



# Ashby Hastings Primary School

*“Inspiring minds to foster confidence”*

## Skills Progression

### PE

	<b>KS1</b>	<b>KS2</b>
Movement	Develop fundamental movement skills, becoming increasingly confident and competent. Master basic movements such as running, jumping, throwing and catching	Use running, jumping, throwing and catching in isolation and in combination
Skills and techniques	Develop agility, balance and co-ordination	Learn how to use (skills) them in different ways and to link them to make actions and sequences of movement. Develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics
Dance	Perform dances using simple movement patterns	Perform dances using a range of movement patterns
Co-operation	(work) individually and with others. Engage in cooperative physical activities	(enjoy) communicating, collaborating with each other ...and within a team
Tactics	Developing simple tactics for attacking and defending	Apply basic principles suitable for attacking and defending

## Health and fitness

FS	Y1	Y2	Y3	Y4	Y5	Y6
Describe how the body feels when still and when exercising.	Describe how the body feels before, during and after exercise.	Recognise and describe how the body feels during and after different physical activities.  Explain what they need to stay healthy.	Recognise and describe the effects of exercise on the body.  Explain why it is important to warm up and cool down.	Describe how the body reacts at different times and how this affects performance.  Explain why exercise is good for your health.	Lead warm ups and cool downs demonstrating knowledge.  Explain some safety principles when preparing for and during exercise.	Carry out warm-ups and cool-downs safely and effectively.  Know ways they can become healthier

## Athletics

	FS	Y1	Y2	Y3	Y4	Y5	Y6
Jumping	Jump in a range of ways, landing safely.	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 some control.	Combine different jumps together with some fluency and control.  Jump for distance from a standing position with accuracy and control.	Use one and two feet to take off and to land with.  Develop an effective take-off for the standing long jump.	Learn how to combine a hop, step and jump to perform the standing triple jump.  Perform an effective standing long jump including an effective flight phase.  Begin to measure the distance jumped.	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.  Measure the distance and height jumped with accuracy.	Develop the technique for the standing vertical jump.  Maintain control at each of the different triple jump stages.  Develop and improve their techniques for jumping for height & distance; support others in improving their performance.  Set up & lead jumping activities including measuring with confidence and accuracy.


Throwing	<p>Roll equipment in different ways.</p> <p>Throw underarm.</p> <p>Throw an object at a target.</p>	<p>Throw underarm and overarm.</p> <p>Throw towards a target with increasing accuracy.</p> <p>Improve the distance they can throw by using more power.</p>	<p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw with accuracy at targets of different heights.</p> <p>Investigate ways to alter their throwing technique to achieve greater distance.</p>	<p>Throw with greater control and accuracy.</p> <p>Perform a push throw (chest pass).</p> <p>Continue to develop techniques to throw for increased distance.</p>	<p>Perform a pull throw: javelin</p> <p>Measure the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance.</p>	<p>Throw a variety of implements using a range of throwing techniques.</p> <p>Measure and record the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance.</p>	<p>Measure and record the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance and support others in improving their personal best.</p> <p>Develop and refine techniques to throw for accuracy.</p>
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## Dance

FS	Y1	Y2	Y3	Y4	Y5	Y6
<p>Join a range of different movements together.</p> <p>Change the speed of their actions.</p> <p>Change the style of their movements.</p> <p>Create a short dance which demonstrates their own ideas.</p>	<p>Copy and repeat actions.</p> <p>Put a sequence of actions together.</p> <p>Vary the speed of their actions.</p> <p>Use simple choreographic devices such as mirroring.</p>	<p>Copy, remember and repeat actions.</p> <p>Create a short dance inspired by a stimulus using different transitions.</p> <p>Change the speed and level of their actions.</p> <p>Use simple choreographic devices such as unison and mirroring.</p> <p>Move in time to music.</p>	<p>Join a range of different movements together.</p> <p>Change the style of their movements.</p> <p>Create a short dance which demonstrates their own ideas.</p> <p>Use simple choreographic devices such as unison, canon and mirroring.</p>	<p>Identify and repeat the movement patterns of a chosen dance style.</p> <p>Compose longer dance sequences that reflects the chosen dance style.</p> <p>Confidently improvise with a partner or on their own.</p> <p>Change parts of a dance as a</p>	<p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Develop an awareness of their use of space.</p> <p>Ensure their actions fit the rhythm of the music.</p> <p>Modify parts of a sequence as a</p>	<p>Use dramatic expression in dance movements.</p> <p>Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling, using a range of movement patterns.</p> <p>Show a change of pace and</p>

				<p>result of self-evaluation.</p> <p>Use simple dance vocabulary when comparing and improving work.</p>	<p>result of self and peer evaluation.</p> <p>Use more complex dance vocabulary to compare and improve work.</p>	<p>timing in movements.</p> <p>Dance with fluency and control, linking all movements and ensuring that transitions flow.</p>
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## Gymnastics

FS	Y1	Y2	Y3	Y4	Y5	Y6
<p><a href="#">Curled side roll (egg roll)</a></p> <p><a href="#">Pencil roll</a></p> <p><a href="#">Teddy bear roll</a></p>	<p>Pencil roll (controlled)</p> <p>Curled side roll (egg roll) (controlled)</p> <p>Teddy bear roll (controlled)</p>	<p>Rocking for forward &amp; backwards roll</p> <p>Crouched forward roll to sitting</p>	<p>Forward roll from standing</p> <p>Tucked backward roll</p>	<p>Straddle forward roll</p> <p>Backward roll to straddle</p>	<p>Pike forward roll</p>	<p>Dive forward roll</p> <p>Pike backward roll</p>
<p>Straight jump</p> <p>JumpingJack</p>	<p><a href="#">Cat spring</a></p>  <p><a href="#">Tuck jump</a></p>	<p>Half turn jump</p> <p><a href="#">Cat spring to straddle</a></p>	<p>Star jump</p> <p>Straight jump half-turn</p> <p>Cat leap</p>	<p>Cat leap half-turn</p> <p>Straddle jump</p>	<p>Pike jump</p> <p>Straight jump full-turn</p>	<p>Cat leap full-turn</p> <p>Stag leap</p>
<p>Explore springboard</p>	<p>Straight jump off springboard</p> <p>Bunny hop along bench</p>	<p>Hurdle step onto springboard</p> <p>Tuck jump off springboard</p>	<p>Squat on vault</p> <p>Star jump off</p>	<p>Straddle on vault</p> <p>Tuck jump off</p>	<p>Straddle over vault</p> <p>Straddle jump off</p>	<p>Squat through vault</p> <p>Pike jump off</p>

Bunny hop	Front support wheelbarrow with partner	T-lever - <a href="https://www.youtube.com/watch?v=yy7n96a5dM">https://www.youtube.com/watch?v=yy7n96a5dM</a>	Handstand Lunge into handstand	Cartwheel	Round-off Lunge into cartwheel	Hurdle step into cartwheel Hurdle step into round off
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## Games

FS & KS1		Y3	Y4	Y5	Y6	
FUNdamental skills not necessarily games specific		Striking & Fielding Fundamentals - Twinkl Tag Rugby Hockey	Hockey Badminton Invasion Games - Twinkl Tri Golf	Cricket Basketball High Five Netball Hockey	Cricket Tennis Basketball High Five Netball Hockey	
Hit a ball with a bat or racquet.	Use hitting skills in a game. Practise basic striking, sending and receiving.	Strike or hit a ball with increasing control.  Learn skills for playing striking and fielding games.  Position the body to strike a ball.	Demonstrate successful hitting and striking skills.  Develop a range of skills in striking (and fielding where appropriate).  Practise the correct batting technique and use it in a game.  Strike the ball for distance.	Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.  Accurately serve underarm.  Build a rally with a partner.  Use at least two different shots in a game situation.  Use hand-eye coordination to strike a moving and a stationary ball.	Use different techniques to hit a ball.  Explore when different shots are best used.	Hit a bowled ball over longer distances.  Develop an overhead serve.
Roll equipment in different ways.  Catch equipment	Throw underarm and overarm.  Catch and bounce a ball.	Throw different types of equipment in different ways, for accuracy and distance.	Throw and catch with greater control and accuracy.  Practise the correct technique for	Develop different ways of throwing and catching.	Consolidate different ways of throwing and catching, and know when each is appropriate in a game.	Throw and catch accurately and successfully under pressure in a game.

using two hands.	Use rolling skills in a game.  Practise accurate throwing and consistent catching.	Throw, catch and bounce a ball with a partner.  Use throwing and catching skills in a game.	catching a ball and use it in a game.  Perform a range of catching and gathering skills with control.  Throw a ball in different ways (e.g. high, low, fast or slow).		Develop a safe and effective overarm bowl.	
Move a ball in different ways, including bouncing and kicking.  Use equipment to control a ball.	Travel with a ball in different ways.  Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.	Bounce and kick a ball whilst moving.  Use dribbling skills in a game.	Move with the ball in a variety of ways with some control.  Use two different ways of moving with a ball in a game.	Move with the ball using a range of techniques showing control and fluency.	Use a variety of ways to dribble in a game with success.  Use ball skills in various ways, and begin to link together.	Show confidence in using ball skills in various ways in a game situation, and link these together effectively.
Kick an object at a target	Pass the ball to another player in a game.  Use kicking skills in a game.	Know how to pass the ball in different ways	Pass the ball in two different ways in a game situation with some success.	Pass the ball with increasing speed, accuracy and success in a game situation.	Pass a ball with speed and accuracy using appropriate techniques in a game situation	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.
			Know how to keep and win back possession of the ball in a team game.	Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.	Keep and win back possession of the ball effectively in a team game.	Keep and win back possession of the ball effectively and in a variety of ways in a team game.

<p>Move safely around the space and equipment.</p> <p>Travel in different ways, including sideways and backwards.</p>	<p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds.</p> <p>Begin to use space in a game.</p>	<p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Change speed and direction whilst running.</p> <p>Begin to choose and use the best space in a game.</p>	<p>Find a useful space and get into it to support teammates.</p>	<p>Make the best use of space to pass and receive the ball.</p>	<p>Demonstrate an increasing awareness of space.</p>	<p>Demonstrate a good awareness of space.</p>
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