To catch a variety of small equipment?</li> <li>· To move and reach for a ball and catch it with one or 2 hands</li> </ul>                                                                                                                                                                                                                                       |

| Skills                                                               | EYFS                                                                                                                                                                                                                                                                        | Year 1                                                                                                                                                       | Year 2                                                                                                                                                                                                                                                                   |
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| <b>Kicking</b>                                                       | <ul style="list-style-type: none"> <li>To stand in a ready position to catch the ball</li> <li>To kick the ball with my most dominant foot.</li> <li>To kick the middle of the ball whilst keeping balanced.</li> </ul>                                                     | <ul style="list-style-type: none"> <li>To dribble the ball forwards with control.</li> <li>To kick the ball to a partner at increasing distances.</li> </ul> | <ul style="list-style-type: none"> <li>To accurately catch during game situations.</li> <li>To dribble the ball with speed</li> <li>To control a moving ball with the inside or top of the foot.</li> <li>To pass the ball with accuracy in a game situation.</li> </ul> |
| <b>Opportunities to demonstrate fundamental skills at Dinglewell</b> | <ul style="list-style-type: none"> <li>Sports Day</li> <li>Dance Festival</li> <li>World Cup Day</li> <li>Enrichment week</li> </ul>                                                                                                                                        | <ul style="list-style-type: none"> <li>Sports Day</li> <li>Dance Festival</li> <li>World Cup Day</li> <li>Enrichment week</li> </ul>                         | <ul style="list-style-type: none"> <li>Sports Day</li> <li>Dance Festival</li> <li>World Cup Day</li> <li>Enrichment week</li> <li>Athletics competition</li> <li>Benchball Tournament</li> <li>Beanbag rounders event</li> </ul>                                        |
| <b>Team games</b>                                                    | <ul style="list-style-type: none"> <li>Grandma's footsteps</li> <li>Sticky kid stories</li> <li>Stuck in the mud</li> <li>Tag</li> <li>Traffic light and movement games</li> <li>Cups and saucers</li> <li>Robbers (Hoops and beanbags)</li> <li>Musical statues</li> </ul> | <ul style="list-style-type: none"> <li>Beanbag Rounders</li> <li>Dodgeball</li> <li>Fox and Hounds</li> <li>Robbers (Hoops and beanbags)</li> </ul>          | <ul style="list-style-type: none"> <li>Benchball</li> <li>Rounders</li> <li>Quick cricket</li> </ul>                                                                                                                                                                     |

| Skills                    | EYFS                                                                                                                                                                                                                         | Year 1                                                                                                                                                                                                                                                                                        | Year 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| <b>Dance and movement</b> | <ul style="list-style-type: none"> <li>· To copy simple movements</li> <li>· To negotiate and use space effectively</li> <li>· To jump in different ways</li> <li>· To change their body shape in a range of ways</li> </ul> | <ul style="list-style-type: none"> <li>· To change their body shape in a range of ways</li> <li>· To perform simple and random dance moves</li> <li>· To remember and repeat simple routines</li> <li>· To hold shapes steadily</li> <li>· To remember and repeat simple sequences</li> </ul> | <ul style="list-style-type: none"> <li>· To express movement in a variety of ways (i.e. changes in height, direction, tandem dance, cannon)</li> <li>· To show some rhythm in movement and dance</li> <li>· To comment on others' actions</li> <li>· To critique peers and suggest simple improvements</li> <li>· To choreograph short dance sequence by putting some movements together</li> <li>· To create, practise, improve and perform simple movement sequences</li> <li>· To make simple moves with increasing control and co ordination</li> <li>· To choreograph simple sequences that include movement and shape</li> <li>· To create, practise, improve and perform simple movement sequences</li> </ul> |