

Park Academy PE Skills Progression

	Tag Rugby	Hockey	Dance	Basketball	Tennis	Athletics
Reception	<p>To find a space To play in a game To pass a rugby ball in any way to a partner. To catch a rugby ball To kick a rugby ball. Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p>	<p>To independently dress. To find a space. Roll a ball. To roll a ball to a partner. To use their feet to roll a ball. To hit a large ball with a hockey stick Shows increasing control over an object in pushing, patting, throwing, catching or kicking it..</p>	<p>To learn a short routine. To perform a short routine. To jump on two feet. To climb on and off equipment. Experiments with different ways of moving. Jumps off an object and lands appropriately. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p>	<p>To throw a large ball. To catch a large ball with a partner. To bounce a ball with two hands. To shoot a basketball above their head. Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p>	<p>To 'high five' foam tennis balls. To throw a ball. To begin to catch a tennis ball. To hold a tennis racket. To begin to use a tennis racket. Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p>	<p>Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space To land on two feet. To jump off equipment. To balance on one leg. To use a javelin. To safely run around an area.</p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Year One</p>	<p>Exercise safely with some control To pass a rugby ball backwards Tap/kick a ball accurately. Follow simple tactics. To throw a rugby ball backwards. To catch a ball in the 'w' position. To throw a ball using one arm. To play a game using rugby skills.</p>	<p>Participate in warm up activities Begins to describe how body feels before and after activities. To effectively hit a ball with a hockey stick. To aim a hockey ball. To pass a hockey ball to a partner. To discuss how to be successful in hockey. To play a game using hockey skills.</p>	<p>Discuss own performance Is aware of personal space and can identify suitable spaces to move in to. Explore different body shapes. Use movements to communicate ideas. Move smoothly from a position of stillness to a travelling movement with some control. Copy simple sequences of movement. Begin to show improvements in an action or movement. Begin to engage in a group performance. Copy simple actions/movements. Holds body weight/position of stillness for short periods of time.</p>	<p>Follow rules and demonstrate 'fair play' Stop a rolling ball with one or two hands. Roll or throw a ball accurately. To bounce a ball with one hand. To aim a basketball. To throw a basketball into a hoop. To follow the rules of a game. To bounce pass to a partner.</p>	<p>Begin to change speed and direction to gain an advantage. Is beginning to demonstrate eye/hand and eye/foot co-ordination. Begin to catch larger balls with one or two hands. To use a tennis racket to hit a ball. To throw the ball with one hand and hit the ball with the other hand. To hit a bounced ball.</p>	<p>Begin to move at different speeds. Starts and stops quickly. Begin to show control and accuracy with apparatus. Understands speed in simple terms. Performs basic components of movement e.g. run, jump, hop. Jump off from one or two feet and land on one or two feet. Show control and co-ordination when moving. To explore different ways of travelling. To throw objects accurately at a target.</p>
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<p>Year Two</p>	<p>Follow a number of rules and routinely show 'fair play'. Show control and accuracy in order to keep possession. Combine changes in speed and direction to gain an advantage. Use simple tactics to attack or defend. To pass the rugby ball backwards. To confidently catch the ball in the 'w' position. To kick a rugby ball. To play a game with others. To attack and defend the ball. To score a goal.</p>	<p>Copies and follows warm up activities Describe how the body feels during and after activities. To confidently use a hockey stick. To pass a ball while moving. To aim the hockey ball into a goal. To start to attack and defend a goal.</p>	<p>Describe own performance as well as what others have done. Move smoothly from a position of stillness to a travelling movement. Change height and direction with control. Use dance movements to communicate ideas. Copy longer sequences of actions/movements. Put together simple dance steps to form a sequence. Make changes to an action or movement to make simple improvements. Holds individual balances using a variety of body parts.</p>	<p>Show an understanding of good sportsmanship. Demonstrates eye/hand and eye/foot co-ordination. Throw a ball underarm. Catch a large ball with one or two hands. Is aware of the space around them and the space of others and is beginning to use this information to choose suitable spaces to move to. To bounce the ball confidently with one hand. To start to follow the rules of basketball.</p>	<p>Show control and co-ordination when moving at different speeds. Maintains balance whilst changing direction quickly. To know the difference between forehand and backhand. To be able to throw the ball with one hand and hit it with the other. To begin to rally with a partner. To throw a ball and serve.</p>	<p>Adopt a basic technique for running long and short distances. Performs movement skills in simple activities e.g. skipping Jump off from one or two feet and land on one or two feet with control. Is developing postural control when performing To run at different speeds depending on the task. To explore different ways of throwing. To explore different ways of jumping. To apply athletics techniques in a competition environment.</p>
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Year Three</p>	<p>Begin to demonstrate good sportsmanship. Use tactics to keep possession. Work as part of a team, communicating to gain advantages. Copy tactics to attack or defend effectively. To evade a defender when attacking. To demonstrate an accurate pass when static. To demonstrate accurate catching technique when static. To beat a defender by either moving with or passing the ball into an open space. To retain the ball when attacking. To work as a team.</p>	<p>Begin to explain why it is important to warm up. Explain how to stay safe when exercising. Follow a set of rules and engage in 'fair play' To be able to dribble the ball under control. To be able to dribble on the move under control at speed. To pass and receive using the push pass. To pass and receive using the push pass while finding space. To pass and receive whilst on the move and under pressure from a defender. To use the appropriate techniques learnt in a game situation.</p>	<p>Describe differences between own and others' performances. Choose movements to communicate a mood or feeling. Perform dance sequences with control, coordination and rhythm. Move in time to music. Create dance sequences using a variety of steps and actions. Suggest ways that others could improve their actions or performances. Demonstrate different types of jumps with one and two feet take-offs and landings. Holds individual and partner balances with control.</p>	<p>Use changes in speed, direction or height effectively. Accelerates quickly from a stationary position. Move into appropriate spaces to pass and receive. Throw a ball overarm. Catch a ball accurately with one or two hands. Moves efficiently into suitable spaces. To be able to pivot on one foot to change direction. To dribble the ball with control. To send the ball using a chest pass. To aim and shoot at a target with increased control. To employ attacking and defending tactics in a game situation. The use the chest pass in a game situation.</p>	<p>(Table) Demonstrates eye/hand and eye/foot co-ordination to execute movement skills e.g. striking a ball with a bat. To strike a ball using the swing action. To work constructively with a partner. To hit the ball with a forehand technique. To use the forehand technique to rally with a partner. To hit the ball with a backhand technique. To use the backhand technique to rally with a partner. To use forehand and backhand to rally with a partner. To develop techniques to keep rallies going and to win points.</p>	<p>Sprint over a short distance and conserve energy for a longer distance. Begins to perform specialized movement skills/techniques. Describes what the core' is and demonstrates how it supports the body. To understand the different effects exercise has on the body. To explore different throwing techniques. To decide which throwing technique is best suited to a given task. To experiment with different types of one-footed and two-footed jumps. To explore different ways of jumping for height and distance. To apply athletics techniques in a competition environment.</p>
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<p>Year Four</p>	<p>Follow rules competitively, but fairly and appropriately. Demonstrate good sportsmanship. Work as part of a team to create space. Use a range of tactics to keep possession. Work effectively as part of a team, communicating to gain advantages. Choose effective tactics to attack or defend. To evade a defender while attacking. To demonstrate an accurate pass when static and when moving. To demonstrate a successful catching technique when moving. To beat a defender consistently by moving with and/or passing the ball in an open space. To retain a ball in a match scenario.</p>	<p>Explain why it is important to warm up and the effect it has on the body. Explain how to stay safe when exercising, applying basic safety precautions. When throwing for distance throw accurately. Catch a ball accurately with one hand. Uses space effectively to improve performance. To develop the technique of dribbling and introduce dragging. To develop the technique of the push and slap pass. To use a hit shot in a shooting situation. To understand when to pass and when to dribble in a game situation. To experiment with attacking and defending tactics in a game situation. To demonstrate an understanding of simple tactics to keep possession and apply these during matches.</p>	<p>Compare own performance with others' performance. Choose and combine movements to communicate mood or feeling. Refine movements to create and perform a sequence. Perform dance sequences effectively and in time with music. Evaluate and compare other people's work to improve own performance. Demonstrate a number of basic jumps showing control when taking off and landing. Combine partner balances with linking movements. Explains and demonstrates how to make a balance more stable.</p>	<p>Use a range of changes in speed, direction or height effectively. Accelerates quickly from a stationary position in response to movement challenges e.g. moves quickly to close down an opponent. To be able to perform jump and stride stops. To dribble the ball with control using both hands. To send a bounce pass in order to beat an opponent. To aim and shoot ball at a target with control. To employ attacking and defending tactics in a game situation. To work well as a team to employ attacking and defending tactics.</p>	<p>(Table) Catch a ball accurately with one hand. Use eye/hand and eye/foot coordination as part of skillful performance. Throw with accuracy to hit a target. To strike a ball in a given direction using the forehand technique. To strike a ball in a given direction using the backhand technique. To use forehand and backhand within a rally. To hit an under-arm serve to begin a rally. To develop tactics to win points. To apply tactics in a competitive situation.</p>	<p>Use a different style for running short and long distances. Performs specialised movement skills/techniques. To understand the effects of exercise has on the body and how the heart rate changes during exercise. To throw different objects for distance. To throw objects for accuracy. To perform a range of jumps while demonstrating consistent techniques. To change speeds of running depending on distance. To apply different running techniques in a relay context.</p>
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<p>Year Five</p>	<p>Follow a set of advanced rules. Encourage good sportsmanship in others. Modify and refine skills to improve performance. Choose effective tactics to keep possession. Show consistency and control in team games: play with greater speed and flow. Choose different tactics to attack or defend accurately. To demonstrate the ability to side-step and beat a defender. To mark and tag a player while defending. To demonstrate an accurate pass when put under pressure by a defender. To demonstrate successful and consistent catching technique when static, moving and under pressure. To beat a defender consistently by moving the ball into an open space. To retain the ball when under pressure in a match scenario.</p>	<p>Explain why it is important/necessary to warm up and cool down.</p> <p>Explain why physical exercise is good for health. To pass, dribble and shoot with control and accuracy in game situation. To understand the individual tackling techniques including the block tackle and jab tackle. To understand how to support others when defending. To identify and use tactics to help maintain possession of the ball. To pass and receive whilst on the move, and under pressure from a defender. To apply attacking and defending techniques during a game situation.</p>	<p>Express emotion and feeling through dance.</p> <p>Begin to perform with precision, control and fluency. Refine movements further to perform in sequence with a change in direction, level or speed. Plan and perform to an audience. Describe how one's self or others could improve an action or performance. Use a range of jumps showing increasing height and distance. Perform counterbalances with a partner; demonstrate control.</p> <p>Demonstrates good postural control when performing balances.</p>	<p>Use a wide range of changes in speed, direction or height effectively and with control. Consistently accelerates quickly from a stationary position to contribute to successful performance. Work individually or as part of a team to exploit space and gain an advantage. To stop in the 'triple threat' position. To decide whether to pass, dribble or shoot when in the 'triple threat' position. To dribble the ball with control using both hands. To protect the ball from defenders while dribbling. To send a ball using both bounce and chest passes. To shoot a ball at a target in a competitive situation. To employ attacking and defending tactics in a game situation. To work as a team to employ attacking and defending techniques.</p>	<p>Consistently use eye/hand and eye/foot coordination as part of skilful performance. Throw with greater control, accuracy and efficiency. Catch a small ball with one or two hands accurately (e.g. tennis ball). To be able to maintain a rally using forehand and backhand groundstrokes. To be able to strike a ball into a specified area. To strike the ball using an over-arm serving technique. To devise and employ attacking and defending tactics in a team. To use attacking and defending tactics when using tennis rackets. To apply tactics in a competitive situation.</p>	<p>Select appropriate pace for running various distances. Performs specialized movement skills/techniques with precision. To move in a variety of ways with control, balance and speed. To throw for distance using different techniques. To throw for accuracy using different techniques. To understand the concept of agility. To combine the four elements of jumping: approach, take-off, flight and landing. To apply athletics techniques in a competition environment.</p>
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<p>Year Six</p>	<p>Begin to effectively lead a warm up or cool down session. Adopt tactics to create space and exploit space individually and as part of teams. To demonstrate a variety of evasive skills to beat a defender. To man mark and tag a player when defending. To demonstrate an accurate lateral passing technique when put under pressure by a defender. To work effectively as a group. To demonstrate accurate catching technique when static, moving and put under pressure. To demonstrate a variety of techniques to be able to break through defence by both moving with and passing the ball. To retain the ball as a team and try to create scoring opportunities.</p>	<p>Use a range of tactics as part of a team to gain an advantage Encourage and model good sportsmanship for others. Explain why regular, safe exercise is good for fitness and health. To develop passing and receiving skills. To outwit an opponent when attacking to retain possession of the ball. To attack from a defensive position. To select and apply the correct tackling techniques when outwitting your opponent in a defensive situation. To select and apply the best formations and tactics when defending as a team. To play effectively as part of a team. To understand what position to play in.</p>	<p>Evaluate, modify and refine skills to improve performance. Express a range of emotions and feeling through dance. Perform with precision, control and fluency. Devise complex sequences that include changes in direction, level and speed. Create, prepare and perform confidently and effectively for an audience. Demonstrate and model how an action or performance could be improved. Demonstrate different jumps showing power, control and consistency in taking off and landing. Perform sequences of counterbalances with consistency, fluidity and good body tension. Consistently demonstrates good postural control when performing balances.</p>	<p>Devise own tactics to attack or defend effectively Use a variety of tactics to keep possession and progress towards e.g. a goal. Follow a set of advanced rules competitively, but fairly. To sue pivoting and the 'triple threat' position when in possession of the ball. To dribble the ball with both hands to beat a defender. To use a variety of passes in a game situation. To shoot a ball at a target in a competitive situation. To employ attacking and defending tactics in a game situation. To work as a team to employ attacking and defending techniques.</p>	<p>Catch a small ball with one or two hands and return it efficiently To be able to maintain a rally using forehand and backhand groundstrokes. To use the volley as part of an attacking strategy. To strike the ball using an over-arm serving technique in a specified direction. To use the over-arm serve as part of on an attacking strategy when starting point. To use attacking and defending tactics to win points. To apply tactics in a competitive situation.</p>	<p>Consistently performs specialised movement skills/techniques with precision in practice and performance environments. Demonstrate accurate control, speed, stamina and technique in running. Use a variety of techniques to throw for accuracy and distance. Staying in control, change speed, direction or height to maintain advantage. To apply athletic movement in a competitive context, using control, balance and speed. To send and receive with speed and precision. To throw for distance using the 'push' technique. To understand the concept of agility. To understand and execute the three different jumps (long jump, standing triple jump and vertical jump). To apply athletics in a competition environment.</p>
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