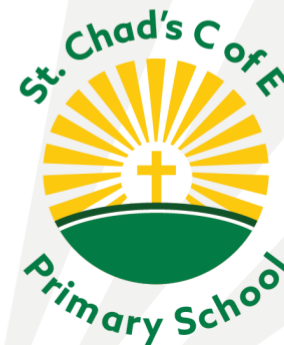


St Chad's C of E Primary School

Skills Progression in Physical Education

In partnership to Educate, Nurture & Empower



A member of



Skill	EYFS	KS1	LKS2
A Fundamental Movement Skills Movement: Run Jump Throw catch	Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing Skip, hop, stand on one leg and hold a pose Use large-muscle movements to wave flags and streamers, paint and make marks.	-Attempt to run at different speeds showing an awareness of technique. -Link running, jumping and hopping movements with some control and balance. - Throw and roll towards a target using varying techniques with some success. -Catch an object passed to them, with and without a bounce. -Dibble a ball (hands and feet) with some success, stopping it when required. -Show control and balance when travelling at different speeds. -Perform actions with increased control when co-ordinating their body with and without equipment.	-Show balance, coordination and technique when running at different speeds, stopping with control. -Link running, hopping and jumping actions using different take offs and landing -Throw a variety of objects, changing action for accuracy and distance. -Catch a ball passed to them using one and two hands with increasing success. -Change direction when dribbling with feet with some control in game situations. - Demonstrate good balance when performing other fundamental skills. -Demonstrate increased flexibility and extension in their actions.
B Gymnastics		-Perform balances making their body tense, stretched and curled. -Explore barrel, straight and forward roll and put into sequence work. -Explore shape jumps and take off combinations	-Develop control and fluency in individual and partner balances. -Develop the straight, barrel, forward and straddle roll and perform with increased control. -Develop stepping into shape jumps with control.
C Dance	Combine different movements with ease and fluency. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Understand vocabulary and instructions – 'follow', 'lead', 'copy'	-Copy, remember and repeat a series of actions. -Use levels, shapes, directions, speeds and timing with guidance. -Use counts with help to stay in time with the music.	-Copy, remember and adapt set choreography. -Create short dance phrases that communicate an idea. -Use counts to keep in time with a partner and group.
D Games	Start taking part in some group activities which they make up for themselves, or in teams	-Recognise space in relation to others. - Move to space to help score goals or limit others scoring.	-Create and use space with some success in game situations. -Use simple tactics individually and within a team.

-Use simple tactics.

Skill	LKS2	UKS2
<p>A Fundamental Movement Skills</p> <p>Movement: Run Jump Throw catch</p>	<ul style="list-style-type: none"> -Show balance, coordination and technique when running at different speeds, stopping with control. -Link running, hopping and jumping actions using different take offs and landing -Throw a variety of objects, changing action for accuracy and distance. -Catch a ball passed to them using one and two hands with increasing success. -Change direction when dribbling with feet with some control in game situations. - Demonstrate good balance when performing other fundamental skills. -Demonstrate increased flexibility and extension in their actions. 	<ul style="list-style-type: none"> -Run at the appropriate speed over longer distances or for longer periods of time. -Link running, jumping and hopping actions with greater control and co-ordination. -Use a variety of throwing techniques with some control under increasing pressure. -Catch and intercept a ball using one and two hands with increasing success. -Use a variety of kicking techniques with some control under increasing pressure. - Show fluency and control when travelling, landing, stopping and changing direction. - Can co-ordinate a range of body parts at increased speed. -Use strength to improve the quality of an action and the range of actions available. -Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them. - Evaluate my performance and that of others offering suggestions for improvement.
<p>B Gymnastics</p>	<ul style="list-style-type: none"> -Develop control and fluency in individual and partner balances. -Develop the straight, barrel, forward and straddle roll and perform with increased control. -Develop stepping into shape jumps with control. 	<ul style="list-style-type: none"> -Explore symmetrical and asymmetrical balances. -Develop fluency and consistency in the straddle, forward and backward roll. -Select a range of jumps to include in sequence work.
<p>C Dance</p>	<ul style="list-style-type: none"> -Copy, remember and adapt set choreography. -Create short dance phrases that communicate an idea. -Use counts to keep in time with a partner and group. 	<ul style="list-style-type: none"> -Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing. -Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus. -Use counts accurately when choreographing to perform in time with others and the music.

<p>D Games</p>	<ul style="list-style-type: none"> -Create and use space with some success in game situations. -Use simple tactics individually and within a team. 	<ul style="list-style-type: none"> -Strike a ball using a wider range of skills to outwit an opponent. Apply these with increasing control under pressure. -Change direction to lose an opponent with some success -Work collaboratively to create tactics within their team and evaluate the effectiveness of these.
<p>E Swimming</p>	<ul style="list-style-type: none"> -Confidently swim 25m - Use a range of strokes effectively. - Confidently combine skills to retrieve an object from greater depth. -Select and apply the appropriate survival technique to the situation. 	