



Whole School Progression in Physical Education

Objective	EYFS	Year 1 / 2	Year 3 / 4	Year 5 / 6
Physical Skills	<ul style="list-style-type: none"> • Play on their own and with others, keeping themselves safe by finding free space • Become a competent mover so that they can avoid others by controlling their body so they don't fall over i.e. move forward, sideways and backwards at different speeds with increasing control • Control balls of various sizes & shapes: <ol style="list-style-type: none"> 1. Carry and release into a target. 2. Roll, throw underarm into a target 3. Bounce & catch on the spot and on the move. 4. Throw a ball in the air and catch. 5. Strike the ball with a foot. 6. Hit a ball with a bat into a target • Move into a space or jump to stop a ball • Begin to join actions together e.g. throw then move 	<ul style="list-style-type: none"> • Play co-operatively and competitively with a partner/team of 3 • Use space well e.g. move into a space or jump to stop catch or strike a ball • Be a competent mover so that they can avoid others by controlling their body so they don't fall over i.e. move forward, sideways and backwards at different speeds with control • Control and make decisions when playing with balls of various sizes & shapes: <ol style="list-style-type: none"> 1. Roll & throw underarm/overarm to a partner 2. Receive balls of various sizes and shapes from a partner 3. Bounce & catch on the spot and on the move, 4. Strike & receive the ball with a foot 5. Hit a ball with a bat when playing with a partner 	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation. • Keep games going because they have the skill and control to do so e.g. throw and catch in different ways, choosing the right time to pass, selecting the best place to pass to a team mate or to outwit an opponent, join actions together like move, receive, shoot • Send and receive a ball with hands, feet, racquet and bat with increasing accuracy to a target, space or team mate • Use space well by finding and moving into a free space/passing to teammates when they are in a good space • Develop a range of defence and attacking skills in invasion, net/wall, striking/fielding type games e.g. those described in core tasks and TOPs activities to prepare them to play mini versions of traditional NGB's mini versions as described in Upper Key Stage 2 • Have the confidence to try out new skills and recognise which skills they need to practise 	<ul style="list-style-type: none"> • Pass, control, dribble and shoot with accuracy and fluency while on the move • Send and receive a ball with hands, feet, racquet and bat with accuracy to a target, space or team mate in traditional NGB's mini versions of invasion, net/wall, striking/fielding games e.g. Tag Rugby, High 5 Netball, Football, Basketball, Qwik Cricket, Mini Tennis, Rounders • Demonstrate the confidence and competence to successfully take part in the range of games as described above • Demonstrate the perseverance to improve
Thinking Skill	<ul style="list-style-type: none"> • Watch and copy others who are doing well • Choose the best equipment to enable them to play or move well • Make simple decisions of where and when to move to receive or defend a ball • Choose how to make it difficult for others to beat them • Understand that practise is needed in order to improve 	<ul style="list-style-type: none"> • Adapt activities using their own ideas of how to make the game easier /harder/more enjoyable by using STEP i.e. changing the space/task/equipment/people • Make up simple rules with others to make the game enjoyable and challenging • Understand simple tactics to outwit a partner/small team when attacking or defending i.e. selecting an appropriate pass, looking one way passing the other, keeping on the move to mark a goal/target, moving into the pathway of a ball to intercept • Change their intended action in response to their opponent • Have the determination to practise to improve own skills 	<ul style="list-style-type: none"> • With others, decide and try out different ideas/tactics to outwit an opponent in defence and attack • Understand own and others' strengths and weaknesses and have the confidence to practise to improve • Understand how to take responsibility for their own and others' safety when playing games • Adapt and make up rules to suit the equipment/space/targets used 	<ul style="list-style-type: none"> • Understand own and others' strengths and weaknesses and how to choose the most competent person for a specific role within the team • Make decisions quickly in a game • Change tactics/roles as necessary for the success of the whole team • Understand the transference of skills from one type of game to another and apply appropriately • Reflect on own and others' performance to help improve personal and team skills and performance
Team Skills	<ul style="list-style-type: none"> • Join in games with others • Take turns • Stay within boundaries of games 	<ul style="list-style-type: none"> • Include others in their games • Begin to recognise what they and others can do well 	<ul style="list-style-type: none"> • Keep possession of the ball • Select different positions in the team based on strengths of players 	<ul style="list-style-type: none"> • Understand and keep to the rules of the games described above to enable the game to flow and keep players safe



	<ul style="list-style-type: none"> • Understand that if they don't play fairly others won't enjoy the activity • Understand that joining in activities gives them a good feeling 	<ul style="list-style-type: none"> • Keep to rules so that they and others enjoy an activity • Begin to recognise how they and others feel when they find activities easy/difficult, when they win/lose 	<ul style="list-style-type: none"> • Agree on their own rules to suit the equipment • Keep to the rules so that they and others enjoy and are challenged • Encourage team mates to do well • Accept winning and losing as part of games 	<ul style="list-style-type: none"> • Select different positions in the team based on strengths of players • Challenge and encourage each other to perform to the best of their ability • Control the feelings experienced e.g. nervousness / excitement / disappointment to help themselves and others enjoy the games
Gymnastics	Develop balance, agility and co-ordination, and begin to apply these in a range of activities with support.	Develop balance, agility and co-ordination, and begin to apply these in a range of activities independently.	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Dance	Perform supported dances using simple movement patterns	Perform individual dances using simple movement patterns	Perform dances using a range of movement patterns.	Perform group and individual dances using a range of movement patterns independently, to a theme/music that suits the movement.
			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.