



St Joseph's Catholic Primary Voluntary Academy skills progression grid

Physical Education

Our curriculum is building on the skills learned in our Early Years

- Children will moved freely with pleasure and confidence
- Children will experiment with different ways of moving
- Children will negotiate space successfully when playing racing games with other children
- Children will travel with skill and confidence, over, under, around and through balancing and climbing equipment
- Children will show good control and co-ordination in large and small movements

Skill	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	<p>Children will:</p> <ul style="list-style-type: none"> Explore and evaluate different jumps Know the basic principles of jumping for height Explore movement in a straight line Have an awareness of speed Explore throwing for different purposes Throw with control 	<p>Children will:</p> <ul style="list-style-type: none"> Know basic techniques of jumping for distance. Know the basic techniques of jumping for height Develop awareness of running technique Use an effective running technique Throw with accuracy Throw with power Know the basic principles of jumping Use jumping movements To respond quickly to stimulus. To accelerate and decelerate rapidly. Develop running technique Know different ways of throwing Throw for distance effectively 	<p>Children will:</p> <ul style="list-style-type: none"> Improve leg power and balance Link 2 or more movements together Jump with power and balance Consolidate running technique Maintain running technique when running over obstacles Throw for distance using different techniques Throw using different techniques with power Refine jumping for height Jump with power and balance Consolidate running techniques Know how running affects health and fitness Throw for distance using different techniques Throw using different techniques with power Refine jumping for distance Adjust running pace appropriately 	<p>Children will:</p> <ul style="list-style-type: none"> Improve quality of standing jumps Refine their techniques Set an achievable target Run for an extended period of time Consolidate sprinting technique Throw using different techniques with power Refine techniques of different throws Explore running and jumping Effectively run and jump Explore starting positions Link forward movements together Run rapidly as part of a team Run a curve with control Apply techniques to competitions 	<p>Children will:</p> <ul style="list-style-type: none"> Improve quality of techniques Increase power and control Know principles of sprinting Run an endurance race effectively Refine throwing techniques Explore running and jumping Develop a 3 part sequence jump Know how exercise affects health and fitness Explore starting positions Throw using a short run up Throw with accuracy Consolidate jumping technique Pass a relay baton at speed Run a curve maintaining technique Apply sprinting to a track relay Throw using a short run up Apply techniques to competitions 	<p>Children will:</p> <ul style="list-style-type: none"> Select appropriate skills for events Develop and improve jumping techniques including triple jump Select and apply appropriate technique Improve on a performance Show determination Run for an extended period of time Pass a relay baton at speed Run a curve maintaining technique Run using appropriate pace and tactics Throw for distance using different techniques Throw using different techniques with power Know how exercise affects health, wellbeing and fitness Communicate knowledge

Dance – interpretive and performance	<p>Children will:</p> <p>Respond to stimuli</p> <p>Be aware of different levels in dance</p> <p>Use space and direction when responding to stimuli</p> <p>Link 2 movements in a sequence</p> <p>Repeat combinations</p> <p>Explore moving to music</p> <p>Use elements of dance in movement</p> <p>Perform a sequence of movements</p> <p>Create an original sequence</p> <p>Perform a sequence of movements</p> <p>Perform in time to music</p>	<p>Children will:</p> <p>Respond to stimuli</p> <p>Be aware of different levels in dance</p> <p>Use space and direction when responding to stimuli</p> <p>Link 2 movements in a sequence</p> <p>Repeat combinations</p> <p>Explore dance moves</p> <p>Learn dance moves</p> <p>Perform a sequence of movements</p> <p>Create an original sequence</p> <p>Perform an extended sequence of movements</p> <p>Perform in time to different tempo music</p>	<p>Children will:</p> <p>Explore and respond to a stimuli</p> <p>Explore movement and respond to stimuli</p> <p>Create link dance phrases</p> <p>Create link dance phrases with a partner</p> <p>Create link dance phrases in a group</p> <p>Refine and evaluate a performance</p> <p>Perform rhythmic movements</p> <p>Perform a dance sequence</p> <p>Create a dance sequence</p> <p>Perform an original sequence</p> <p>Adapt a sequence</p> <p>Perform a dance sequence</p>	<p>Children will:</p> <p>Explore characters in a narrative</p> <p>Perform a narrative</p> <p>Use choreographic principles to create narrative</p> <p>Perform dance that communicate narrative</p> <p>Perform dance that communicates narrative</p> <p>Adapt to different stimuli</p> <p>Learn/copy a dance routine</p> <p>Create a dance routine</p> <p>Modify a dance routine</p> <p>Refine a dance routine</p> <p>Perform an original sequence</p>	<p>Children will:</p> <p>Respond to music</p> <p>Create a narrative based on music</p> <p>Create and refine a narrative</p> <p>Perform a narrative</p> <p>Create part of a dance sequence</p> <p>Refine a performance</p> <p>Perform part of a dance sequence</p> <p>Perform a complex dance sequence</p>	<p>Children will:</p> <p>Respond to music</p> <p>Create a complex narrative based on music</p> <p>Create and refine a narrative</p> <p>Perform a narrative</p> <p>Create part of a dance sequence</p> <p>Refine a performance</p> <p>Perform part of a dance sequence</p> <p>Perform a complex dance sequence to music of varying tempo</p>
Gymnastics – Flight	<p>Children will:</p> <p>Explore jumping</p> <p>Know principles of take-off and landing</p> <p>Use different take-off and landing points</p> <p>Alter shapes in the air</p> <p>Turn using good technique</p> <p>Create a 5 part sequence</p>	<p>Children will:</p> <p>Know the principles of take-off and landing</p> <p>Alter shapes in the air</p> <p>Explore basic linking movements</p> <p>Create a simple sequence</p> <p>Refine a simple sentence</p> <p>Adapt a simple sequence</p>	<p>Children will:</p> <p>Apply principles of landing and take off</p> <p>Perform a half and full turn from floor and apparatus</p> <p>Perform a short sequence</p> <p>Perform a sequence with a partner</p> <p>Adapt a sequence</p>	<p>Children will:</p> <p>Perform jumps and landing safely</p> <p>Perform Sissone Furma and cat leap</p> <p>Perform change leg and Stag leaps</p> <p>Copy a sequence</p> <p>Create an original sequence</p> <p>Refine and adapt a sequence</p>	<p>Children will:</p> <p>Perform jumps and landing safely</p> <p>Perform Sissone Furma and cat leap</p> <p>Perform change leg and Stag leaps</p> <p>Copy a complex sequence</p> <p>Create an original sequence</p> <p>Refine and adapt a sequence</p>	<p>Children will:</p> <p>Know a variety or leaps, turns and spins</p> <p>Create and perform a complex sequence</p> <p>Work with a partner to adapt a sequence</p> <p>Work in a group to adapt a sequence</p> <p>Perform a complex sequence as part of a group</p>

Gymnastics – Body management	<p>Children will:</p> <p>Know, use and demonstrate small body parts</p> <p>Know, use and demonstrate large body parts</p> <p>Link static positions</p> <p>Perform a learnt sequence</p> <p>Perform an original 3 part sequence</p> <p>Evaluate and perform an original sequence</p>	<p>Children will:</p> <p>Know and use small body parts</p> <p>Know and use large body parts</p> <p>Link 3 static positions</p> <p>Perform a learnt sequence</p> <p>Perform an original 3 part sequence</p> <p>Evaluate and perform an original sequence</p>	<p>Children will:</p> <p>Demonstrate a range of balances using different body parts</p> <p>Demonstrate a range of balances using apparatus and the floor</p> <p>Demonstrate a range of balances using high apparatus</p> <p>Link 2 static balances using apparatus</p> <p>Create a 3 part sequence using apparatus</p> <p>Evaluate and refine own and others work</p>	<p>Children will:</p> <p>Perform a variety of balances with a partner (mirroring)</p> <p>Perform a variety of balances with a partner (supporting)</p> <p>Link paired balances with a variety of movements</p> <p>Create a sequence showing mirroring balances</p> <p>Create a sequence using a variety of partner balances</p> <p>Refine and improve sequences based on feedback</p>	<p>Children will:</p> <p>Perform a variety of balances supporting and taking the weight of a partner</p> <p>Perform balances with partner on apparatus</p> <p>Create a 3 part sequence with partner on apparatus</p> <p>Perform and evaluate an original sequence</p>	<p>Children will:</p> <p>Perform key gymnastic positions</p> <p>Demonstrate tension and control</p> <p>Link gymnastic positions</p> <p>Perform a headstand</p> <p>Perform a handstand</p> <p>Create a sequence and perform it with quality</p>
Gymnastics – Floor	<p>Children will:</p> <p>Know and use different methods of travelling</p> <p>Use different gymnastic movements</p> <p>Perform a simple sequence</p> <p>Know and use different methods of moving on the ground</p> <p>Perform specific gymnastic movements</p> <p>Create a simple sequence using balance and a roll</p>	<p>Children will:</p> <p>Use different stepping gymnastic movements</p> <p>Adapt and perform gymnastic movements</p> <p>Use different rolls</p> <p>Perform a variety of rolls</p> <p>Create and perform a simple sequence</p> <p>Create a complex sequence</p>	<p>Children will:</p> <p>Move with fluency and control</p> <p>Roll with control</p> <p>Perform a variety of rolls</p> <p>Create a complex sequence</p> <p>Create and evaluate a paired sequence</p> <p>Adapt a sequence to include apparatus</p>	<p>Children will:</p> <p>Roll in a variety of ways</p> <p>Perform a backward roll</p> <p>Create a sequence including a change of direction</p> <p>Adapt a sequence</p> <p>Create and perform a paired sequence</p>	<p>Children will:</p> <p>Use a variety of rolls</p> <p>Perform all rolls with control</p> <p>Perform a cartwheel</p> <p>Perform and evaluate a sequence</p> <p>Combine and adapt a sequence</p> <p>Refine and perform a sequence</p>	<p>Children will:</p> <p>Perform gymnastic movements</p> <p>Create an extended sequence</p> <p>Refine a sequence</p> <p>Perform a sequence using gymnastic performance</p> <p>Apply gymnastic principles to apparatus</p>

<p style="text-align: center;">Games – striking & fielding</p>	<p>Children will:</p> <p>Explore ways of moving an object</p> <p>Use both sides of body to move an object</p> <p>Control an object in a small space</p> <p>Control an object along straight line</p> <p>Control whilst changing direction</p> <p>Control an object using a stick or a bat</p>	<p>Children will:</p> <p>Roll and receive with control</p> <p>Use equipment to send and receive</p> <p>Control an object whilst moving using a body part</p> <p>Use equipment to control an object whilst moving</p> <p>Use equipment to balance an object</p> <p>Send, receive and control an object on the move</p>	<p>Children will:</p> <p>Throw accurately</p> <p>Stop a ball consistently</p> <p>Strike a static ball</p> <p>Strike a moving ball</p> <p>Know the principles of a game</p>	<p>Children will:</p> <p>Throw accurately using different techniques</p> <p>Stop a moving ball consistently</p> <p>Hit a moving ball</p> <p>Use fielding techniques and catch consistently</p> <p>Understand the principles of a game</p> <p>Apply skills to a game situation</p>	<p>Children will:</p> <p>Throw accurately in different ways</p> <p>Catch consistently</p> <p>Use fielding skills consistently</p> <p>Know the basic technique of a cricket bowl</p> <p>Hit a bouncing ball</p> <p>Understand the principles of a game</p> <p>Apply skills to a game situation</p>	<p>Children will:</p> <p>Consolidate striking skills</p> <p>Apply skills to a game</p> <p>Develop a striking and fielding game</p>
<p style="text-align: center;">Games – Net Wall</p>	<p>Children will:</p> <p>Develop hand/eye coordination</p> <p>Introduce racket skills</p> <p>Know the hitting position</p> <p>Develop racket skills</p> <p>Strike a moving ball</p> <p>Combine racket and hand/eye coordination</p>	<p>Children will:</p> <p>Develop hand/eye coordination</p> <p>Develop racket skills</p> <p>Consolidate racket skills</p> <p>Improve racket and hand/eye coordination</p> <p>Consolidate racket and hand/eye coordination</p> <p>Hit with control</p>	<p>Children will:</p> <p>Develop hand/eye coordination</p> <p>Develop racket skills</p> <p>Develop racket and hand/eye coordination</p> <p>Develop hitting technique</p> <p>Hit a moving ball accurately</p>	<p>Children will:</p> <p>Consolidate forehand</p> <p>Introduce backhand</p> <p>Develop the backhand</p> <p>Develop the volley technique</p> <p>Perform a variety of shots</p>	<p>Children will:</p> <p>Consolidate the forehand shot</p> <p>Consolidate the backhand shot</p> <p>Consolidate the volley shot</p> <p>Introduce the serve</p> <p>Develop shot selection</p> <p>Play and officiate a tennis game</p>	<p>Children will:</p> <p>Consolidate the forehand shot</p> <p>Consolidate the backhand shot</p> <p>Consolidate the volley shot</p> <p>Develop the serve</p> <p>Develop shot selection</p> <p>Play and officiate a tennis game</p>

Games - invasion	Children will:	Children will:	Children will:	Children will:	Children will:	Children will:
	Know a variety of ways to move	Know a variety of ways to move	Send and control a ball	Send and control a ball	Send and control a ball	Send and control a ball
	Use different forms of movement	Move effectively in a straight line	Understand the need for evasion	Shoot effectively	Shoot with accuracy	Shoot with accuracy Apply evasive skills to game situations
	Investigate moving in a straight line	Explore sideways movement	Use evasive movement	Use evasion	Apply evasive skills to game situations	Develop an awareness of tactics
	Explore sideways movement	Change direction effectively	Know the principles of defence	Know and apply the principles of defence	Develop an awareness of tactics	Apply principles of defence and attack to game situations
	Change direction while moving	Use evasion and special awareness skills	Know the principles of attack	Know and apply the principles of attack	Apply principles of defence and attack to game situations	Use and apply tactics to a variety of game situations
	Be aware of space	Apply agility	Apply principles to a game situation	Apply principles of defence and attack to a game situation	Use and apply tactics to a game situation	Refine basic skills
	Change direction while moving					Develop a new invasion game
	Move forward fluently					Perform skills in a game situation
	Move explosively with control					
	Select appropriate movements					
	Link with explosive movements					
Control movement effectively						