

Upshire Primary School

PE Skills Progression Overview

Reception	Development Matters Statements	Early Learning Goals (End of Year)
Physical Development	<ul style="list-style-type: none"> • Revise and refine the fundamental movement skills they have already acquired: <ul style="list-style-type: none"> - rolling - running - crawling - hopping - walking - skipping - jumping - climbing • Progress towards a more fluent style of moving, with developing control and grace. • Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming. • Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. <ul style="list-style-type: none"> • Combine different movements with ease and fluency. • Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. <p style="margin-left: 20px;">Develop overall body strength, balance, coordination and agility.</p>	<ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Expressive Art and Design	<ul style="list-style-type: none"> • Explore, use and refine a variety of artistic effects to express their ideas and feelings. • Return to and build on their previous learning, refining ideas and developing their ability to represent them. • Create collaboratively, sharing ideas, resources and skills. • Listen attentively, move to and talk about music, expressing their feelings and responses. • Watch and talk about dance and performance art, expressing their feelings and responses. <p style="margin-left: 20px;">Explore and engage in music making and dance, performing solo or in groups.</p>	<ul style="list-style-type: none"> • Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.

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	Autumn	Spring	Summer
Year 1	<p>Dance</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control. <input type="checkbox"/> Watch and describe performances. Begin to say how they could improve. <p>Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching. <input type="checkbox"/> Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency. <input type="checkbox"/> Pass the ball to another player in a game. Use kicking skills in a game. 	<p>Gymnastics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rolls - Log roll (controlled) Curled side roll (egg roll) (controlled) Teddy bear roll (controlled) <input type="checkbox"/> Jumps - Straight jump Tuck jump Jumping jack Half turn jump Cat spring <input type="checkbox"/> perform dances using simple movement patterns <input type="checkbox"/> Vault – with springboard and vault or other suitable raised platform, e.g. gymnastics table. Straight jump off springboard. <p>Handstands, Cartwheels and Round-offs</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bunny hop Front support wheelbarrow with partner. <p>Travelling & Linking Actions</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tiptoe, step, jump and hop Hopscotch Skipping Galloping <p>Shapes and Balances</p> <ul style="list-style-type: none"> <input type="checkbox"/> Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes <p>Dance</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control. <input type="checkbox"/> Watch and describe performances. Begin to say how they could improve. <p>Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game. 	<p>Athletics/ Multi skills/Games</p> <p>Running</p> <ul style="list-style-type: none"> <input type="checkbox"/> Vary their pace and speed when running. Run with a basic technique over different distances. Show good posture and balance. Jog in a straight line. Change direction when jogging. Sprint in a straight line. Change direction when sprinting. Maintain control as they change direction when jogging or sprinting. <p>Jumping</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Perform a short jumping sequence. Jump as high as possible. Jump as far as possible. Land safely and with control. Work with a partner to develop the control of their jumps. <p>Throwing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Throw underarm and overarm. Throw a ball towards a target with increasing accuracy. Improve the distance they can throw by using more power. <p>Gymnastics</p> <p>Handstands, Cartwheels and Round-offs</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bunny hop Front support wheelbarrow with partner. <p>Travelling & Linking Actions</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tiptoe, step, jump and hop Hopscotch Skipping Galloping

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		<ul style="list-style-type: none"> <input type="checkbox"/> Different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game <input type="checkbox"/> Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender. <input type="checkbox"/> Follow simple rules to play games, including team games. Use simple attacking skills such as dodging to get past a defender. Use simple defensive skills such as marking a player or defending a space <input type="checkbox"/> Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control. Engage in competitive activities and team games. 	<p>Shapes and Balances Standing balances Kneeling balances Pike, tuck, star, straight, straddle</p>
Year 2	<p>Gymnastics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rolls -Log roll (controlled) Curled side roll (egg roll) (controlled) Teddy bear roll (controlled) Rocking forward roll Crouched forward roll. <input type="checkbox"/> Jumps - Straight jump Tuck jump Jumping jack Half turn jump Cat spring Cat spring to straddle <input type="checkbox"/> Vault - Hurdle step onto springboard Straight jump off springboard Tuck jump off springboard <input type="checkbox"/> Handstands - Bunny hop Front support wheelbarrow with partner T-lever Scissor kick <input type="checkbox"/> Travelling - Tiptoe, step, jump and hop Hopscotch Skipping Galloping Straight jump half-tur 	<p>Gymnastics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Handstands and cartwheels - Bunny hop Front support wheelbarrow with partner T-lever Scissor kick. <input type="checkbox"/> Travelling - Tiptoe, step, jump and hop Hopscotch Skipping Galloping Straight jump half-turn <input type="checkbox"/> Shapes and balances - Standing balances Kneeling balances Large body part balances. Balances on apparatus Balances with a partner Pike, tuck, star, straight, straddle shapes Front and back support <p>Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use different ways of travelling at different speeds and following different 	<p>Athletics</p> <p>Running</p> <ul style="list-style-type: none"> <input type="checkbox"/> Run at different paces, describing the different paces. Use a variety of different stride lengths. Travel at different speeds. Begin to select the most suitable pace and speed for distance. Complete an obstacle course. Vary the speed and direction in which they are travelling. Run with basic techniques following a curved line. Be able to maintain and control a run over different distances. <p>Jumping</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.

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	<ul style="list-style-type: none"> <input type="checkbox"/> Shapes and balances - Standing balances, Kneeling balances, Large body part balances. Balances on apparatus Balances with a partner Pike, tuck, star, straight, straddle shapes Front and back support. <p>Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used. <input type="checkbox"/> Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used. <input type="checkbox"/> Know how to pass the ball in different ways. <input type="checkbox"/> Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game. 	<p>pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Begin to use and understand the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully. <input type="checkbox"/> Understand the importance of rules in games. Use at least one technique to attack or defend to play a game successfully. <input type="checkbox"/> Perform sequences of their own composition with coordination. Perform learnt skills with increasing control. Compete against self and others. <input type="checkbox"/> Watch and describe performances, and use what they see to improve their own performance. Talk about the differences between their work and that of others. <p>Dance</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use different transitions within a dance motif. Move in time to music. Improve the timing of their actions. <input type="checkbox"/> Perform sequences of their own composition with coordination. Perform learnt skills with increasing control. Compete against self and others 	<p>Combine different jumps together with some fluency and control. Jump for distance from a standing position with accuracy and control. Investigate the best jumps to cover different distances. Choose the most appropriate jumps to cover different distances. Know that the leg muscles are used when performing a jumping action</p> <p>Throwing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Throw with greater control and accuracy. Show increasing control in their overarm throw. Perform a push throw. Continue to develop techniques to throw for increased distance. <p>Compete and Perform</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner. <p>Evaluate</p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time. <p>Dance</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use different transitions within a dance motif. Move in time to music. Improve the timing of their actions. <input type="checkbox"/> Perform sequences of their own composition with coordination. Perform learnt skills with increasing control. Compete against self and others
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			<ul style="list-style-type: none"> ❑ Watch and describe performances, and use what they see to improve their own performance. Talk about the differences between their work and that of others. Watch and describe performances, and use what they see to improve their own performance. Talk about the differences between their work and that of others.
Year 3	<p>Gymnastics</p> <ul style="list-style-type: none"> ❑ Rolls - Crouched forward roll Forward roll from standing Tucked backward roll ❑ Jumps - Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Cat leap ❑ Vault - Hurdle step onto springboard Squat on vault Star jump off Tuck jump off Straddle jump off Pike jump off <p>Vault – with springboard and vault or other suitable raised platform, e.g. gymnastics table</p> <ul style="list-style-type: none"> ❑ Handstands, Cartwheels and Round-offs - Bunny hop Front support wheelbarrow with partner T-lever Scissor kick <p>Games</p> <ul style="list-style-type: none"> ❑ Throw and catch with greater control and accuracy. Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control. Catch with increasing control and accuracy. Throw a ball in different ways (e.g. high, 	<p>Gymnastics</p> <ul style="list-style-type: none"> ❑ Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Cat leap ❑ Large and small body part balances, including standing and kneeling balances, balances on apparatus Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes Front and back support. ❑ Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner. ❑ Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time. <p>Games</p> <ul style="list-style-type: none"> ❑ Find a useful space and get into it to support teammates. ❑ Use simple attacking and defending skills in a game. Use fielding skills to stop a ball from travelling past them. 	<p>Athletics</p> <p>Running</p> <ul style="list-style-type: none"> ❑ Identify and demonstrate how different techniques can affect their performance. Focus on their arm and leg action to improve their sprinting technique. Begin to combine running with jumping over hurdles. Focus on trail leg and lead leg action when running over hurdles. Understand the importance of adjusting running pace to suit the distance being run. <p>Jumping</p> <ul style="list-style-type: none"> ❑ Use one and two feet to take off and to land with. Develop an effective take-off for the standing long jump. Develop an effective flight phase for the standing long jump. Land safely and with control. <p>Throwing</p> <ul style="list-style-type: none"> ❑ Throw with greater control and accuracy. Show increasing control in their overarm throw. Perform a push throw. Continue to develop techniques to throw for increased distance. <p>Compete and Perform</p>

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	<p>low, fast or slow). Develop a safe and effective overarm bowl.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Move with the ball in a variety of ways with some control. Use two different ways of moving with a ball in a game. <input type="checkbox"/> Pass the ball in two different ways in a game situation with some success. <input type="checkbox"/> Know how to keep and win back possession of the ball in a team game. <input type="checkbox"/> Find a useful space and get into it to support teammates. <p>Dance</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform with some awareness of rhythm and expression. <input type="checkbox"/> Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner. <input type="checkbox"/> Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time. 	<ul style="list-style-type: none"> <input type="checkbox"/> Apply and follow rules fairly. Understand and begin to apply the basic principles of invasion games. Know how to play a striking and fielding game fairly. <input type="checkbox"/> Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner. <input type="checkbox"/> Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time 	<ul style="list-style-type: none"> <input type="checkbox"/> Throw with greater control and accuracy. Show increasing control in their overarm throw. Perform a push throw. Continue to develop techniques to throw for increased distance. <p>Evaluate</p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time. <p>Dance</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform with some awareness of rhythm and expression. <input type="checkbox"/> Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner. <input type="checkbox"/> Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time. <p>Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find a useful space and get into it to support teammates. <input type="checkbox"/> Use simple attacking and defending skills in a game. Use fielding skills to stop a ball from travelling past them. <input type="checkbox"/> Apply and follow rules fairly. Understand and begin to apply the basic principles of invasion games. Know how to play a striking and fielding game fairly. <input type="checkbox"/> Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence.
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			<p>Compete against self and others in a controlled manner.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time
Year 4	<p>Gymnastics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rolls - Forward roll from standing Straddle forward roll Tucked backward roll Backward roll to straddle <input type="checkbox"/> Jumps - Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn. <input type="checkbox"/> Vault - Hurdle step onto springboard Squat on vault Straddle on vault Star jump off Tuck jump off Straddle jump off Pike jump off. <p>Vault – with springboard and vault or other suitable raised platform, e.g. gymnastics table</p> <ul style="list-style-type: none"> <input type="checkbox"/> Handstands, Cartwheels and Round-offs - Lunge into handstand Lunge into cartwheel. <p>Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop different ways of throwing and catching. <input type="checkbox"/> Move with the ball using a range of techniques, showing control and fluency. 	<p>Gymnastics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot <input type="checkbox"/> 1, 2, 3 and 4- point balances. Balances on apparatus Balances with and against a partner Pike, tuck, star, straight, straddle shapes Front and back support. <input type="checkbox"/> Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy. <input type="checkbox"/> Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result. <p>Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use a bat, racquet or stick (hockey) to make the best use of space to pass and receive the ball. <input type="checkbox"/> Use a range of attacking and defending skills and techniques in a game. Use 	<p>Athletics</p> <p>Running</p> <ul style="list-style-type: none"> <input type="checkbox"/> Confidently demonstrate an improved technique for sprinting. Carry out an effective sprint finish. Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly <p>Jumping</p> <ul style="list-style-type: none"> <input type="checkbox"/> Learn how to combine a hop, step and jump to perform the standing triple jump. Land safely and with control. Begin to measure the distance jumped. <p>Throwing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform a pull throw. Measure the distance of their throws. Continue to develop techniques to throw for increased distance. <p>Compete and perform</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities. <p>Evaluate</p>

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	<ul style="list-style-type: none"> <input type="checkbox"/> Pass the ball with increasing speed, accuracy and success in a game situation. <input type="checkbox"/> Occasionally contribute towards helping their team to keep and win back possession of the ball in a team games. <input type="checkbox"/> Make the best use of space to pass and receive the ball. 	<p>fielding skills as an individual to prevent a player from scoring.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Vary the tactics they use in a game. Adapt rules to alter games. <input type="checkbox"/> Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities. <input type="checkbox"/> Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result. <p>Dance</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate precision and some control in response to stimuli. Begin to vary dynamics and develop actions and motifs in response to stimuli. Demonstrate rhythm and spatial awareness. Change parts of a dance as a result of self-evaluation. Use simple dance vocabulary when comparing and improving work. <input type="checkbox"/> Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy. <input type="checkbox"/> Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result. 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result <p>Dance</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate precision and some control in response to stimuli. Begin to vary dynamics and develop actions and motifs in response to stimuli. Demonstrate rhythm and spatial awareness. Change parts of a dance as a result of self-evaluation. Use simple dance vocabulary when comparing and improving work. <input type="checkbox"/> Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy. <input type="checkbox"/> Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result. <p>Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate an increasing awareness of space. <input type="checkbox"/> Choose the best tactics for attacking and defending. Shoot in a game. Use fielding skills as a team to prevent the opposition from scoring. <input type="checkbox"/> Know when to pass and when to dribble in a game. Devise and adapt rules to create their own game. <input type="checkbox"/> Consistently perform and apply skills and techniques with accuracy and control.
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			<p>Take part in competitive games with a strong understanding of tactics and composition.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Choose and use criteria to evaluate own and others' performance. Explain why they have used particular skills or techniques, and the effect they have had on their performance.
Year 5	<p>Gymnastics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rolls - Forward roll from standing Straddle forward roll Pike forward roll Tucked backward roll Backward roll to straddle <input type="checkbox"/> Jumps - Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Split leap <input type="checkbox"/> Vault - Hurdle step onto springboard Squat on vault Straddle on vault Star jump off Tuck jump off Straddle jump off Pike jump off Squat through vault. <p>Vault – with springboard and vault or other suitable raised platform, e.g. gymnastics table.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Handstands, Cartwheels and Round-offs - Lunge into handstand Lunge into cartwheel Lunge into round-off <p>Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Consolidate different ways of throwing and catching, and know when each is appropriate in a game. 	<p>Gymnastics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot <input type="checkbox"/> 1, 2, 3 and 4- point balances. Balances on apparatus Part body weight partner balances Pike, tuck, star, straight, straddle shapes Front and back support. <input type="checkbox"/> Perform own longer, more complex sequences in time to music. Consistently perform and apply skills and techniques with accuracy and control. <input type="checkbox"/> Choose and use criteria to evaluate own and others' performances. Explain why they have used particular skills or techniques, and the effect they have had on their performance. <p>Dance</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate imagination and creativity in the movements they devise in response to stimuli. Use transitions to link motifs smoothly together. Improvise 	<p>Athletics</p> <p>Running</p> <ul style="list-style-type: none"> <input type="checkbox"/> Accelerate from a variety of starting positions and select their preferred position. Identify their reaction times when performing a sprint start. Continue to practise and refine their technique for sprinting, focusing on an effective sprint start. Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. Identify and demonstrate stamina, explaining its importance for runners. <p>Jumping</p> <ul style="list-style-type: none"> <input type="checkbox"/> Improve techniques for jumping for distance. Perform an effective standing long jump. Perform the standing triple jump with increased confidence. Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight. Land safely and with control. Measure the distance and height jumped with accuracy. Investigate different jumping techniques.

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	<ul style="list-style-type: none"> <input type="checkbox"/> Use a variety of ways to dribble in a game with success. Use ball skills in various ways, and begin to link together. <input type="checkbox"/> Pass a ball with speed and accuracy using appropriate techniques in a game situation. <input type="checkbox"/> Keep and win back possession of the ball effectively in a team game. <input type="checkbox"/> Demonstrate an increasing awareness of space. 	<p>with confidence, still demonstrating fluency across the sequence. Ensure their actions fit the rhythm of the music. Modify parts of a sequence as a result of self and peer evaluation. Use more complex dance vocabulary to compare and improve work.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform own longer, more complex sequences in time to music. Consistently perform and apply skills and techniques with accuracy and control <input type="checkbox"/> Choose and use criteria to evaluate own and others' performances. Explain why they have used particular skills or techniques, and the effect they have had on their performance. <p>Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate an increasing awareness of space. <input type="checkbox"/> Choose the best tactics for attacking and defending. Shoot in a game. Use fielding skills as a team to prevent the opposition from scoring. <input type="checkbox"/> Know when to pass and when to dribble in a game. Devise and adapt rules to create their own game. <input type="checkbox"/> Consistently perform and apply skills and techniques with accuracy and control. Take part in competitive games with a strong understanding of tactics and composition. <input type="checkbox"/> Choose and use criteria to evaluate own and others' performance. Explain why they have used particular skills or techniques, and the effect they have had on their performance. 	<p>Throwing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform a fling throw. Throw a variety of implements using a range of throwing techniques. Measure and record the distance of their throws. Continue to develop techniques to throw for increased distance. <p>Compete and Perform</p> <ul style="list-style-type: none"> <input type="checkbox"/> Consistently perform and apply skills and techniques with accuracy and control. Take part in competitive games with a strong understanding of tactics and composition. <p>Evaluate</p> <ul style="list-style-type: none"> <input type="checkbox"/> Choose and use criteria to evaluate own and others' performance. Explain why they have used particular skills or techniques, and the effect they have had on their performance. <p>Dance</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate imagination and creativity in the movements they devise in response to stimuli. Use transitions to link motifs smoothly together. Improvise with confidence, still demonstrating fluency across the sequence. Ensure their actions fit the rhythm of the music. Modify parts of a sequence as a result of self and peer evaluation. Use more complex dance vocabulary to compare and improve work. <input type="checkbox"/> Perform own longer, more complex sequences in time to music. Consistently perform and apply skills and techniques with accuracy and control <input type="checkbox"/> Choose and use criteria to evaluate own and others' performances. Explain why
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			<p>they have used particular skills or techniques, and the effect they have had on their performance.</p> <p>Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate an increasing awareness of space. <input type="checkbox"/> Choose the best tactics for attacking and defending. Shoot in a game. Use fielding skills as a team to prevent the opposition from scoring. <input type="checkbox"/> Know when to pass and when to dribble in a game. Devise and adapt rules to create their own game. <input type="checkbox"/> Consistently perform and apply skills and techniques with accuracy and control. Take part in competitive games with a strong understanding of tactics and composition. <input type="checkbox"/> Choose and use criteria to evaluate own and others' performance. Explain why they have used particular skills or techniques, and the effect they have had on their performance.
Year 6	<p>Gymnastics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rolls - Forward roll from standing Straddle forward roll Pike forward roll Dive forward roll Tucked backward roll Backward roll to straddle backward roll to standing pike backward roll. <input type="checkbox"/> Jumps - Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Cat leap full-turn Split leap Stag leap. 	<p>Gymnastics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn straight jump full turn Cat leap Cat leap half turn Cat leap full turn Pivot. <input type="checkbox"/> 1, 2, 3 and 4- point balances on apparatus Develop technique, control and complexity of part-weight partner balances Group formations Pike, tuck, star, straight, straddle shapes Front and back support <input type="checkbox"/> Link actions to create a complex sequence using a full range of 	<p>Athletics</p> <p>Running</p> <ul style="list-style-type: none"> <input type="checkbox"/> Recap, practise and refine an effective sprinting technique, including reaction time. Build up speed quickly for a sprint finish. Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. Accelerate to pass other competitors. Work as a team to competitively perform a relay. Confidently and independently select the most appropriate pace for different distances and different parts of the run.

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	<ul style="list-style-type: none"> <input type="checkbox"/> Vault- Hurdle step onto springboard Squat on vault Straddle on vault Star jump off Tuck jump off Straddle jump off Pike jump off Squat through vault Straddle over vault. <p>Vault – with springboard and vault or other suitable raised platform, e.g. gymnastics table.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Handstands, Cartwheels and Round-offs - Lunge into cartwheel Lunge into round-off Hurdle step Hurdle step into cartwheel Hurdle step into round-off. <p>Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Throw and catch accurately and successfully under pressure in a game. <input type="checkbox"/> Show confidence in using ball skills in various ways in a game situation, and link these together effectively <input type="checkbox"/> Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move. <input type="checkbox"/> Keep and win back possession of the ball effectively and in a variety of ways in a team game <input type="checkbox"/> Demonstrate a good awareness of space. 	<p>movement that showcases different agilities, performed in time to music. Perform and apply a variety of skills and techniques confidently, consistently and with precision. Begin to record their peers’ performances, and evaluate these.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Thoroughly evaluate their own and others’ work, suggesting thoughtful and appropriate improvements. <p>Games Health and Fitness</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate a good awareness of space. <input type="checkbox"/> Think ahead and create a plan of attack or defence. Apply knowledge of skills for attacking and defending. Work as a team to develop fielding strategies to prevent the opposition from scoring. <input type="checkbox"/> Follow and create complicated rules to play a game successfully. Communicate plans to others during a game. Lead others during a game. <input type="checkbox"/> Perform and apply a variety of skills and techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition. <input type="checkbox"/> Thoroughly evaluate their own and others’ work, suggesting thoughtful and appropriate improvements. <p>Games- Twinkl – Volley Ball Space, attacking and defending, fielding strategies, rules and tactics, perform and compete and evaluate.</p> <p>Dance</p>	<p>Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</p> <p>Jumping</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop the technique for the standing vertical jump. Maintain control at each of the different stages of the triple jump. Land safely and with control. Develop and improve their techniques for jumping for height and distance and support others in improving their performance. Perform and apply different types of jumps in other contexts. Set up and lead jumping activities including measuring the jumps with confidence and accuracy. <p>Throwing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform a heave throw. Measure and record the distance of their throws. Continue to develop techniques to throw for increased distance and support others in improving their personal best. Develop and refine techniques to throw for accuracy. <p>Compete and Perform</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform and apply a variety of skills and techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition. <p>Evaluate</p> <ul style="list-style-type: none"> <input type="checkbox"/> Thoroughly evaluate their own and others’ work, suggesting thoughtful and appropriate improvements. <p>Dance</p> <ul style="list-style-type: none"> <input type="checkbox"/> Move rhythmically and accurately in dance sequences. Improvise with
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		<ul style="list-style-type: none"> <input type="checkbox"/> Move rhythmically and accurately in dance sequences. Improvise with confidence, still demonstrating fluency across their sequence. <input type="checkbox"/> Dance with fluency and control, linking all movements and ensuring that transitions flow. <input type="checkbox"/> Demonstrate consistent precision when performing dance sequences. <input type="checkbox"/> Modify some elements of a sequence as a result of self and peer evaluation. Use complex dance vocabulary to compare and improve work. <input type="checkbox"/> Link actions to create a complex sequence using a full range of movement. Perform the sequence in time to music. Perform and apply a variety of skills and techniques confidently, consistently and with precision. <input type="checkbox"/> Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements. 	<p>confidence, still demonstrating fluency across their sequence.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dance with fluency and control, linking all movements and ensuring that transitions flow. <input type="checkbox"/> Demonstrate consistent precision when performing dance sequences. <input type="checkbox"/> Modify some elements of a sequence as a result of self and peer evaluation. Use complex dance vocabulary to compare and improve work. <input type="checkbox"/> Link actions to create a complex sequence using a full range of movement. Perform the sequence in time to music. Perform and apply a variety of skills and techniques confidently, consistently and with precision. <input type="checkbox"/> Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements. <p>Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate a good awareness of space. <input type="checkbox"/> Think ahead and create a plan of attack or defence. Apply knowledge of skills for attacking and defending. Work as a team to develop fielding strategies to prevent the opposition from scoring. <input type="checkbox"/> Follow and create complicated rules to play a game successfully. Communicate plans to others during a game. Lead others during a game. <input type="checkbox"/> Perform and apply a variety of skills and techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition.
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			<ul style="list-style-type: none">☐ Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements. <p>Outdoor and Adventurous Activities: Residential</p>
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