



## Badbury Park Primary PE Skill Progression

Year 1	Athletics	Invasion Games	Gymnastics	Dance	Health and Well-Being	Evaluating and Improving Performance
	<ul style="list-style-type: none"> <li>-Begin to develop stamina.</li> <li>-Demonstrate a good running technique and begin to show change of direction and speed.</li> <li>-Using a good technique to jump and land safely.</li> <li>-Throw a variety of objects with one hand.</li> <li>-Develop an under and over arm throwing action.</li> </ul>	<ul style="list-style-type: none"> <li>-Throw and catch a ball with some control.</li> <li>-Pass a ball to someone else with some control.</li> <li>-Begin to introduce opposed team games.</li> </ul>	<ul style="list-style-type: none"> <li>-Perform basic actions including travelling, rolling, jumping and climbing and stay still when required.</li> <li>-Show good awareness of space, apparatus and the actions of others.</li> <li>-Begin to select simple actions to construct basic sequences</li> <li>-Know the difference between tension and relaxation in their body.</li> <li>-Carry and set up equipment safely with help.</li> <li>-Use appropriate language to describe a short gymnastic sequence.</li> </ul>	<ul style="list-style-type: none"> <li>-Copy, explore and create basic body patterns &amp; movements, using a range of body parts.</li> <li>-Create expressive movement in response to a range of stimuli</li> <li>-Remember simple dance steps&amp; perform in a controlled manner</li> <li>-Choose actions &amp; link them with sounds &amp; music</li> </ul>	<ul style="list-style-type: none"> <li>-Be aware of changes to the body including breathing and temperature.</li> <li>-Describe how it feels to be part of a team.</li> </ul>	<ul style="list-style-type: none"> <li>-Watch, describe and comment on others performances.</li> </ul>
Year 2	Athletics	Invasion Games	Gymnastics	Dance	Health and Well-Being	Evaluating and Improving Performance



	<ul style="list-style-type: none"> <li>-Continue to develop stamina.</li> <li>-Begin to increase running distance.</li> <li>-Demonstrate a good running technique and to show change of direction and speed.</li> <li>-Perform a run and jump in sequence.</li> <li>-Demonstrate a range of throwing actions using a variety of objects.</li> </ul>	<ul style="list-style-type: none"> <li>-Throw and catch a ball with control and some accuracy whilst moving.</li> <li>-Pass a ball to someone else with control whilst moving.</li> <li>-Take part within opposed team games.</li> <li>-Show an awareness of opponents and team mates during games.</li> </ul>	<ul style="list-style-type: none"> <li>-Copy, remember, explore and repeat simple actions varying speed and levels</li> <li>-Perform basic gymnastic actions with control and coordination.</li> <li>-Repeat a sequence of gymnastic actions incorporating smooth transitions and stillness.</li> <li>-Begin to identify the difference between my performance and that of others</li> <li>-Create and perform a short sequence with clear beginning, middle and end, then adapt to include apparatus and/or partner.</li> <li>-Handle apparatus safely and recognise risks involved.</li> <li>-Use appropriate language to accurately describe a gymnastic sequence, choosing one aspect and say how to improve it.</li> </ul>	<ul style="list-style-type: none"> <li>-Perform with control &amp; co-ordination, extending and adapting movement phases</li> <li>-Create an imaginative sequence of movements to a variety of stimuli, exploring movements and feelings</li> <li>-Vary dynamics, levels, speed &amp; direction</li> </ul>	<ul style="list-style-type: none"> <li>-Be aware and recognise changes in heart rate, temperature and breathing rate.</li> </ul>	<ul style="list-style-type: none"> <li>-Begin to watch others and focus on specific actions to improve own skills.</li> </ul>
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Year 3	Athletics	Invasion Games	Gymnastics	Dance	Health and Well-Being	Evaluating and Improving Performance
	<ul style="list-style-type: none"> <li>-Select running speed for appropriate activity.</li> <li>-Make up repeat a short sequence of linked jumps.</li> <li>-Begin to make decisions about throwing for accuracy and distance.</li> </ul>	<ul style="list-style-type: none"> <li>-Throw and catch a ball with control under limited pressure to keep possession and score goals.</li> <li>-Pass a ball to someone else with control and accuracy whilst moving.</li> <li>-Begin to use a range of simple tactics for defending and challenging their opponent.</li> </ul> <p>Use simple rules fairly and extend them to devise their own games.</p>	<ul style="list-style-type: none"> <li>-Perform combinations of gymnastic actions using floor, mats and apparatus.</li> <li>-Develop gymnastic techniques and transitions.</li> <li>-Adapt a gymnastic sequence to include different levels speeds or directions.</li> <li>-Recognise that strength &amp; suppleness are important parts of fitness.</li> <li>-Describe my own and others work noting similarities and differences</li> <li>-Make suggestions for improvements.</li> </ul>	<ul style="list-style-type: none"> <li>-Improvise freely on my own &amp; with a partner</li> <li>-Compare, develop &amp; adapt movement &amp; motifs to create longer dances.</li> <li>-Use dance vocabulary</li> <li>-Create, adapt and link a range of dance actions that communicate ideas.</li> </ul>	<ul style="list-style-type: none"> <li>-Give reasons why warming up before an activity is important and why physical activity is good for my health.</li> <li>-Understand that stamina is required for playing extended games.</li> </ul>	<ul style="list-style-type: none"> <li>-Recognise good performances in themselves and others to improve their own performance.</li> </ul>
Year 4	Athletics	Invasion Games	Gymnastics	Dance	Health and Well-Being	Evaluating and Improving Performance
	<ul style="list-style-type: none"> <li>-Improve and sustain running technique at different speeds.</li> <li>-Show good control within running, throwing and jumping.</li> <li>-Demonstrate accuracy and</li> </ul>	<ul style="list-style-type: none"> <li>-Throw and catch a ball with control under pressure to keep possession and score goals.</li> <li>-Pass a ball to someone else with control and accuracy</li> </ul>	<ul style="list-style-type: none"> <li>-Copy, remember, explore and repeat actions and link and vary ideas with control and co-ordination.</li> <li>-Apply compositional ideas to sequences using floor and a</li> </ul>	<ul style="list-style-type: none"> <li>-Demonstrate precision, control &amp; fluency in response to stimuli</li> <li>-Vary dynamics &amp; develop actions with a partner or as part of a group</li> </ul>	<ul style="list-style-type: none"> <li>-Begin to explain the difference between stamina required for distance running and acceleration for sprinting.</li> </ul>	<ul style="list-style-type: none"> <li>-Recognise good performances in themselves and others to improve their own performance.</li> </ul>



	<p>technique in a range of throwing and running actions.</p> <p>-Identify and explain good athletic performance.</p>	<p>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>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>-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>		
<b>Year 5</b>	<b>Athletics</b>	<b>Invasion Games</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Health and Well-Being</b>	<b>Evaluating and Improving Performance</b>
	<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</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</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</p>	<p>-Explain how the body reacts during warm ups and cool downs in ways that suit the activity.</p> <p>-Begin to encourage children to develop their own warm ups and cool down activities.</p>	<p>-Take on a range of different roles within sporting activities (officiating, time keeping).</p>



		<p>between attacking and defending skills, using them with accuracy, confidence and control.</p> <ul style="list-style-type: none"> <li>-Explore a variety of positions within a game.</li> <li>-Understand the skills needed to compete in the game.</li> <li>-Change pace, length and direction to outwit their opponent.</li> </ul>	<p>sequence accurately emphasizing extension, body shape and changes in direction, alone, with a partner or a small group.</p> <ul style="list-style-type: none"> <li>-Devise their own warm up routine and understand how their muscles work.</li> <li>-Evaluate a sequence and suggest improvements to speed, direction and level.</li> </ul>	<p>a range of styles working with partners or groups</p> <ul style="list-style-type: none"> <li>-Understand and perform different styles of dance clearly and fluently</li> </ul>		
<b>Year 6</b>	<b>Athletics</b>	<b>Invasion Games</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Health and Well-Being</b>	<b>Evaluating and Improving Performance</b>
	<ul style="list-style-type: none"> <li>-Demonstrate good control, strength, speed and stamina in a variety of athletic events.</li> <li>-Apply my skills in a competitive situation.</li> </ul>	<ul style="list-style-type: none"> <li>-Perform all skills with the correct technique with greater speed and accuracy.</li> <li>-Use marking, tackling and/or interception to improve defending.</li> <li>-Explore a variety of positions within a game. Understanding the skills needed to compete in the game.</li> <li>-Change pace, length and direction to</li> </ul>	<ul style="list-style-type: none"> <li>-Perform and create movement sequences with some complex skills and displaying accuracy and consistency.</li> <li>-Work with a partner or small group to practice and refine a sequence.</li> <li>-Create and perform a longer, fluent sequence using planned variation</li> </ul>	<ul style="list-style-type: none"> <li>-Perform &amp; create motifs in a variety of dance styles with accuracy &amp; consistency</li> <li>-Select &amp; use a wide range of compositional skills to demonstrate ideas</li> <li>-Express themselves by creating and performing dances in a range of styles working with partners or groups</li> </ul>	<ul style="list-style-type: none"> <li>-Understand how to bring their heart rate down slowly within a cool down.</li> <li>-Explain how the body reacts during warm ups and cool downs in ways that suit the activity.</li> </ul> <p>Children to develop their own warm ups</p>	<ul style="list-style-type: none"> <li>-Taking on a range of different roles within sporting activities (officiating, time keeping).</li> <li>S-haring personal targets aiming for improvement.</li> </ul>



		outwit their opponent.	and contrasts in actions & speed. -Understand how to improve their own health and fitness. -Evaluate their own and others performance, explaining how the sequence is formed using appropriate terminology.	-Understand and perform different styles of dance clearly and fluently.	and cool down activities.	
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