

PE Key Skills Progression

	EYFS		KS1		LKS2		UKS2	
	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topics	<u>Autumn Indoor</u>	<u>Autumn Indoor</u> Gymnastics	<u>Autumn 1 Indoor</u> Dance	<u>Autumn 1 Indoor</u> Dance	<u>Autumn 1 Indoor</u> Gymnastics	<u>Autumn 1 Indoor</u> Gymnastics	<u>Autumn 1 Indoor</u> Gymnastics	<u>Autumn 1 Indoor</u> Gymnastics
	<u>Outdoor</u>	<u>Outdoor</u> Spatial awareness games	<u>Outdoor</u> Invasion games (Basketball)*	<u>Outdoor</u> Invasion games (Basketball)*	<u>Outdoor</u> Invasion games (Netball)	<u>Outdoor</u> Invasion games (Football)	<u>Outdoor</u> Cross Country	<u>Outdoor</u> Cross Country
	<u>Spring Indoor</u>	<u>Spring Indoor</u>	<u>Autumn 2 Indoor</u> Gymnastics	<u>Autumn 2 Indoor</u> Gymnastics	<u>Autumn 2 Indoor</u> Dance	<u>Autumn 2 Indoor</u> Circuits	<u>Autumn 2 Indoor</u> Circuits	<u>Autumn 2 Indoor</u> Dance (rock and roll)
	<u>Outdoor</u>	<u>Outdoor</u>	<u>Outdoor</u> Invasion games (Basketball)*	<u>Outdoor</u> Invasion games (Basketball)*	<u>Outdoor</u> Netball (Tag Rugby)	<u>Outdoor</u> Invasion games (Rugby)	<u>Outdoor</u> Cross Country	<u>Outdoor</u> Cross Country
	<u>Summer Indoor</u>	<u>Summer Indoor</u>	<u>Spring 1 Indoor</u> Yoga	<u>Spring 1 Indoor</u> Dance	<u>Spring 1 Indoor</u> Invasion games (Hockey)	<u>Spring 1 Indoor</u> Dance	<u>Spring 1 Indoor</u> Dance	<u>Spring 1 Indoor</u> Circuits
	<u>Outdoor</u>	<u>Outdoor</u>	<u>Outdoor</u> Invasion games	<u>Outdoor</u> Invasion games (Hockey)*	<u>Outdoor</u> Invasion games (Tag rugby)	<u>Outdoor</u> Racket games (Tennis)	<u>Outdoor</u> Invasion games (Tag Rugby)	<u>Outdoor</u> Invasion games (Hockey)
			<u>Spring 2 Indoor</u> Dance	<u>Spring 2 Indoor</u> Dance	<u>Spring 2 Indoor</u> Circuits	<u>Spring 2 Indoor</u> Dance	<u>Spring 2 Indoor</u> Gymnastics/Yoga	<u>Spring 2 Indoor</u> Dance
			<u>Outdoor</u> Competitive games	<u>Outdoor</u> Invasion games (Hockey)*	<u>Outdoor</u> Circuits	<u>Outdoor</u> Invasion games (Netball)	<u>Outdoor</u> Yoga	<u>Outdoor</u> Striking and Fielding
			<u>Summer 1 Indoor</u> Dance	<u>Summer 1 Indoor</u> Dance	<u>Summer 1 Indoor</u> Invasion games (Hockey)	<u>Summer 1 Indoor</u> Invasion games (Hockey)	<u>Summer 1 Indoor</u> Dance	<u>Summer 1 Indoor</u> Dance
			<u>Outdoor</u> Racket games (Tennis)*	<u>Outdoor</u> Swimming	<u>Outdoor</u> Swimming	<u>Outdoor</u> Swimming	<u>Outdoor</u> Striking and Fielding (Cricket)	<u>Outdoor</u> Striking and Fielding (Cricket)
			<u>Summer 2 Indoor</u> Athletics (Indoor)	<u>Summer 2 Indoor</u> Racket games (Tennis)*	<u>Summer 2 Indoor</u> Racket games (Tennis)*	<u>Summer 2 Indoor</u> Striking and Fielding (Cricket)	<u>Summer 2 Indoor</u> Striking and Fielding (Cricket)	<u>Summer 2 Indoor</u> Striking and Fielding (Cricket)
				<u>Summer 1 Outdoor</u> Swimming	<u>Summer 1 Outdoor</u> Swimming	<u>Summer 1 Outdoor</u> Swimming	<u>Summer 1 Outdoor</u> Striking and Fielding (Cricket)	<u>Summer 1 Outdoor</u> Striking and Fielding (Cricket)
				<u>Summer 2 Outdoor</u> Athletics (Indoor)	<u>Summer 2 Outdoor</u> Athletics (Indoor)	<u>Summer 2 Outdoor</u> Athletics (Indoor)	<u>Summer 2 Outdoor</u> Athletics (Indoor)	<u>Summer 2 Outdoor</u> Athletics (Indoor)

			Outdoor Racket games (Tennis)*	Indoor Swimming Outdoor Striking and Fielding (Cricket)*	Indoor Swimming Outdoor Racket games (Tennis)	Indoor Striking and Fielding (Cricket) Outdoor Athletics and Field events	Athletics and Field events	Outdoor Striking and Fielding (Cricket)
Skills	<p>Able to experiments with different ways of moving.</p> <p>Confidently jumps off an object and lands appropriately. Able to negotiates space successfully</p> <p>Is able to travel with confidence and skill around, under, over and through balancing and climbing equipment.</p>	<p>Able to experiments with different ways of moving.</p> <p>Confidently jumps off an object and lands appropriately. Able to negotiates space successfully</p> <p>Is able to travel with confidence and skill around, under, over and through balancing and climbing equipment.</p>	<p>Understanding of teamwork and development of discussion of tactical awareness through team games.</p> <p>Application of the basic principles of attacking and defending.</p> <p>Development of strength, flexibility, control, core and balance.</p> <p>Choreography</p>	<p>Understanding of teamwork and development of discussion of tactical awareness through team games.</p> <p>Application of the basic principles of attacking and defending.</p> <p>Development of strength, flexibility, control, core and balance.</p> <p>Choreography</p> <p>Confidence when using a wide range of different strokes in swimming.</p> <p>Swimming competently</p>	<p>Application of the basic principles of attacking and defending.</p> <p>Understanding of competition through games.</p> <p>Development of strength, flexibility, control, core and balance.</p> <p>Choreography</p> <p>Ability to discuss progression and development through recording progress in circuits and dance.</p> <p>Confidence when using a wide range of different strokes in swimming.</p> <p>Swimming competently</p>	<p>Application of the basic principles of attacking and defending.</p> <p>Understanding of competition through games.</p> <p>Development of strength, flexibility, control, core and balance.</p> <p>Choreography</p> <p>Ability to discuss progression and development through recording progress in circuits and dance.</p>	<p>Application of the basic principles of attacking and defending.</p> <p>Understanding of competition through games.</p> <p>Development of strength, flexibility, control, core and balance.</p> <p>Choreography</p> <p>Ability to discuss progression and development through recording progress in circuits and dance.</p>	<p>Application of the basic principles of attacking and defending.</p> <p>Understanding of competition through games.</p> <p>Development of strength, flexibility, control, core and balance.</p> <p>Choreography</p> <p>Ability to discuss progression and development through recording progress in circuits and dance.</p>
Enrichment opportunities	<p>Outdoor learning - Continuous provision</p> <p>EYFS Sports Day</p>	<p>Thames Young Mariners</p> <p>Outdoor learning - Continuous provision</p> <p>Sports Day</p>	<p>-Thames Young Mariners</p> <p>Sports Day</p> <p>Gymnastics Coaching (Autumn Term)</p>	<p>Thames Young Mariners</p> <p>Swimming</p> <p>Sports Day</p>	<p>Swimming</p> <p>KSSP Tournaments</p> <p>Sports Day</p>	<p>KSSP Tournaments</p> <p>Sayers Croft Residential</p> <p>Sports Day</p>	<p>KSSP Tournaments</p> <p>Hindleap Warren Residential</p> <p>Sports Day</p>	<p>KSSP Tournaments.</p> <p>Sports Day</p> <p>Gymnastics Coaching (Autumn Term)</p>

		Gymnastics Coaching (Autumn Term)		Gymnastics Coaching (Autumn Term)	Gymnastics Coaching (Autumn Term)	Gymnastics Coaching (Autumn Term)	Gymnastics Coaching (Autumn Term)	
SEND & Inclusion information	<ul style="list-style-type: none"> - Range of inclusive resources e.g. Blind football ball - Use of different equipment in P.E e.g. Use a tennis racquet in rounders instead of the bat. 							
Aims	<p><u>Aims</u> <i>The national curriculum for physical education aims to ensure that all pupils:</i></p> <p><i>develop competence to excel in a broad range of physical activities</i> <i>are physically active for sustained periods of time</i> <i>engage in competitive sports and activities</i> <i>lead healthy, active lives</i></p> <p><u>KS1</u> <i>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities in a range of increasingly challenging situations.</i></p> <p><i>Pupils should be taught to:</i></p> <p><i>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</i> <i>participate in team games, developing simple tactics for attacking and defending</i> <i>perform dances using simple movement patterns</i></p> <p><u>KS2</u> <i>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</i></p> <p><i>Pupils should be taught to:</i></p> <p><i>use running, jumping, throwing and catching in isolation and in combination</i> <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p>							

*develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
perform dances using a range of movement patterns
take part in outdoor and adventurous activity challenges both individually and within a team
compare their performances with previous ones and demonstrate improvement to achieve their personal best*

Swimming

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

*swim competently, confidently and proficiently over a distance of at least 25 metres
use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
perform safe self-rescue in different water-based situations*