

Progression in Physical Education Skills at St Adrian's

Year	Dance	Gymnastics	Athletics	Swimming	Invasion games	Striking and fielding	Net and wall games	Outdoor adventurous activity
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Reception	Copy dance moves.	Make large and small body shapes.			Move and stop safely.	Aim and throw objects underarm.		
Year 1	Link movements to sounds and music.	Perform a two footed jump.	Can run at different speeds.	To develop basic pool safety skills and confidence in water.	Send and receive a ball from rolling hand and striking with foot.	Use hand to strike a bean bag or ball and move towards a scoring area.		
Year 2	Copy and explore basic movements with clear control.	Make body tense, relaxed, curled and stretched, in a range of movements.	Can change the speed and direction whilst running. Can jump from a standing position with accuracy.	To develop travel in vertical or horizontal position and introduce floats. To develop push and glide, any kick action on front or back with or without support aids.	Confidently send the ball to others in a range of ways.	Send a ball off a tee using a bat or a racket.	Tap the ball back and forth to a partner.	

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Year 3	Begin to improvise both independently and with a partner to create a simple dance routine.	Use turns whilst travelling in a variety of ways. Begin to develop good technique when travelling, balancing, using equipment etc.	Begin to run at speeds appropriate for the distance. Can perform a running jump with some accuracy. Perform a variety of throws using a selection of equipment.	Introduction to deeper water. Treading water. To develop strokes and skills, according to the task and challenge.	Understand simple tactics and composition by starting to vary how they respond.	Play as a fielder and get the ball back to the stop zone.	Begin to tap a ball over a net allowing for a bounce, hit technique.	
Year 4	Confidently improvise with a partner or independently. Begin to create longer dance sequences in a larger group.	Begin to use gymnastics vocabulary to describe how to improve and refine performances. Create sequences using various body shapes and equipment.	Begin to build a variety of running techniques and use with confidence. Can perform a running jump with more than one component. E.g. hop skip jump (triple jump).	Swim competently, confidently and proficiently over a distance of 25 meters. Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke. Perform safe self-rescue in different water based situations.	Show confidence in using ball skills in various ways, and can link these together e.g. dribbling, bouncing, kicking.	Throw and catch under pressure.	Tap the ball using either a forehand or backhand motion.	

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Year 5	Move appropriately and with the required style in relation to the stimulus. E.g. Using various levels, ways of travelling and motifs.	<p>Apply combined skills accurately and appropriately, consistently showing precision, control and fluency.</p> <p>Link skills with control, technique, coordination and fluency.</p>	<p>Can perform a running jump with more than one component. E.g. hop skip jump (triple jump).</p> <p>Demonstrate accuracy and confidence in throwing and catching activities.</p>		<p>Use skills with coordination, control and fluency.</p> <p>Use running, jumping throwing and catching in isolation and combinations.</p>	To begin to use correct technique when catching (make a basket, cross little fingers, bring to chest).	Turn and run to the ball getting into a forehand or backhand position en route.	<p>To follow less simple routes and trails, orienteering themselves with some support.</p> <p>Use and interpret maps.</p> <p>Choose and apply strategies to solve problems with support.</p>

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Year 6	Dance with fluency, linking all movements and ensuring they flow.	<p>Gradually increase the length of sequence work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement.</p> <p>Analyse and comment on skills and techniques and how these are applied in their own and others' work.</p> <p>Use more complex gymnastics vocabulary to describe how to improve and refine performances.</p>	<p>Demonstrate good running technique in a competitive situation.</p> <p>Can perform a running jump with more than one component. E.g. hop skip jump (triple jump).</p> <p>Practise throwing with power and accuracy.</p>		<p>Show confidence in using ball skills in various ways, and can link these together effectively e.g. Dribbling, bouncing kicking.</p> <p>Keep possession of balls during game situations.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p>	Batter is able to Position the placement of their batting shot with accuracy.	Use the correct swing technique and control with smooth swings keeping the path of the racket the same	<p>To develop and refine orienteering and problem solving skills when working in groups and on their own.</p> <p>To adapt their skills and understanding as they move from familiar to unfamiliar environments.</p>