



## P.E. PROGRESSION OF KEY SKILLS



<b>EYFS</b>	<b>YEAR 1</b>	<b>YEAR 2</b>	<b>YEAR 3</b>	<b>YEAR 4</b>
<b>MULTI SKILLS</b>	<b>MULTI SKILLS</b>	<b>MULTI SKILLS</b>	<b>MULTI SKILLS</b>	<b>MULTI SKILLS</b>
Experiment with different ways of balancing.	Balance on lines with control and use equipment to balance on various parts of body.	Balance on low apparatus with good control.	Balancing on various body parts while moving	Balancing confidently using various equipment and body parts.
Experiment with different ways of moving (agility).	Changing direction quickly with some control (agility)	Changing direction quickly with good balance and control (agility).	Agility focus -changing direction at speed.	Agility focus - changing direction at speed with good technique.
Experiment with different ways of throwing a moving a ball with different body parts (co-ordination).	Co-ordinating body whilst beginning to move with equipment.	Co-ordinating body whilst beginning to move at different speeds with various equipment.	Co-ordinate body to perform a combination of movements.	Co-ordinate body efficiently to perform combination of movements or actions.
Working with friends in a team – taking turns.	Co-operate, compete and challenge themselves as a team in various games.	Compete challenges in a team in various running/obstacle games and working together to improve team performance.	Complete a variety of fitness test successfully and get a personal best.	Complete a variety of fitness tests confidently and achieve a number of personal bests.



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GYMNASTICS	GYMNASTICS	GYMNASTICS	GYMNASTICS	GYMNASTICS
Can experiment with different space shapes	Can perform shapes.	Can perform shapes with a strong body and control.	Can perform a variety of shapes with good control.	Can perform a variety of shapes with good control when performing various skills.
Experiment with different jumps.	Perform basic space jump (rocket jump).	Perform jumps (rocket, star, moon jump) with control and a strong body.	Perform a rocket jump with a half turn.	Perform a rocket jump with a $\frac{3}{4}$ and full turn with pointed toes.
Experiment with different ways of rolling in small shape (moon roll).	Perform a moon rock and a moon roll.	Perform a moon rock, moon roll and forward roll.	Teddy bear roll.	Perform matching and mirroring balance routines on apparatus.
Experiment with a rocket roll.	Perform a rocket roll with pointed toes.	Perform a rocket roll and extend to a dish/saucer roll.	Perform matching and mirroring balances.	
Moving along the floor in different ways like aliens sliding, rolling, stretching etc	Perform a bunny hop- hands first then feet.	Perform a bunny hop – hands flat with straight arms.	Perform a bunny hop across a mat run and onto/across low benches and apparatus.	Perform a bunny hop onto variety of apparatus with control.
			Hopscotch across the floor to develop hurdle step.	Hopscotch across the floor to develop hurdle step.
Show a start shape, rocket roll and finishing shape (beginning of a sequence).	Perform a basic sequence (roll and a jump).	Perform a sequence – (roll, jump and balance).	Perform a short sequence on mats.	Perform a short sequence on mats showing levels, control and pointed toes.



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EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4
ATHLETICS	ATHLETICS	ATHLETICS	ATHLETICS	ATHLETICS
Marching/running for co-ordination.	Running pumping arms at various speeds.	Using arms and keeping head still when exploring running patterns.	Begin to perform 'FAST' technique.	Perform 'FAST' technique confidently when sprinting.
Experiment with different ways of throwing under/overarm.	Throw a variety of objects with some accuracy.	Throw in correct stance 'Usain Bolt position'.	Throw a javelin/vortex using correct stance rotating hips forward.	Throw a javelin/vortex with height and distance.
Experiment with different ways of jumping- measuring with various objects.	Jumping bending knees and pushing off – being competitive to improve distance as a pair.	Use arms to improve jumping technique – beating their own score.	Perform a hop, step and jump (standing triple jump) in isolation and in combination.	Perform a hop, step and jump (standing triple jump).
Working with friends in a team – taking turns.	Co-operate and compete in a team in various running games.	Compete in a team in various running/obstacle games and working together to improve team performance.	In warm ups develop running for distance.	In warm ups develop running for distance increasing each lesson.
			Develop relay change over techniques.	Pass a relay baton with control with a partner in adapted games.
			Run and take off over obstacles at some speed.	Run and jump over hurdles with some speed and control.



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<b>EYFS</b>	<b>YEAR 1</b>	<b>YEAR 2</b>	<b>YEAR 3</b>	<b>YEAR 4</b>
<b>TENNIS</b>	<b>TENNIS</b>	<b>TENNIS</b>	<b>TENNIS</b>	<b>TENNIS</b>
Throw and catch to self with a soft ball and attempt to bounce catch to self.	Throwing and catching a small ball with control and bounce catch to self and partner.	Throw and catch from one hand to the other and bounce catch into a target with a partner.	Move to catch a ball.	Move with balance and control to catch a ball.
Balance an object e.g. beanbag on racket.	Balance a ball on racket.	Balance a ball on racket with control.	Control a ball on racket when moving.	Hit/bounce ball on racket when moving.
Hand eye co-ordination passing ball to a partner.	Racket familiarisation- moving ball with racket in forehand position.	Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving.	Hit ball across the floor with forehand position.	Hit ball in forehand position with drop feed.
Move on the floor ball with hand in a variety of ways.	Racket Familiarisation – moving a ball in backhand position.	Racket Familiarisation – moving a ball in backhand position whilst moving.	Hit the ball across the floor using back hand position.	Hit a ball in backhand position with a drop feed.
Push the ball with throw down strips to develop hand eye co-ordination.	Tap up tennis to self, keeping control.	Tap up tennis with a partner to keep control of the ball.	Hit a ball into a target (with one bounce).	Hit a ball into a target from a variety of distances with no bounce.



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<b>EYFS</b>	<b>YEAR 1</b>	<b>YEAR 2</b>	<b>YEAR 3</b>	<b>YEAR 4</b>
<b>DANCE</b>	<b>DANCE</b>	<b>DANCE</b>	<b>DANCE</b>	<b>DANCE</b>
Moving in time to happy and sad music.	Listen to the music and begin to move in time to it.	Move in time to the music showing some expression.	Collaborate to make a dance warm up.	Cooperate to make a dance warm up and take on a leadership role.
Experiment with different ways of moving.	Perform basic dance movements.	Perform dance movements with control.	Use a stimulus to create a dance.	Respond imaginatively to a stimulus.
Experiment with actions at different levels.	Perform dance movements showing some levels.	Perform dance movements showing a variety of levels.	Dance in unison with a partner.	Dance in unison with a partner/group. Performing a range of movement patterns.
Moving around as different characters or animals to the music.	Perform basic dance travelling movements e.g. stepping, skipping, jumping.	Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing.	Perform canon with a group.	Perform canon showing a range of movement patterns.
	Perform simple dance moves with some control.	Remember simple dance steps perform with control in time to the music.	Use some different levels and pathways.	Perform a variety of levels and pathways in a dance.



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EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4
<b>BALL SKILLS</b>	<b>BALL SKILLS</b>	<b>BALL SKILLS</b>		
Throw to self, catching a soft ball/balloon.	Catch a soft ball safely.	Catch a ball in an adapted game.		
Experiment with rolling the ball, throw and catch to self and to a partner (hand eye coordination).	Pass the soft ball from chest – 'W' shape when passing and receiving.	Bounce pass from a short distance to a partner.		
Moving around at speed and changing direction.	Small sided games (super hero ball) 3v3 introducing passing and receiving a ball.	Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game.		
Fun games encouraging throwing and catching different types of balls.	Play an adapted superhero game and introduces rules.	Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring.		
Passing with a partner and counting to 5 and 10.	Scoring in a variety of ways.	Scoring in a variety of ways and begin to use in a game situation.		
Explore stopping a ball with different parts of the body.	Stopping a ball with the inside of feet.	Stopping a ball with the sole and inside of feet.		
Experiment kicking the ball with feet to a partner. Move a bean bag on the floor using inside of foot.	Pass the ball beginning to use inside of feet "toe, toe, toe, no, no, no!" Dribble the ball with the inside of feet.	Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy. Dribble the ball with the inside of feet keeping the ball close to their body.		



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EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4
Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space).	Follow my leader – trying to stay near their partner.	Tag game– trying to catch their partner.		
Passing with a partner and counting to 5 and 10.	Scoring point in a variety of ways in adapted games.	Scoring in a variety of ways and begin to use scoring techniques game situations		
Follow a partner to steal their bib.	Play a simple game of tag.	Play a tag game whilst moving at speed.		
Move with different objects in their hands.	Move with control with the ball in their hands at chest height.	Move with the ball holding it with hands - in 'W' shape at chest height.		
Passing an object to another child.	Hand over the Rugby ball sideways.	Pass the ball sideways- with smile technique.		
Moving around in a space in different ways.	Attempt to get past a defender.	Dodge around a defender in small area .		
Scoring points with beanbag treasure in a simple hoop invasion game.	Scoring a try in a modified drill using correct technique- stay on feet using 2 hands.	Scoring a try in a 2v2 game in the end zone.		



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EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4
FOOTBALL	FOOTBALL	FOOTBALL	FOOTBALL	FOOTBALL
Explore stopping a ball with different parts of the body.	Stopping a ball with the inside of feet.	Stopping a ball with the sole and inside of feet.	Control a ball using inside, outside and sole of feet.	Move body to correct position to stop and control a ball.
Experiment kicking the ball with feet to a partner.	Pass the ball beginning to use inside of feet "toe, toe, toe, no, no, no!"	Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy.	Pass the ball with inside of feet with accuracy.	Pass the ball with inside of feet whist on the move.
Move a bean bag on the floor using inside of foot.	Dribble the ball with the inside of feet.	Dribble the ball with the inside of feet keeping the ball close to their body.	Dribble the ball beginning to turn with some control (inside and outside hook).	Dribble the ball using inside, outside hook and drag back beginning to accelerate.
Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)	Follow my leader – trying to stay near their partner.	Tag game– trying to catch their partner.	Begin to defend making a standing tackle in a 1v1.	Begin to defend making a standing tackle or intercept a pass
			Kick a ball stationary past a goal keeper.	Kick a ball whilst moving past a goal keeper with some accuracy
Passing with a partner and counting to 5 and 10.	Scoring point in a variety of ways in adapted games.	Scoring in a variety of ways and begin to use scoring techniques game situations.	Embracing rules and playing fairly.	Inspire others with fair play and being gracious in victory and defeat.



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EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4
NETBALL FIRST PE UNIT	NETBALL BALL SKILLS	NETBALL BALL SKILLS	NETBALL	NETBALL
Throw to self, catching a soft ball/balloon.	Catch a soft ball safely.	Catch a ball in an adapted game.	Pass and receive a netball safely (chest and bounce pass).	Pass and receive stepping into the pass (chest, bounce and shoulder pass).
Experiment with rolling the ball, throw and catch to self and to a partner (hand eye coordination).	Pass the soft ball from chest – ‘W’ shape when passing and receiving.	Bounce pass from a short distance to a partner.	Perform a stride stop in netball.	Perform a stride stop with a pivot.
Moving around at speed and changing direction.	Small sided games (super hero ball) 3v3 introducing passing and receiving a ball.	Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game.	Perform a jump stop in netball.	Perform a jump stop with a pivot.
Fun games encouraging throwing and catching different types of balls.	Play an adapted superhero game and introduces rules.	Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring.	Perform a dodge in netball to get into a space.	Perform two different dodges (Drive and the dodge).
			Marking a player keeping on the balls of your feet.	Marking a player standing side on sticking to player.
			Shooting the ball high and bending knees.	Shooting- bend knees and place hand under the ball to shoot.
Passing with a partner and counting to 5 and 10.	Scoring in a variety of ways.	Scoring in a variety of ways and begin to use in a game situation.	Introduce high fives game or Bee Netball game.	Begin to understand the positions in a high five/Bee Netball game.



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<b>TAG RUGBY</b>	<b>TAG RUGBY</b>	<b>TAG RUGBY</b>	<b>TAG RUGBY</b>	<b>TAG RUGBY</b>
Follow a partner to steal their bib.	Play a simple game of tag.	Play a tag game whilst moving at speed.	Tag a player in isolation using the tag belts.	Tag a player whilst moving using tag belts.
Move with different objects in their hands	Move with control with the ball in their hands at chest height.	Move with the ball holding it with hands - in 'W' shape at chest height.	Move with a ball in their hand using correct position 'dirty fingers clean palms'.	Move with control in a variety of directions holding the ball in the correct position.
Passing an object to another child.	Hand over the Rugby ball sideways.	Pass the ball sideways- with smile technique.	Pass the ball backwards and sideways in isolation.	Pass the ball backwards/ sideways with control whilst moving.
Moving around in a space in different ways.	Attempt to get past a defender.	Dodge around a defender in small area.	Move into a space to avoid a defender through dodging techniques.	Use speed and space to avoid a passive defender.
Scoring points with beanbag treasure in a simple hoop invasion game.	Scoring a try in a modified drill using correct technique- stay on feet using 2 hands.	Scoring a try in a 2v2 game in the end zone.	Beat a defender to score a try.	Beat a defender at speed to score a try.



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EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4
KWIK CRICKET	KWIK CRICKET	KWIK CRICKET	KWIK CRICKET	KWIK CRICKET
Rolling and stopping a ball sitting down and standing up.	Rolling and stopping a ball with one/two hands.	Roll and stop a ball with control/accuracy.	Roll the ball with one hand and stop the ball attempting Long barrier method.	Roll the ball with one hand and stop the ball from different directions using Long barrier method.
Move with different objects in their hands.	Throw and catch a ball with some control.	Throw underarm with some accuracy and catch a ball.	Throw and catch underarm with both hands (in isolation).	Throw and catch under pressure in modified games.
Passing an object to another child.	Bowl underarm towards a target.	Bowl underarm towards a target with control and accuracy.	Bowl at a wicket underarm and attempt overarm.	Bowl at a wicket underarm/overarm with accuracy and control.
Pushing a ball away from body with hands.	Hit a ball off a tee using various bats.	Begin to hold the bat in correct position and hit a ball off a tee.	Control with a bat (holding it correctly) hitting a ball off a tee and whilst moving.	Hit a drop fed ball and/or moving ball with a bat.
Push ball with throw down strips to develop hand eye co-ordination.	Play a modified game hitting off a tee.	Play a modified game encouraging teamwork when fielding.	Play a modified game using fielding and batting skills.	Play a game communicating as a team.