



Highfield Primary School

PE Progression Map

	<u>Physical Development</u>
EYFS	<p>-Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and climbing.</p> <p>-Progress towards a more fluent style of moving, with developing control and grace. Combine different movements with ease and fluency. Develop obstacle courses that demand a range of movements to complete, such as crawling through a tunnel, climbing onto a chair, jumping into a hoop and running and lying on a cushion.</p> <p>-Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics and sport.</p> <p>-Provide opportunities to move that require quick changes of speed and direction like run around in a circle, stop, change direction and walk on your knees going the other way.</p> <p>-Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. Introduce a range of resources used to bat, pat and hit a ball, modelling how to do this and giving children plenty of time for practice.</p>

	Dance	Gymnastics	Games
Y1	<ul style="list-style-type: none"> - Perform basic body actions - Perform a sequence with clear beginning, middle and end - Use different parts of the body singly and in combination -- Show some sense of dynamic, expressive and rhythmic qualities in their own dance - Talk about dance - Remember and repeat short dance phrases and simple dances 	<p>2 elements. Two ways of travelling link them together to make a movement phrase. Start and finish shapes. <i>e.g. walking backwards safely and a roll</i></p>	<ul style="list-style-type: none"> - Use basic underarm, rolling and hitting skills - Intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency - Sometimes catch a beanbag and a medium-sized ball - Throw, hit and kick a ball in a variety of ways, depending on the needs of the game
Y2	<ul style="list-style-type: none"> -Choose movements with different dynamic qualities to create a dance phrase that expresses an idea, mood or feeling; - Describe their movements and feelings using simple dance vocabulary - Perform body actions with control (set counts) and coordination. - Link actions and remember and repeat dance phrases of two or more specific steps - Show awareness of the link between being active and feeling good 	<p>Up to 4 elements A clear starting position and smooth movements between shapes and actions. <i>e.g. balance, roll, jump, body shape</i></p>	<ul style="list-style-type: none"> - Show awareness of opponents and teammates when playing games - Perform basic skills of rolling, striking and kicking with more confidence - Apply these skills in a variety of simple games



PE Progression at Highfield KS2

	Dance	Gymnastics	Athletics	Games	Net and Wall	Striking and Fielding	OAA
Y3	<ul style="list-style-type: none"> - Improvise freely, translating ideas from a stimulus into movement - Use dynamic, rhythmic and expressive qualities clearly and with control - Suggest and share improvements to their own and others dancing using dance vocabulary - Show some understanding of why they warm up and calm down in an active session 	5 elements. Contrasting actions and shapes. Show extension when balancing and flow when transferring your weight. <i>e.g. three jumps and two balances</i>	Running & Walking <ul style="list-style-type: none"> - developing awareness of speed & distance - learning to run in a coordinated & fluent way - learning to run at different speeds for short and longer durations Running Over Obstacles <ul style="list-style-type: none"> - developing spatial awareness - learning to run in a coordinated fluent way over obstacles 	<ul style="list-style-type: none"> - Throw and catch with control and keep possession to score goals - Be aware of space and use it to support team-mates and to get past the opposition - Keep possession with some success when using equipment that is not used for throwing and catching skills e.g. a hockey stick 	<ul style="list-style-type: none"> - Keep up a continuous game, using a range of throwing and catching skills and techniques - Use a small range of basic racket skills - Choose and use a range of simple tactics for sending the ball in different ways to make it difficult for their opponent 	<ul style="list-style-type: none"> - Use a range of skills, e.g. throwing, striking, intercepting and stopping a ball, with some control and accuracy -- Choose, apply and practise skills and simple tactics to suit the situation in a game -- Carry out tactics successfully 	<ul style="list-style-type: none"> - Use simple plans and diagrams to help them follow a short trail and go from one place to another
Y4	<ul style="list-style-type: none"> - combining and linking phrases of movements fluently and with control. - explore basic body actions, e.g. jumping, shapes and travel - use different parts of their body to make movements. - create and repeat short dances inspired by themes. (Romans & Celts and whole school topics) - use movement to 	6 elements. Teach your sequence to a partner and then perform it so that both of you start and finish at the same time. <i>e.g. four twisted shapes and two ways of travelling</i>	Throwing for Distance <ul style="list-style-type: none"> - developing awareness of distance & weight - learning to throw in a coordinated way for distance - learning to throw a range of different 	<ul style="list-style-type: none"> - Play games with some fluency and accuracy, using a range of throwing and catching techniques - Find ways of attacking successfully when using other skills - Use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score 	<ul style="list-style-type: none"> - Use a wide range of throwing, catching and hitting skills, on both sides of their body with accuracy and consistency - Change the pace, length and direction of their shots, with control to outwit their opponent and defend their court 	<ul style="list-style-type: none"> - Use a range of skills e.g. throwing, striking, intercepting and stopping a ball with increasing accuracy, control and some consistency - Choose and vary skills and tactics to suit the situation in a game - Set up small games 	<ul style="list-style-type: none"> - Use maps and diagrams to orientate themselves and to travel around a simple course - Respond when the task or environment changes and the challenge increases



Highfield Primary School

	communicate ideas, moods and feelings.		throwing implements				
Y5	<ul style="list-style-type: none"> -demonstrate fluency and rhythm in an historical dance - explore basic body actions, e.g. jumping, shapes and travel, and -use different parts of their body to make movements. - create and repeat short dances inspired by themes. (Vikings and whole school topics) - explore how to use movement to communicate ideas, moods and feelings. 	Partner or small group. 8 elements. Include changes of direction and level, and incorporate mirroring or matching shapes or balances. <i>e.g. a combination of asymmetrical shapes and balances, with symmetrical rolling and jumping actions</i>	Throwing for Accuracy <ul style="list-style-type: none"> - developing awareness of distance & weight - learning to throw in a coordinated way for accuracy - learning to throw a range of different throwing implements Jumping for Height & Distance <ul style="list-style-type: none"> - developing awareness of distance & height - learning to take off and land in a coordinated and controlled way - learning to jump in a variety of different ways. 	<ul style="list-style-type: none"> -develop and improve attacking and defending techniques -understand the role of positions -develop ways to successfully mark an opponent - change speed and direction to avoid a defender - support team members in a game. 	<ul style="list-style-type: none"> - Use forehand backhand and overhead shots increasingly well in the games they play. - Use the volley in games where it is important - Use the skills they prefer with competence and consistency 	<ul style="list-style-type: none"> - Strike a bowled ball - Use a range of fielding skills, e.g. catching, throwing, bowling, intercepting, with growing control and consistency 	<ul style="list-style-type: none"> - Choose and perform skills and strategies effectively - Find solutions to problems and challenges - Plan, implement and refine the strategies they use and adapt the strategies as necessary
Y6		8 to 10 elements – twisting turning, flight, changes of direction and speed, and contrasting shapes and balances. <i>e.g. start on the floor, move onto apparatus, finish on the floor</i>		<ul style="list-style-type: none"> -marking players and finding space -use and combine skills as a team to outwit the opposition - understand, choose and apply a range of strategies for attacking and defending 	<ul style="list-style-type: none"> -Choose and use combinations of skills with confidence, accuracy and consistent quality. -Use these skills and techniques fluently and precisely 	<ul style="list-style-type: none"> -Select their shot based on where the ball is bowled with the intention of avoiding the fielders. - Hit with control and accuracy - Bowl with increasing accuracy and an awareness of the field placement - Field effectively and return the ball to an appropriate base position - Take an active and thoughtful part in the games 	<ul style="list-style-type: none"> - Apply techniques and skills with consistency and quality in familiar environments and with some success in unfamiliar ones (visits to local parks/ venues or residential trips)