

PE Progression of Skills at Dobwalls

Running

<p>EYFS Run in different ways for a variety of purposes.</p>	<p>Y1 Vary their pace and speed when running. Run with a basic technique over different distances. Show good posture and balance. Jog in a straight line. Change direction when jogging. Sprint in a straight line. Change direction when sprinting. Maintain control as they change direction when jogging or sprinting.</p>	<p>Y2 Run at different paces, describing the different paces. Use a variety of different stride lengths. Travel at different speeds. Begin to select the most suitable pace and speed for distance. Complete an obstacle course. Vary the speed and direction in which they are travelling. Run with basic techniques following a curved line. Be able to maintain and control a run over different distances</p>	<p>Y3 Identify and demonstrate how different techniques can affect their performance. Focus on their arm and leg action to improve their sprinting technique. Begin to combine running with jumping over hurdles. Focus on trail leg and lead leg action when running over hurdles. Understand the importance of adjusting running pace to suit the distance being run.</p>	<p>Y4 Confidently demonstrate an improved technique for sprinting. Carry out an effective sprint finish. Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly.</p>	<p>Y5 Accelerate from a variety of starting positions and select their preferred position. Identify their reaction times when performing a sprint start. Continue to practise and refine their technique for sprinting, focusing on an effective sprint start. Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. Identify and demonstrate stamina, explaining its importance for runners.</p>	<p>Y6 Recap, practise and refine an effective sprinting technique, including reaction time. Build up speed quickly for a sprint finish. Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. Accelerate to pass other competitors. Work as a team to competitively perform a relay. Confidently and independently select the most appropriate pace for different distances and different parts of the run. Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</p>
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Jumping

EYFS Jump in a range of ways, landing safely.	Y1 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 control. Work with a partner to develop the control of their jumps	Y2 Perform and compare 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. Combine different jumps together with some fluency and control. Jump for distance from a standing position with accuracy and control. Investigate the best jumps to cover different distances. Choose the most appropriate jumps to cover different distances. Know that the leg muscles are used when performing a jumping action	Y3 Use one and two feet to take off and to land with. Develop an effective take-off for the standing long jump. Develop an effective flight phase for the standing long jump. Land safely and with control	Y4 Learn how to combine a hop, step and jump to perform the standing triple jump. Land safely and with control. Begin to measure the distance jumped.	Y5 Improve techniques for jumping for distance. Perform an effective standing long jump. 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. Land safely and with control. Measure the distance and height jumped with accuracy. Investigate different jumping techniques.	Y6 Develop the technique for the standing vertical jump. Maintain control at each of the different stages of the triple jump. Land safely and with control. Develop and improve their techniques for jumping for height and distance and support others in improving their performance. Perform and apply different types of jumps in other contexts. Set up and lead jumping activities including measuring the jumps with confidence and accuracy.
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Throwing

<p>EYFS Roll equipment in different ways. Throw underarm. Throw an object at a target.</p>	<p>Y1 Throw underarm and over arm. Throw a ball towards a target with increasing accuracy. Improve the distance they can throw by using more power.</p>	<p>Y2 Throw different types of equipment in different ways, for accuracy and distance. Throw with accuracy at targets of different heights. Investigate ways to alter their throwing technique to achieve greater distance.</p>	<p>Y3 Throw with greater control and accuracy. Show increasing control in their over arm throw. Perform a push throw. Continue to develop techniques to throw for increased distance</p>	<p>Y4 Perform a pull throw. Measure the distance of their throws. Continue to develop techniques to throw for increased distance.</p>	<p>Y5 Perform a fling throw. Throw a variety of implements using a range of throwing techniques. Measure and record the distance of their throws. Continue to develop techniques to throw for increased distance</p>	<p>Y6 Perform a heave throw. Measure and record the distance of their throws. Continue to develop techniques to throw for increased distance and support others in improving their personal best. Develop and refine techniques to throw for accuracy.</p>
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Throwing and Catching a Ball

<p>EYFS Roll equipment in different ways. Throw underarm. Throw an object at a target. Catch equipment using two hands</p>	<p>Y1 Throw underarm and over arm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching.</p>	<p>Y2 Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used.</p>	<p>Y3 Throw and catch with greater control and accuracy. Practise the correct technique for catching a ball and use it in a game. Catch with increasing control and accuracy. Throw a ball in different ways (e.g. high, low, fast or slow). Develop a safe and effective over arm bowl.</p>	<p>Y4 Develop different ways of throwing and catching</p>	<p>Y5 Consolidate different ways of throwing and catching, and know when each is appropriate in a game.</p>	<p>Y6 Throw and catch accurately and successfully under pressure in a game</p>
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Passing a Ball

EYFS Kick an object at a target.	Y1 Pass the ball to another player in a game. Use kicking skills in a game.	Y2 Know how to pass the ball in different way	Y3 Pass the ball in two different ways in a game situation with some success.	Y4 Pass the ball with increasing speed, accuracy and success in a game situation.	Y5 Pass a ball with speed and accuracy using appropriate techniques in a game situation.	Y6 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.
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Travelling with a Ball

EYFS Move a ball in different ways, including bouncing and kicking. Use equipment to control a ball.	Y1 Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.	Y2 Bounce and kick a ball whilst moving. Use kicking skills in a game. Use dribbling skills in a game.	Y3 Move with the ball in a variety of ways with some control. Use two different ways of moving with a ball in a game.	Y4 Move with the ball using a range of techniques showing control and fluency.	Y5 Use a variety of ways to dribble in a game with success. Use ball skills in various ways, and begin to link together.	Y6 Show confidence in using ball skills in various ways in a game situation, and link these together effectively.
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Striking and Hitting a ball

EYFS Hit a ball with a bat or racquet.	Y1 Use hitting skills in a game. Practise basic striking, sending and receiving.	Y2 Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position the body to strike a ball.	Y3 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.	Y4 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	Y5 Use different techniques to hit a ball. Identify and apply techniques for hitting a tennis ball. Explore when different shots are best used. Develop a backhand technique and use it in a game. Practise techniques for all strokes. Play a tennis game using an overhead serve.	Y6 Hit a bowled ball over longer distances. Use good hand-eye coordination to be able to direct a ball when striking or hitting. Understand how to serve in order to start a game.
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Using Space

EYFS Move safely around the space and equipment. Travel in different ways, including sideways and backwards.	Y1 Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.	Y2 Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game.	Y3 Find a useful space and get into it to support teammates.	Y4 Make the best use of space to pass and receive the ball.	Y5 Demonstrate an increasing awareness of space.	Y6 Demonstrate a good awareness of space.
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Attacking and Defending

EYFS Play a range of chasing games.	Y1 Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender.	Y2 Begin to use and understand the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully.	Y3 Use simple attacking and defending skills in a game. Use fielding skills to stop a ball from travelling past them.	Y4 Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring.	Y5 Choose the best tactics for attacking and defending. Shoot in a game. Use fielding skills as a team to prevent the opposition from scoring.	Y6 Think ahead and create a plan of attack or defence. Apply knowledge of skills for attacking and defending. Work as a team to develop fielding strategies to prevent the opposition from scoring.
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Possession

			Y3 Know how to keep and win back possession of the ball in a team game.	Y4 Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game	Y5 Keep and win back possession of the ball effectively in a team game.	Y6 Keep and win back possession of the ball effectively and in a variety of ways in a team game.
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Gymnastics

<p>EYFS Create a short sequence of movements. Roll in different ways with control. Travel in different ways. Stretch in different ways. Jump in a range of ways from one space to another with control. Begin to balance with control. Move around, under, over, and through different objects and equipment</p>	<p>Y1 Create and perform a movement sequence. Copy actions and movement sequences with a beginning, middle and end. Link two actions to make a sequence. Recognise and copy contrasting actions (small/tall, narrow/wide). Travel in different ways, changing direction and speed. Hold still shapes and simple balances. Carry out simple stretches. Carry out a range of simple jumps, landing safely. Move around, under, over, and through different objects and equipment. Begin to move with control and care.</p>	<p>Y2 Copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence. Travel in a variety of ways, including rolling. Hold a still shape whilst balancing on different points of the body. Jump in a variety of ways and land with increasing control and balance. Climb onto and jump off the equipment safely. Move with increasing control and care</p>	<p>Y3 Choose ideas to compose a movement sequence independently and with others. Link combinations of actions with increasing confidence, including changes of direction, speed or level. Develop the quality of their actions, shapes and balances. Move with coordination, control and care. Use turns whilst travelling in a variety of ways. Use a range of jumps in their sequences. Begin to use equipment to vault. Create interesting body shapes while holding balances with control and confidence. Begin to show flexibility in movements</p>	<p>Y4 Create a sequence of actions that fit a theme. Use an increasing range of actions, directions and levels in their sequences. Move with clarity, fluency and expression. Show changes of direction, speed and level during a performance. Travel in different ways, including using flight. Improve the placement and alignment of body parts in balances. Use equipment to vault in a variety of ways. Carry out balances, recognising the position of their centre of gravity and how this affects the balance. Begin to develop good technique when travelling, balancing and using equipment.</p>	<p>Y5 Select ideas to compose specific sequences of movements, shapes and balances. Adapt their sequences to fit new criteria or suggestions. Perform jumps, shapes and balances fluently and with control. Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance. Confidently use equipment to vault in a variety of ways. Apply skills and techniques consistently. Develop strength, technique and flexibility throughout performances.</p>	<p>Y6 Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. Confidently use equipment to vault and incorporate this into sequences. Apply skills and techniques consistently, showing precision and control. Develop strength, technique and flexibility throughout performances.</p>
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Gymnastics- Rolls

EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Curled side roll (egg roll) Log roll (pencil roll) Teddy bear roll	Log roll (controlled) Curled side roll (egg roll) (controlled) Teddy bear roll (controlled)	Log roll (controlled) Curled side roll (egg roll) (controlled) Teddy bear roll (controlled) Rocking forward roll Crouched forward roll	Crouched forward roll Forward roll from standing Tucked backward roll	Forward roll from standing Straddle forward roll Tucked backward roll Backward roll to straddle	Forward roll from standing Straddle forward roll Pike forward roll Tucked backward roll Backward roll to straddle	Forward roll from standing Straddle forward roll Pike forward roll Dive forward roll Tucked backward roll Backward roll to straddle Backward roll to standing pike Pike backward roll.

Gymnastics- Jumps

EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Straight jump Tuck jump Jumping Jack Half turn jump	Straight jump Tuck jump Jumping jack Half turn jump Cat spin	Straight jump Tuck jump Jumping jack Half turn jump Cat spring Cat spring to straddle	Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Cat leap	Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn	Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Split leap	Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Cat leap full-turn Split leap Stag leap

Gymnastics- Shapes and Balances

<p>EYFS Standing balances</p>	<p>Y1 Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes.</p>	<p>Y2 Standing balances Kneeling balances Large body part balances on apparatus. Balances with a partner Pike, tuck, star, straight, straddle shapes Front and back support.</p>	<p>Y3 Large and small body part balances, including standing and kneeling balances. Balances on apparatus Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes Front and back support.</p>	<p>Y4 1, 2, 3 and 4- point balances Balances on apparatus Balances with and against a partner Pike, tuck, star, straight, straddle shapes Front and back support.</p>	<p>Y5 1, 2, 3 and 4- point balances. Balances on apparatus Part body weight partner balances Pike, tuck, star, straight, straddle shapes Front and back support.</p>	<p>Y6 1, 2, 3 and 4- point balances. Balances on apparatus Develop technique, control and complexity of part-weight partner balances Group formations Pike, tuck, star, straight, straddle shapes Front and back support.</p>
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Gymnastics- Compete and Perform

EYFS Control my body when performing a sequence of movements. Participate in simple games.	Y1 Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control.	Y2 Perform sequences of their own composition with coordination. Perform learnt skills with increasing control.	Y3 Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.	Y4 Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy.	Y5 Perform own longer, more complex sequences in time to music. Consistently perform and apply skills and techniques with accuracy and control.	Y6 Link actions to create complex sequences using a full range of movement that showcases different abilities, performed in time to music. Apply a variety of skills and techniques confidently, consistently and with precision. Begin to record/evaluate their peers' performances, and evaluate these.
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OAA- Trails

Y3 Orientate themselves with increasing confidence around a short trail. Begin to complete activities in a set period of time.	Y4 Orientate themselves with accuracy around a short trail and create one for others. Associate the meaning of a key in the context of the environment. Complete an orienteering course more than once. Start to improve trails to increase the challenge of the course.	Y5 Use clear communication to effectively complete a particular role in a team. Complete orienteering activities both as part of a team and independently. Identify a key on a map and begin to use the information. Complete multiple orienteering courses in quicker times due to improved technique.	Y6 Use clear communication and compete in orienteering activities both as part of a team and independently. Use a range of map styles and make an informed decision on the most effective. Listen to feedback and improve an orienteering course from it.
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Health and Fitness

<p><u>EYFS</u></p> <p>Describe how the body feels when still and when exercising.</p>	<p><u>Y1</u></p> <p>Describe how the body feels before, during and after exercise. Carry and place equipment safely</p>	<p><u>Y2</u></p> <p>Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy</p>	<p><u>Y3</u></p> <p>Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warmup and cool-down.</p>	<p><u>Y4</u></p> <p>Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.</p>	<p><u>Y5</u></p> <p>Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise.</p>	<p><u>Y6</u></p> <p>Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.</p>
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