



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



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



	<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 & 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>		
Year 5	Athletics	Invasion Games	Gymnastics	Dance	Health and Well-Being	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</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 & create motifs in a variety of dance styles with accuracy & consistency</p> <p>-Select & 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"> -Explore a variety of positions within a game. -Understand the skills needed to compete in the game. -Change pace, length and direction to outwit their opponent. 	<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"> -Devise their own warm up routine and understand how their muscles work. -Evaluate a sequence and suggest improvements to speed, direction and level. 	<p>a range of styles working with partners or groups</p> <ul style="list-style-type: none"> -Understand and perform different styles of dance clearly and fluently 		
Year 6	Athletics	Invasion Games	Gymnastics	Dance	Health and Well-Being	Evaluating and Improving Performance
	<ul style="list-style-type: none"> -Demonstrate good control, strength, speed and stamina in a variety of athletic events. -Apply my skills in a competitive situation. 	<ul style="list-style-type: none"> -Perform all skills with the correct technique with greater speed and accuracy. -Use marking, tackling and/or interception to improve defending. -Explore a variety of positions within a game. Understanding the skills needed to compete in the game. -Change pace, length and direction to 	<ul style="list-style-type: none"> -Perform and create movement sequences with some complex skills and displaying accuracy and consistency. -Work with a partner or small group to practice and refine a sequence. -Create and perform a longer, fluent sequence using planned variation 	<ul style="list-style-type: none"> -Perform & create motifs in a variety of dance styles with accuracy & consistency -Select & use a wide range of compositional skills to demonstrate ideas -Express themselves by creating and performing dances in a range of styles working with partners or groups 	<ul style="list-style-type: none"> -Understand how to bring their heart rate down slowly within a cool down. -Explain how the body reacts during warm ups and cool downs in ways that suit the activity. <p>Children to develop their own warm ups</p>	<ul style="list-style-type: none"> -Taking on a range of different roles within sporting activities (officiating, time keeping). S-haring personal targets aiming for improvement.



		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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