

St Mary Magdalene Knowledge and Skills progression (using PE hub)

<u>Invasion Games</u>							
Year group	EYFS links	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge progression	<p>To develop confidence in fundamental movements</p> <p>To develop coordination and gross motor skills</p> <p>Able to control body and perform specific movements on command</p> <p>Participate in a variety of small group co-operative activities</p> <p>Travel with some control and coordination</p> <p>Change direction at speed through both choice and instructions</p> <p>Stop, start, pause, prepare for and anticipate movement in a variety of situations</p> <p>Agility-based activities moving and controlling objects</p> <p>Send and receive a objects with different body parts</p>	<p>Practice basic movements (e.g. running etc)</p> <p>Begin to engage in competitive activities</p> <p>Experience opportunities to improve agility, balance and co-ordination</p> <p>Recognise rules and apply them in competitive games</p> <p>Apply simple strategies for invasion games</p> <p>Preparing for and explaining the reasons we enjoy exercise</p>	<p>Send and receive a ball using feet</p> <p>Refine ways to control bodies and equipment</p> <p>Link combinations of skills for a desired outcome</p> <p>Use tactics to succeed</p> <p>Recognise good quality during self/peer assessment</p> <p>Work with others to build attacking play</p>	<p>Perform basic invasion games skills (e.g. dribbling)</p> <p>To build attacking play</p> <p>Show basic control skills with accuracy (e.g. sending the ball)</p> <p>Build attacking play using space</p> <p>Implement basic rules</p> <p>Develop motor skills to improve agility</p> <p>Maintain possession</p> <p>Link skills to work in a team</p>	<p>Perform with increased confidence and consistency a range of basic skills (e.g. shooting)</p> <p>Develop a wider range of ball handling skills</p> <p>Use footwork rules</p> <p>Explore basic marking</p> <p>Pass over a longer distance and more accurately</p> <p>Move forward to receive passes and move with passes to build attacking movements</p> <p>Evaluate skills, tactics and teamplay to aid improvement</p>	<p>Use strength, agility and co-ordination when defending</p> <p>Increase power and strength of passes</p> <p>Move the ball accurately in a range of situations</p> <p>Apply a range of attacking and defending tactics to play to gameplay</p> <p>Play effectively in a variety of positions</p> <p>Perform skillful movements at speed</p> <p>Select and apply appropriate skills in game situations</p> <p>Play effectively as a team, taking responsibility for own role</p>	<p>Apply aspects of fitness, such as power and strength</p> <p>Choose a wider range of strategies to play defensively and offensively</p> <p>Grasp technical aspects of games</p> <p>Analyse good individual and team performances</p> <p>Suggest, plan and lead simple drills</p> <p>Use set plays and explain when and why they are used</p> <p>Switch between defence and attack accurately</p>

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	<p>Work with others to control objects in space</p> <p>Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways</p> <p>Work and play cooperate and take turns</p>						
Skills progression	<p>Agility, balance, coordination obstacle course</p> <p>Demonstrate agility in variety of games</p> <p>Recognise and follow instructions</p> <p>Experiment with starting and stopping positions</p> <p>Perform fast and slow movements</p> <p>Show control to stop and perform actions</p> <p>Make contact with ball with legs and feet</p>	<p>Send to targets</p> <p>Catch and intercept</p> <p>Bounce ball to self</p> <p>Defend a target</p> <p>Attack and defend as a pair</p> <p>Communicate with partner</p> <p>Compete in basic matches</p>	<p>Kick with inside of foot and stop ball with feet</p> <p>Control a ball</p> <p>Bounce ball to send it</p> <p>Bounce a ball to begin to dribble</p> <p>Throw a variety of equipment</p> <p>Pass and move</p> <p>Intercept in a game</p> <p>Play goalkeeper</p>	<p>Begin to dribble</p> <p>Pass in pairs</p> <p>Use defensive positioning</p> <p>Begin to build an attack</p> <p>Find space to receive a ball</p> <p>Use two handed shots</p>	<p>Pass over large distances</p> <p>Use marking techniques</p> <p>Introduce defending principles</p> <p>Use footwork rules</p> <p>Explore cross over dribbling</p> <p>Use the bounce pass and jump shot</p> <p>Use the triple threat position</p>	<p>Combine basic skills with confidence (e.g. shooting)</p> <p>Select and apply appropriate skills and tactics in a game situation</p> <p>Use block tackles</p> <p>Use shooting in the attacking area</p> <p>Apply a range of shots/ passes in game situations</p>	<p>Compare performances</p> <p>Use tactics to show when to do different skills/ choices</p> <p>Create set plays for attacking</p> <p>Pass over longer distances/ quicker speeds</p> <p>Use space for successful attacking</p>

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<u>Gymnastics and Dance</u>							
Year group	EYFS links	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge progression	<p>Develop confidence in fundamental movements</p> <p>Experience jumping, sliding, rolling etc</p> <p>Go under, over and on apparatus</p> <p>Develop co-ordination and gross motor skills</p> <p>Recognise that actions can be in time to music</p> <p>Copy, repeat and perform simple movement patterns</p> <p>Work as an individual, partners or in a group</p> <p>Link balances, shapes and travel actions</p>	<p>Identify and use simple actions and shapes</p> <p>Apply strength to a range of actions</p> <p>Begin to carry simple apparatus</p> <p>Begin to link actions</p> <p>Perform a variety of movements with control</p> <p>Introduce turn, twist, spin, rock and roll and link to movement patterns</p> <p>Perform longer movement phrases</p>	<p>Explain how performers can link elements</p> <p>Perform with control at different speeds and levels</p> <p>Develop strength and flexibility</p> <p>Create and perform a simple sequence</p> <p>Judge using simple gymnastic scoring</p> <p>Develop body management using floor exercises</p> <p>Use rhythm when performing a sequence</p>	<p>Modify actions using different pathways, directions and shapes</p> <p>Consolidate and improve the quality of movements and gymnastic actions</p> <p>Relate strength and flexibility to shapes and balances</p> <p>Use compositional ideas</p> <p>Identify similarities and differences in sequences</p> <p>Develop body management using floor exercises</p> <p>Use explosive movements</p>	<p>Perform skills more consistently</p> <p>Perform in time with a partner and a group</p> <p>Use compositional ideas in sequences</p> <p>Develop an increased range of body actions and shapes</p> <p>Define muscle groups needed to support core</p> <p>Refine taking weight on body parts</p>	<p>Create longer and more complex sequences</p> <p>Adapt performances</p> <p>Take lead to prepare a sequence</p> <p>Develop symmetry in pairs and groups</p> <p>Compare performances</p> <p>Judge strengths and areas for improvement</p> <p>Select a component for improvement</p> <p>Do own warm up and stretches</p> <p>Perform more complex actions shapes and balances</p> <p>Use feedback to improve performances</p>	<p>Lead group warm up</p> <p>Demonstrate accuracy and consistency</p> <p>Demonstrate clarity of movement</p> <p>Work independently and in small groups to make sequences</p> <p>Arrange own apparatus to enhance</p> <p>Vary compositional ideas</p> <p>Experience flight on and off high apparatus</p> <p>Perform increasingly complex sequences</p> <p>Combine own ideas with others</p>

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							Practise actions related to music Show a desire to improve
Skills progression	<p>Develop take offs and landing positions</p> <p>Transfer and move equipment</p> <p>Move through apparatus</p> <p>Copy and repeat actions</p> <p>Improve co-ordination</p> <p>Experiment with rolls</p> <p>Recognise pathways and direction</p> <p>Link basic movements</p> <p>Use start and finish position</p> <p>Replicate actions in larger groups</p> <p>Sequence work</p>	<p>Carry equipment safely</p> <p>Perform landings</p> <p>Explore body tension</p> <p>Link movements</p> <p>Move on/ off and over</p> <p>Use spins and turns</p> <p>Explore storytelling</p> <p>Use a theme to create a routine</p> <p>Use a start, middle and end</p> <p>Move as a group</p> <p>Perform simple canons</p>	<p>Use start and finish shapes</p> <p>Use levels and speed</p> <p>Use rhythm when performing</p> <p>Demonstrate body management in a range of actions</p> <p>Perform solo and duet</p> <p>Explore creative footwork</p> <p>Discuss development of routine</p> <p>Use freestyle to develop sequences</p> <p>Explore movement pathways</p>	<p>Use contrasting shapes</p> <p>Show body control</p> <p>Use unison to create paired and group work</p> <p>Show fluency in movement</p> <p>Create smooth transitions</p> <p>Demonstrate extension</p> <p>Communicate ideas in a group</p> <p>Use props</p> <p>Create own floor patterns</p> <p>Apply feedback to own performance</p>	<p>Incorporate cartwheels</p> <p>Use the STEP principle</p> <p>Demonstrate changes in speed</p> <p>Use skills such as shoulder rolls and stands</p> <p>Show flow when completing routines</p> <p>Perform slides and rolls</p> <p>Create a 5-action routine</p> <p>Use formations</p> <p>Use devices to manipulate movements</p> <p>Perform contact work as a group</p> <p>Identify strengths in own performance</p>	<p>Use symmetry and asymmetry</p> <p>Perform counterbalances</p> <p>Link skills such as cartwheels and roundoffs</p> <p>Show performing pathways</p> <p>Devise warm ups</p> <p>Perform locomotor and non-locomotor movements</p> <p>Work collaboratively in groups</p> <p>Create own routines</p>	<p>Prepare for vaulting</p> <p>Practise dismounting from height</p> <p>Complete flight in unison and cannon</p> <p>Use music consistently during routines</p> <p>Create group patterns</p> <p>Use stimuli</p> <p>Explore the use of space</p> <p>Identify dynamics and formations</p> <p>Compose independent performances</p> <p>Use a range devices and describe their purpose</p>

St Mary Magdalene Knowledge and Skills progression (using PE hub)

<u>Net and Wall games</u>							
Year group	EYFS links	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge progression	<p>To develop confidence in fundamental movements</p> <p>To develop coordination and gross motor skills</p> <p>Able to control body and perform specific movements on command</p> <p>Participate in a variety of small group co-operative activities</p> <p>Travel with some control and coordination</p> <p>Change direction at speed through both choice and instructions</p> <p>Stop, start, pause, prepare for and anticipate movement in a variety of situations</p> <p>Agility-based activities moving and controlling objects</p> <p>Send and receive a objects with different body parts</p>	<p>Able to send an object with increased confidence using hand or bat</p> <p>Move towards a moving ball to return it</p> <p>Sending and returning a variety of balls/objects such as balloons and beachballs</p> <p>Track, intercept and stop a variety of objects such as balls and beanbags</p> <p>Select and apply skills to beat the opposition</p>	<p>Be able to track the path of a ball over a net and move towards it</p> <p>Begin to hit and return a ball using hands and racquets with some consistency</p> <p>Play modified net/wall games throwing, catching and sending over a net</p> <p>Be able to make it difficult for their opponent to score a point</p> <p>Begin to choose specific tactics appropriate to the situation</p> <p>Improve agility and coordination and use in a game</p>	<p>Identify and describe some rules of net/wall games</p> <p>Serve to begin a game</p> <p>Explore forehand hitting</p> <p>Play with some understanding of modified court boundaries</p>	<p>Explore and use different shots with both the forehand and backhand</p> <p>Demonstrate different net/wall skills</p> <p>Practise some trick shots in isolation</p> <p>Work to return the serve</p> <p>Demonstrate different court positions in gameplay</p>	<p>Explore and use different shots with both the forehand and backhand</p> <p>Demonstrate different net/wall skills</p> <p>Practise some trick shots in isolation</p> <p>Work to return the serve</p> <p>Demonstrate different court positions in gameplay</p>	<p>Develop a wider range of shots</p> <p>Begin to select and apply more sophisticated tactics such as net play, and offensive and defensive positioning</p> <p>Play with fluency with a partner in doubles/partner scenarios</p> <p>Develop backhand shots</p> <p>Begin to use full scoring systems</p> <p>Continue developing doubles play and tactics to improve</p>



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	<p>Work with others to control objects in space</p> <p>Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways</p> <p>Work and play cooperate and take turns</p>						
Skills progression	<p>Agility, balance, coordination obstacle course</p> <p>Demo agility in variety of games</p> <p>Recognise and follow instructions</p> <p>Experiment with starting and stopping positions</p> <p>Perform fast and slow movements</p> <p>Show control to stop and perform actions</p> <p>Coordinate limbs to carry out defined movements and actions</p>	<p>Sliding and receiving a ball/beanbag</p> <p>Explore different ways of sending a ball</p> <p>Moving towards and returning balls</p> <p>Scoring points against opposition</p> <p>Attempt to hit a ball</p> <p>Basic rally with slow moving objects (balloon)</p> <p>Feeding the ball over a net</p> <p>Track balls</p> <p>Develop core strength to send objects from a sitting, kneeling, and standing position</p>	<p>Identify the dominant and non-dominant side</p> <p>Use basic serving rules in a game</p> <p>Able to self-feed a ball to a partner using a racquet</p> <p>Develop agility in isolated challenges</p> <p>Develop the ready position to receive a ball</p> <p>Play a variety of roles in a simple game</p> <p>Throw into space to make it difficult</p>	<p>Use hard and soft hits</p> <p>Hit using direction</p> <p>Return a shuttle</p> <p>Play using forehand shots, playing to boundaries</p> <p>Rally with a partner</p> <p>Send and return over a net</p> <p>Serve using the forehand</p>	<p>Underarm forehand shot</p> <p>Overhead/clearance shot</p> <p>Introducing backhand</p> <p>Practice racquet handling skills with trick shots</p> <p>Explain different scoring scenarios</p>	<p>Volley shots</p> <p>Clearing from the back of court</p> <p>Different positioning for doubles games</p> <p>Approach the ball and forehand and backhand</p> <p>Conditioned games to encourage using different shot types</p>	<p>Introduce the lob</p> <p>Communication in doubles play</p> <p>Two handed backhand shot</p> <p>Use full rules for modified tennis games</p> <p>Use doubles tactics and court positioning effectively in competition</p>



**St. Mary
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C of E Primary School

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			<i>for opponent to return</i>				
			<i>Play out a point from a serve</i>				

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<u>Striking and fielding games</u>							
Year group	EYFS links	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge progression	<p>To develop confidence in fundamental movements</p> <p>To develop coordination and gross motor skills</p> <p>Able to control body and perform specific movements on command</p> <p>Participate in a variety of small group co-operative activities</p> <p>Travel with some control and coordination</p> <p>Agility-based activities moving and controlling objects</p> <p>Send and receive a objects with different body parts</p> <p>Work with others to control objects in space</p> <p>Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways</p>	<p>Able to hit objects with hand or bat</p> <p>Track and retrieve a rolling ball</p> <p>Throw and catch a variety of balls and objects</p> <p>Develop sending and receiving skills to benefit fielding as a team</p> <p>Distinguish between the roles of batters and fielders</p> <p>Introduce the concept of simple tactics</p>	<p>Develop hitting skills with a variety of bats</p> <p>Practice feeding/bowling skills</p> <p>Hit and run to score points in games</p> <p>Work on a variety of ways to score runs in the different hit, catch, run games</p> <p>Attempt to work as a team to field</p> <p>Begin to play the role of wicketkeeper or backstop</p>	<p>Adhere to some of the basic rules of cricket of striking and fielding games</p> <p>Develop a range of skills to use in isolation and a competitive context</p> <p>Use basic skills with more consistency including striking a bowled ball</p> <p>Work cooperatively with others to complete fielding tasks</p>	<p>Develop the range of striking and fielding skills they can apply in a competitive context</p> <p>Choose and use a range of simple tactics in isolation and in a game context</p> <p>Consolidate existing skills and apply with consistency</p> <p>Strike to ball with intent, use decision making, attempt direction</p>	<p>Link together a range of skills and use in combination</p> <p>Collaborate with a team to choose, use and adapt rules in games</p> <p>Recognise how some aspects of fitness apply to striking and fielding e.g., power, flexibility, and cardiovascular endurance</p> <p>Develop retrieving and returning the ball</p>	<p>Apply with consistency standard rules in a variety of different styles of games</p> <p>Attempt a small range of shots in isolation and in competitive scenarios</p> <p>Use a range of tactics for attacking and defending in the role of bowler, batter and fielder</p>



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	Work and play cooperate and take turns						
Skills progression	<p>Agility, balance, coordination obstacle course</p> <p>Demo agility in variety of games</p> <p>Recognise and follow instructions</p> <p>Experiment with starting and stopping positions</p> <p>Perform fast and slow movements</p> <p>Show control to stop and perform actions</p> <p>Coordinate limbs to carry out defined movements and actions</p>	<p>Use a range of throwing and rolling skills</p> <p>Return a ball to a base/zone</p> <p>Work with others to stop players scoring runs</p> <p>Self-feed and hit a ball</p> <p>Run between bases to score points</p>	<p>Hit with bats (some still hitting with hands)</p> <p>Use kicking to send a ball and score points</p> <p>Use underarm bowling</p> <p>Play as part of a team</p> <p>Run to 'safety'</p> <p>Outwit bowler and hot to space</p> <p>Move in line to stop ball</p>	<p>Bowl with some accuracy and consistency</p> <p>Use the long barrier to collect a rolling ball / collect and return a moving ball</p> <p>Forward drive into space</p> <p>Foot placement to hit the ball effectively</p> <p>Use overarm throw to send ball longer distances</p> <p>Explore role of wicket keeper</p>	<p>Directing hit to score runs</p> <p>Attempt to stop a bouncing ground ball with some success</p> <p>Anticipate when to run to score singles</p> <p>Bowl overarm from a stationary position</p> <p>Attempt a pull shot in a game</p> <p>Intercept the ball with one hand</p>	<p>Throw for accuracy over short distances</p> <p>Recognise where to play</p> <p>Body position to catch a ball to stump players out</p> <p>Apply backwards hit rule, attempt to catch a backward hit</p> <p>Distinguish between deep and close fielding</p>	<p>Demonstrate urgency when acquiring runs/rounders</p> <p>Track and catch high balls</p> <p>Work in pairs to field a long ball</p> <p>Play using standard rounders pitch layout</p> <p>Bowling fast ball</p> <p>Play tactically to avoid overtaking teammates</p>

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Athletics							
Year group	EYFS links	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge progression	<p>To develop confidence in fundamental movements</p> <p>To develop coordination and gross motor skills</p> <p>Able to control body and perform specific movements on command</p> <p>Jump using a variety of take offs and landings</p> <p>Agility-based activities moving and controlling objects</p>	<p>Begin to link running and jumping</p> <p>Learn and refine a range of running which includes varying pathways and speeds</p> <p>Develop throwing techniques to send objects over long distances</p> <p>Increase stamina and core strength needed to undertake athletics activities</p> <p>Take part in a broad range of opportunities to extend strength, balance, agility and coordination.</p> <p>Cooperate with others to carry out more complex tasks</p>	<p>Develop power, agility, coordination and balance over a variety of activities</p> <p>Can throw and handle a variety of objects including quoits, beanbags, balls, hoops</p> <p>Can negotiate obstacles showing increased control of body and limbs</p> <p>Improve running and jumping movements, work for sustained periods of time</p> <p>Reflect on activities and make connections between a healthy active lifestyle</p>	<p>Control movements and body actions in response to specific instructions</p> <p>Demonstrate agility and speed</p> <p>Jump for height and distance with control and balance</p> <p>Throw with speed and power and apply appropriate force</p>	<p>Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities</p> <p>Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws</p>	<p>Sustain pace over short and longer distances such as running 100m and running for 2 minutes</p> <p>Able to run as part of a relay team working at their maximum speed</p> <p>Perform a range of jumps and throws demonstrating increasing power and accuracy</p>	<p>Become confident and expert in a range of techniques and recognise their success</p> <p>Apply strength and flexibility to a broad range of throwing, running and jumping activities</p> <p>Work in collaboration and demonstrate improvement when working with self and others</p> <p>Accurately and confidently measure and time keep for both track and field events</p>

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			Experience and improve on jumping for distance and height				
Skills progression	<p>Agility, balance, coordination obstacle course</p> <p>Recognise and follow instructions</p> <p>Experiment with starting and stopping positions</p> <p>Perform fast and slow movements</p> <p>Show control to stop and perform actions</p> <p>Jump for speed and distance</p> <p>Coordinate limbs to carry out defined movements and actions</p> <p>Practice hop, step, jump sequence</p>	<p>Starting and stopping at speed</p> <p>Show power in run, use arms</p> <p>Take off on two feet</p> <p>Use leading arm to throw</p> <p>Compete in relay teams</p> <p>Perform agile movements</p> <p>Work for sustained periods of time</p> <p>Negotiate obstacles. Jumping and bounding</p> <p>Run from different starting positions</p>	<p>Aware of others when running in space</p> <p>Create more power with legs and apply to agility test</p> <p>Select best throw for conditioned games</p> <p>Perform some static and dynamic balances</p> <p>Explore their emotions around different challenges</p> <p>Attempt more accuracy in throws</p> <p>Perform under pressure</p> <p>Explore breathing techniques</p>	<p>Combination jumps</p> <p>Recognising and performing different paced runs</p> <p>Approaching hurdles</p> <p>Pull action when throwing</p> <p>Skipping technique</p> <p>Recording scores accurately</p>	<p>Aiming at targets</p> <p>Accelerating over short distances</p> <p>Taking off from run with one foot to increase distance</p> <p>Sling action when throwing</p> <p>Perform baton exchanges</p>	<p>Prepare to run an individual leg</p> <p>Develop further the principles of pace</p> <p>Steeplechase and jump for distance</p> <p>Push action when throwing</p> <p>Baton exchange within restricted area</p> <p>Run up for long jump</p>	<p>Sprint start techniques</p> <p>Developing the phases of triple jump to jump for distance</p> <p>Use the heave throw technique</p> <p>Assess own ability in running tasks</p> <p>Scissor jump preparation for high jump</p> <p>Quad track and field competition</p>

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OAA							
Year group	EYFS links	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge progression	<p>Organise and match various items, images, colours and symbols</p> <p>Work with a partner to listen, share ideas, question and choose</p> <p>Move confidently and cooperatively in space</p> <p>Copy and repeat various patterns and actions</p> <p>Show an understanding of own feelings and others</p> <p>Solve more complex tasks using skills learned</p> <p>Work and play cooperate and take turns</p>	<p>Use thinking skills to follow multi step instructions</p> <p>Solve more challenging problems as an individual</p> <p>Comprehend that one thing can represent another</p> <p>Take part in activities with increasing challenge to build confidence</p>		<p>Work with others to solve problems</p> <p>Describe their work and use different strategies to solve problems</p> <p>Lead others and be led</p> <p>Differentiate between when a task is competitive and when it is collaborative</p>			<p>Use information given by others to complete tasks and work collaboratively</p> <p>Undertake more complex tasks. Take responsibility for a role in a task</p> <p>Use knowledge of PE and physical activities to suggest design ideas & amendments to games</p>
Skills progression	<p>Work as an individual and part of a group to match</p> <p>Keep heart rate high</p> <p>Travel and follow travel trails as and individual</p> <p>Work cooperatively to form shapes</p>	<p>Follow simple instructions</p> <p>Recognise, remember, and match some symbols</p> <p>Perform physically challenging actions</p>		<p>Use non-verbal communication effectively</p> <p>Develop further simple map reading skill</p> <p>Respond to and resolve problems as a team</p>			<p>Follow and orient a map</p> <p>Identify objects in a scavenger hunt</p> <p>Perform complex group pyramid balances</p>



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	<p>Move along a pathways/trail with partner</p> <p>Work with partner to form jumping patterns</p> <p>Respond to visual cues</p> <p>Compete as a team to complete an obstacle relay</p>	<p>Follow a movement pattern with others</p> <p>Take part in competitive races and work with a partner</p> <p>Undertake simple speed stack arrangements</p>		<p>Participate in trust activities</p> <p>Plan on route map</p>		<p>Tie a reef knot</p> <p>Design your own game using, refining, and adapting group ideas</p>
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