



Tollgate
PRIMARY SCHOOL

Physical Education – Progression of Key Skills and Knowledge

Cohort	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<u>EYFS - Nursery</u>	<p><u>Continuous Provision</u></p> <p><u>Physical Development</u></p> <ul style="list-style-type: none"> - coordination - gross motor skills - fine motor skills - control - handling tools - safely negotiating space - exploratory movement - making healthy choices <p><u>Expressive Arts and Design</u></p> <ul style="list-style-type: none"> - sharing ideas through Dance/Gymnastics - movement - role play-expression <p><u>Personal, Social and Emotional Development</u></p> <ul style="list-style-type: none"> - develop social skills - manage feelings - taking and managing risks - confidence in their abilities 		
<u>EYFS - Reception</u>			

		<ul style="list-style-type: none"> - Pupils develop control and coordination. - Pupils have confidence in their abilities. 	
<u>Year 1</u>	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils can move to music. - Pupils can copy dance moves. - Pupils begin to control their bodies when balancing and spinning on points and patches. <p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can follow simple game rules. - Pupils can strike a ball. - Pupils can rally against a wall. - Pupils can twist, turn, reach and bend. - Pupils can balance. 	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils can make up some simple dance moves. - Pupils can make their body wide, narrow and curled when balancing and rolling. <p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can punt a ball at a target. - Pupils can strike a ball at a target. - Pupils can bounce a ball at a target. - Pupils can throw over arm with some accuracy. - Pupils can change direction when travelling. - Pupils can dribble with their feet. - Pupils can control a ball with a stick. 	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils can change rhythm, speed, level and direction. - With support, pupils can simply evaluate their own and others' performances. - Pupils can vary the way they travel on short and long pathways. <p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can strike a ball off a tee. - Pupils can catch a ball. - Pupils can throw a beanbag underarm. - Pupils begin to understand the role of a fielder. - Pupils can change speed whilst running. - Pupils increase height and distance of jumps.
<u>Year 2</u>	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils can dance with some control and co-ordination. - Pupils can control their body when stretching, arching and curling. <p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can strike at a target with some accuracy. 	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils can make a sequence by linking sections together. - Pupils can control their body when spinning, turning and twisting. <p><u>Games/ Athletics</u></p>	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils can link some movement to show feeling. - Pupils can simply evaluate their own and others' performances. - Pupils can vary the way they travel on straight, zigzag and curved pathways. <p>-</p> <p><u>Games/ Athletics</u></p>

	<ul style="list-style-type: none"> - Pupils can volley with some accuracy. - Pupils can send and receive a ball over a net. - Pupils travel with control. - Pupils can confidently travel backwards. - Pupils can dodge. - Pupils can punt a ball with some accuracy. 	<ul style="list-style-type: none"> - Pupils can throw a ball underarm at a target with both left and right hands. - Pupils can roll a ball underarm at a target with both left and right hands. - Pupils can kick a ball at a target with both left and right feet. - Pupils can punt a ball at a target with both left and right feet. - Pupils can catch consistently. - Pupils can track an opponent. - Pupils can dodge an opponent. - Pupils can keep possession of a ball. - Pupils display spacial awareness. 	<ul style="list-style-type: none"> - Pupils can bowl over arm. - Pupils can strike a ball off a tee consistently. - Pupils can accurately throw under arm. - Pupils can make a barrier to stop a ball. - Pupils develop fielding skills. - Pupils react quickly. - Pupils can transfer a relay baton. - Pupils throw for accuracy and distance. - Pupils jump with control and timing.
<p style="text-align: center;"><u>Year 3</u></p>	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils can remember and repeat some dance movements. - Pupils can link movements together to create seamless transitions. <p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can apply and adapt fundamental skills to handball and basketball. - Pupils understand the rules of a small-sided game. - Pupils can maintain possession when faced with a defender. - Pupils develop basic hand dribbling skills. 	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils can suggest what mood/feeling some movements show. - Pupils can perform in partners demonstrating symmetry and asymmetry. <p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can apply and adapt fundamental skills to hockey and football. - Pupils can dribble a ball with a hockey stick. - Pupils can perform a jab stick tackle. - Pupils can turn with a ball. - Pupils begin to communicate effectively with teammates. 	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils can use key vocabulary to evaluate their own and others' performances. - Pupils can receive body weight. <p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can apply and adapt fundamental skills to tennis. - Pupils can judge the bounce of a ball. - Pupils can play some backhand shots. - Pupils travel confidently around the court. - Pupils develop coordination to improve speed. - Pupils can jump over low hurdles. - Pupils develop jumping techniques.

		<ul style="list-style-type: none"> - Pupils begin to make decisions when in possession of the ball. 	
<u>Year 4</u>	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils can improvise. - Pupils' movements communicate an idea. - Pupils can perform controlled rolls and confidently travel at low levels. - Pupils refine movements in their sequences. <p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can apply and adapt fundamental skills to flag football and tag rugby. - Pupils understand what tag belts are used for. - Pupils intercept a pass to gain possession. - Pupils begin to make tactical decisions based on attacking and defending knowledge. 	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils plan, perform and repeat sequences. - Pupils include speed and level changes in sequences. - Pupils can evaluate their own and others' performances against a criteria. <p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can apply and adapt fundamental skills to netball and rounders. - Pupils shoot with accuracy and technique. - Pupils begin to understand the role of a referee and officiate. - Pupils develop basic bowling and batting skills. - Pupils make decisions whilst in game play. - Pupils perform competitively in a range of positions. 	<p><u>OAA</u></p> <ul style="list-style-type: none"> - Pupils can explain why they have given instructions. - Pupils can support team mates and begin to show trust in them. - Pupils can follow a simple route on a map. - Pupils can work safely independently. <p><u>Swimming</u></p> <ul style="list-style-type: none"> - Pupils can swim confidently, competently and proficiently over a distance of at least 25 metres. - Pupils use a range of strokes effectively. - Pupils perform safe self-rescue in different water-based situations.
<u>Year 5</u>	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils are creative and imaginative when composing a dance. - Pupils can travel under and over their partners. <p><u>Games/ Athletics</u></p>	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils use controlled movements to express emotion or mood. - Pupils can match, mirror and contrast a partner's movements. 	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils can prepare a performance for an audience. - Pupils can evaluate a performance, identifying areas for improvement and setting appropriate targets.

	<ul style="list-style-type: none"> - Pupils can apply and adapt fundamental skills to Danish long ball and handball. - Pupils can get into a 'ready position'. - Pupils can create space by anticipating play. 	<p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can apply and adapt fundamental skills to basketball and tennis. - Pupils use pivots to protect the ball. - Pupils create passing angles. - Pupils understand zonal and man-to-man defending. - Pupils can apply tactics to a game. - Pupils develop footwork and positioning. - Pupils can persevere in a game scenario. 	<ul style="list-style-type: none"> - Pupils can perform in synchronisation and canon. <p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can apply and adapt fundamental skills to badminton. - Pupils can throw a shuttle with accuracy and control. - Pupils can consistently return a shuttle. - Pupils can demonstrate a split step. - Pupils can change pace and tempo when running. - Pupils can explain why throwing activities can develop strength and power. - Pupils demonstrate a wide range of techniques to jump. - Pupils can compete against a personal best.
<p><u>Year 6</u></p>	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils' dance matches the mood and rhythm of music. - Pupils understand, and can perform counter tension and counter balances. <p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can apply and adapt fundamental skills to ultimate Frisbee and cricket. - Pupils can send and receive a Frisbee accurately. - Pupils can outwit a defender. 	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils develop their own moves imaginatively. - Pupils can negotiate and collectively choreograph sequence of movements. <p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can apply and adapt fundamental skills to tag rugby and netball. - Pupils can apply the rules of tagging. - Pupils confidently score a try. 	<p><u>Dance/Gymnastics</u></p> <ul style="list-style-type: none"> - Pupils refine dances with style and artistic intention. - Pupils can identify areas for improvement within a performance, set appropriate targets and adapt their work to meet these targets. <p><u>Games/ Athletics</u></p> <ul style="list-style-type: none"> - Pupils can apply and adapt fundamental skills to rounders. - Pupils understand the role of wicket keeper and base fielders.

	<ul style="list-style-type: none">- Pupils can problem solve within a game.- Pupils can strike with a suitable stance.	<ul style="list-style-type: none">- Pupils dodge to outwit a defender.- Pupils maintain possession by pivoting.- Pupils display excellent sportsmanship.	<ul style="list-style-type: none">- Pupils evaluate and improve their own tactics within various games.- Pupils sustain pace over long distances.- Pupils compete in athletics competitions. <p><u>OAA</u></p> <ul style="list-style-type: none">- Pupils can evaluate instructions and ideas.- Pupils communicate and work effectively as part of a team.- Pupils can plan orienteering routes.- Pupils can analyse how safe an idea is.
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