



## Badbury Park Primary PE Skill Progression -

Nursery	Athletics + Fundamentals	Gymnastics	Dance	Health + Wellbeing
	<p>Develop gross and fine motor skills while improving strength, balance and positional awareness, using different movements.</p> <p>Develop social and emotional health using a variety of fun and games.</p>	<p>Take part in activities and movements that promote the development of core strength and balance.</p> <p>Develop social and emotional health using a variety of fun and games.</p>	<p>Begin to learn skills enabling children to show good control and coordination in large and small movements.</p> <p>Develop social and emotional health using a variety of fun and games.</p>	<p>Be aware of the importance of good health which includes physical exercise and eating healthy foods.</p> <p>Children are able to manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p> <p>Develop social and emotional health using a variety of fun and games.</p>
<b>Reception</b>	<p>Develop gross and fine motor skills while improving strength, balance and positional awareness, using different movements.</p> <p>Develop social and emotional health using a variety of fun and games.</p>	<p>Take part in activities and movements that promote the development of core strength, balance and co-ordination.</p> <p>Develop social and emotional health using a variety of fun and games.</p>	<p>Begin to learn skills enabling children to show good control and coordination in large and small movements.</p> <p>Develop social and emotional health using a variety of fun and games.</p>	<p>Be aware of the importance of good health which includes physical exercise and eating healthy foods.</p> <p>Children are able to manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p> <p>Begin to learn about breathing during exercise.</p> <p>Develop social and emotional health using a variety of fun and games.</p>



Year 1	Athletics + Fundamentals	Games	Gymnastics	Dance	Evaluating and Improving Performance
	<p>Begin to develop stamina.</p> <p>Demonstrate a good running technique and begin to show change of direction and speed.</p> <p>Using a good technique to jump and land safely.</p> <p>Throw a variety of objects with one hand.</p> <p>Develop an under and over arm throwing action.</p>	<p>Throw and catch a ball with some control.</p> <p>Pass a ball to someone else with some control.</p> <p>Begin to introduce opposed team games.</p>	<p>Perform basic actions including travelling, rolling, jumping and climbing and stay still when required.</p> <p>Show good awareness of space, apparatus and the actions of others.</p> <p>Begin to select simple actions to construct basic sequences.</p> <p>Know the difference between tension and relaxation in their body.</p> <p>Carry and set up equipment safely with help.</p> <p>Use appropriate language to describe a short gymnastic sequence.</p>	<p>Copy, explore and create basic body patterns &amp; movements, using a range of body parts.</p> <p>Create expressive movement in response to a range of stimuli.</p> <p>Remember simple dance steps&amp; perform in a controlled manner.</p> <p>Choose actions &amp; link them with sounds &amp; music</p>	<p>Watch, describe and comment on others performances.</p> <hr/> <p><b>Health and Well-Being</b></p> <p>Be aware of changes to the body including breathing and temperature.</p> <p>Describe how it feels to be part of a team.</p>



Year 2	Athletics/Fundamentals	Games	Gymnastics	Dance	Evaluating and Improving Performance
	<p>Continue to develop stamina.</p> <p>Begin to increase running distance.</p> <p>Demonstrate a good running technique and to show change of direction and speed.</p> <p>Perform a run and jump in sequence.</p> <p>Demonstrate a range of throwing actions using a variety of objects.</p>	<p>Throw and catch a ball with control and some accuracy whilst moving.</p> <p>Pass a ball to someone else with control whilst moving.</p> <p>Take part within opposed team games.</p> <p>Show an awareness of opponents and teammates during games.</p>	<p>Copy, remember, explore and repeat simple actions varying speed and levels.</p> <p>Perform basic gymnastic actions with control and coordination.</p> <p>Repeat a sequence of gymnastic actions incorporating smooth transitions and stillness.</p> <p>Begin to identify the difference between my performance and that of others.</p> <p>Create and perform a short sequence with clear beginning, middle and end, then adapt to include apparatus and/or partner.</p> <p>Handle apparatus safely and recognise risks involved.</p> <p>Use appropriate language to accurately describe a gymnastic sequence, choosing one aspect and say how to improve it.</p>	<p>Perform with control &amp; co-ordination, extending and adapting movement phases.</p> <p>Create an imaginative sequence of movements to a variety of stimuli, exploring movements and feelings.</p> <p>Perform with control &amp; co-ordination, extending and adapting movement phases</p>	<p>Begin to watch others and focus on specific actions to improve own skills.</p>
				<p><b>Health and Well-Being</b></p>	
				<p>Be aware and recognise changes in heart rate, temperature and breathing rate.</p>	



Year 3	Athletics/Fundamentals	Games	Gymnastics	Dance	OAA	Evaluating and Improving Performance							
	<p>Select running speed for appropriate activity.</p> <p>Make up &amp; repeat a short sequence of linked jumps.</p> <p>Begin to make decisions about throwing for accuracy and distance.</p>	<p>Throw and catch a ball with control under limited pressure to keep possession and score goals.</p> <p>Pass a ball to someone else with control and accuracy whilst moving.</p> <p>Begin to use a range of simple tactics for defending and challenging their opponent.</p> <p>Use simple rules fairly and extend them to devise their own games.</p>	<p>Perform combinations of gymnastic actions using floor, mats and apparatus.</p> <p>Develop gymnastic techniques and transitions.</p> <p>Adapt a gymnastic sequence to include different levels speeds or directions.</p> <p>Recognise that strength &amp; suppleness are important parts of fitness.</p> <p>Describe my own and others work noting similarities and differences.</p> <p>Make suggestions for improvements.</p>	<p>Improvise freely on my own &amp; with a partner.</p> <p>Compare, develop &amp; adapt movement &amp; motifs to create longer dances.</p> <p>Use dance vocabulary.</p> <p>Create, adapt and link a range of dance actions that communicate ideas.</p>	<p>Shows an ability to identify and recall objects in the right order.</p> <p>Can follow a route by using the map.</p>	<p>Recognise good performances in themselves and others to improve their own performance.</p> <tr> <td colspan="7" data-bbox="1823 539 2112 643" style="text-align: center;"><b>Health and Well-Being</b></td> </tr> <p>Give reasons why warming up before an activity is important and why physical activity is good for my health.</p> <p>Understand that stamina is required for playing extended games.</p>	<b>Health and Well-Being</b>						
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Year 4	Athletics/Fundamentals	Games	Gymnastics	Dance	OAA	Evaluating and Improving Performance		
	<p>Improve and sustain running technique at different speeds.</p> <p>Show good control within running, throwing and jumping.</p> <p>Demonstrate accuracy and technique in a range of throwing and running actions.</p> <p>Identify and explain good athletic performance.</p>	<p>Throw and catch a ball with control under pressure to keep possession and score goals.</p> <p>Pass a ball to someone else with control and accuracy whilst moving under pressure.</p> <p>Use a range of techniques and tactics to attack, keep possession and score.</p> <p>Begin to change pace, length and direction to outwit their opponent.</p> <p>Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others.</p>	<p>Copy, remember, explore and repeat actions and link and vary ideas with control and co-ordination.</p> <p>Apply compositional ideas to sequences using floor and a range of apparatus, alone and with others.</p> <p>Combine actions and show clarity of shape in longer sequences, alone or with a partner.</p> <p>Understand how strength and suppleness improve gymnastic performance.</p> <p>Identify good performance, based on a given criteria, and suggest ideas for practices that will improve their sequence.</p>	<p>Demonstrate precision, control &amp; fluency in response to stimuli.</p> <p>Vary dynamics &amp; develop actions with a partner or as part of a group.</p> <p>Continually demonstrate rhythm &amp; spatial awareness</p> <p>Create longer and more complex dance phrases using different compositional ideas.</p> <p>Perform, remember repeat and refine a dance</p>	<p>Can be sensitive to a partner when negotiating obstacles.</p> <p>Develop communication, co-operation and timing.</p>	<p>Recognise good performances in themselves and others to improve their own performance.</p> <tr> <td data-bbox="1823 663 2110 767" style="text-align: center;"><b>Health and Well-Being</b></td> <td data-bbox="1823 767 2110 1378"> <p>Begin to explain the difference between stamina required for distance running and acceleration for sprinting.</p> </td> </tr>	<b>Health and Well-Being</b>	<p>Begin to explain the difference between stamina required for distance running and acceleration for sprinting.</p>
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Year 5	Athletics/Fundamentals	Games	Gymnastics	Dance	OAA	Evaluating and Improving Performance
	<p>Demonstrate good control, strength, speed and stamina in a variety of athletic events.</p> <p>Apply skills in a competitive situation.</p>	<p>Demonstrate controlled movement with a ball in an opposed situation whilst moving.</p> <p>Use a range of sending, receiving and travelling techniques in games with varied control.</p> <p>Develop tactics and know the difference between attacking and defending skills, using them with accuracy, confidence and control.</p> <p>Explore a variety of positions within a game.</p> <p>Understand the skills needed to compete in the game.</p> <p>Change pace and direction to outwit their opponent.</p>	<p>Perform challenging combinations of gymnastic actions with control, precision and fluency.</p> <p>Perform actions shapes and balances with good body tension and extension.</p> <p>Repeat a longer, more difficult sequence accurately emphasizing extension, body shape and changes in direction, alone, with a partner or a small group.</p> <p>Devise their own warm up routine and understand how their muscles work.</p> <p>Evaluate a sequence and suggest improvements to speed, direction and level.</p>	<p>Perform &amp; create motifs in a variety of dance styles with accuracy &amp; consistency.</p> <p>Select &amp; use a wide range of compositional skills to demonstrate ideas.</p> <p>Express themselves by creating and performing dances in a range of styles working with partners or groups.</p> <p>Understand and perform different styles of dance clearly and fluently.</p>	<p>Begin to develop map coordinating and listening skills.</p> <p>Can recognise various different features on a map.</p> <p>Demonstrates an ability to work as a team to complete a task.</p>	<p>Take on a range of different roles within sporting activities (officiating, time keeping).</p>
		<p><b>Health and Well-Being</b></p> <p>Explain how the body reacts during warmups and cool downs in ways that suit the activity.</p> <p>Begin to encourage children to develop their own warmups and cool down activities.</p>				



Year 6	Athletics/Fundamentals	Games	Gymnastics	Dance	OAA	Evaluating and Improving Performance
	<p>Demonstrate good control, strength, speed and stamina in a variety of athletic events.</p> <p>Apply my skills in a competitive situation.</p>	<p>Perform all skills with the correct technique with greater speed and accuracy.</p> <p>Use marking, tackling and/or interception to improve defending.</p> <p>Explore a variety of positions within a game. Understanding the skills needed to compete in the game.</p> <p>Change pace, length and direction to outwit their opponent.</p>	<p>Perform and create movement sequences with some complex skills and displaying accuracy and consistency.</p> <p>Work with a partner or small group to practice and refine a sequence.</p> <p>Create and perform a longer, fluent sequence using planned variation. and contrasts in actions &amp; speed.</p> <p>Understand how to improve their own health and fitness.</p> <p>Evaluate their own and others performance, explaining how the sequence is formed. using appropriate terminology.</p>	<p>Perform &amp; create motifs in a variety of dance styles with accuracy &amp; consistency.</p> <p>Select &amp; use a wide range of compositional skills to demonstrate ideas.</p> <p>Express themselves by creating and performing dances in a range of styles working with partners or groups.</p> <p>Understand and perform different styles of dance clearly and fluently.</p>	<p>Shows the ability to be both responsible in the guide and the trust of the follower.</p> <p>Develop physical and sensory experience using various team activities.</p> <p>Begin to use skills from other areas of PE to help and support during outdoor activity.</p>	<p>Taking on a range of different roles within sporting activities (officiating, time keeping).</p> <p>Sharing personal targets aiming for improvement.</p> <hr/> <p><b>Health and Well-Being</b></p> <p>Understand how to bring their heart rate down slowly within a cool down.</p> <p>Explain how the body reacts during warmups and cool downs in ways that suit the activity.</p> <p>Children to develop their own warmups and cool down activities.</p>