

Meadowfield Primary School

Progression of PE skills and outcomes

The children in each year group will be taught the following skills. These skills are progressive and will inform outcomes.

Key stage 1: Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.					
Y1					
Invasion Games	Net and wall	Striking and fielding	Gymnastics	Dance	Athletics /OAA
Using large soft balls Can I... ...move freely and find my own space? ...explore different ways of using a ball ... explore ways to send and receive a ball or other equipment .. change my speed? ...aim a ball? (hoop/mat/between markers) Court invasion .. stop a rolling ball in two hands ...send / throw a ball? .. retrieve / catch a ball? Pitch invasion ... retrieve and stop a ball using different parts of the body. All .. develop simple attacking and defending techniques? ... participate in simple team games/ (1v1, 2v2)	Using a variety of balls, bean bags and short handled bats/ rackets Can I... ...throw and catch a variety of balls/bean bags? ... hold and move with a racket safely? ... balance a ball/bean bag on my racket? ... roll a ball towards a target? ... throw a ball towards a target? ...pat a ball in the air with my hand/racket? ... hit a ball that is thrown to me?	Using a variety of balls, bean bags and short bats, targets. Can I... ... catch a variety of balls/bean bags with some control? ...strike a ball with my hand/a bat with some control? ... throw underarm with some control? ...aim for a target (rolling / extend to throwing) ...hold a bat correctly and safely .. defend a target (with body / bat) ...run confidently from one maker to another ...play simple game of striking (1v1. 1 v 2)	Basic gymnastic movements – using basic apparatus. Developing balance, agility, co-ordination of travelling, stillness, jumping, timing, changing shape, direction and size. Can I... ...be still in different body shapes and balances? ... combine different ways of travelling? ...move between mats and small apparatus with confidence? ... change the speed of movement? ...handle apparatus safely? ...recognise how it feels when the body is tense in a balance?	Learn basic movements relating to feelings. Can I... ...make a good start and finish position in a sequence? ...move my body in a variety of ways? ...respond to different music showing a range of emotions and stimulus? ...perform dance movements and simple sequences using simple movement patterns. ... create a sequence based on a well-known story? (e.g., Goldilocks – the dance will be more like physical theatre to music which is what we want)	Learn basic movements. Can I... ...Sprint in a straight line? (30m) ...jump 2 feet to 2 feet, 1 foot to the other foot? ...jump over a hurdle? ... throw a chest pass? ...run for longer distance? (300m) Participate in Sports day OAA ...work with a partner? ...solve a simple problem? ...follow simple instructions? ... be safe outdoors? ...
Health and Fitness Can I... ...follow warm up and cool down exercises? ...describe and comment on my actions? .. describe how my body feels when I am exercising? (Breathing, warm/ cool etc) ... practise my skills.			Co-operation and teamwork Can I... ...begin to give and receive simple feedback suggestions? ...work with a partner?		

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Y2					
Invasion	Net and wall	Striking and fielding	Gymnastics	Dance	Athletics Orienteering
Variety of balls and targets Can Imove around changing direction and speed to a space without contact? ...pass and receive a ball with control and accuracy? ...pass a ball from a variety of distances? ... aim the ball towards a target Court invasion ... bounce a ball with my hand? ... use a variety of passes ...chest, bounce, shoulder)? Can I show some understanding of tactics/rules in a simple game? Can I participate in a simple game? Can I begin to understand tactics for attacking and defending?	Variety if balls and bean bags and barriers. Can I... ... hold and move with a racket safely in both hands? ... balance a ball/bean bag on my racket and move? ... send a ball towards a target using a racket? ... throw a ball underarm over a target? ...pat and bounce a ball with my hand/racket? ... return a ball on the bounce that is thrown to me? (forehand/backhand) Begin a short rally	Variety sized balls, beanbags and bats Can I... ... pass and receive a ball accurately? ... pass and receive a ball from a variety of distances? ...strike a ball accurately? ... perform fielding techniques with control and coordination? ... incorporate the skills I have learnt into a small game situation? ... recognise and play to the set rules of a simple game?	Mats, benches, apparatus Can I... ...use a variety of balances? ...use stillness and travel in a sequence? ...investigate different jumps? ...put a clear start, middle and end to my sequence? ...develop simple sequences of different actions using floor and apparatus?	Different music genres Can I... ...move to different music genres? ...recognise a beat? ...describe moods and how it makes me feel? ... evaluate, rehearse and improve a simple dance sequence? (1 to 8 steps) ...put a clear start, middle and end to my sequence? ...perform a simple dance sequence? create different movements based on everyday actions? (Topic based)	Balls, markers, measures, equipment for obstacle. Can I... ...Sprint in a straight line? (40m) ... use (and combine) a variety of jumps e.g., 2 feet to 2 feet, 1 foot to the other foot? 1 to same foot, ...jump over several hurdle? ... throw a ball overarm? ...run for longer distance? (300m) ...race against another opponent? ... device my own obstacle race? Participate in Sports day OAA ...co-operate in a small group? ...solve a 2 step problem? ...follow 2 to 3 step instructions? ... identify objects/places on a simple map? ...follow a simple route? ... describe how to be safe outdoors?
Health and Fitness Can I... describe the differences between my own and others performance? ...describe how exercise changes my body? (Breathing, pulse) ...			Teamwork Can I... ... focus when watching others perform? ...follow instruction and cooperate in a small group situation (2 v1, 2v2) (Take turns, listen to rules) ... give and receive simple feedback to my peers. ...work in a small group successfully? ...say when a movement or skill is performed well?		

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Key stage 2: Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best

Y3

Invasion	Net and wall	Striking and fielding	Gymnastics	Dance	Athletics /OAA
<p>Can I...</p> <p>...control and keep possession of a ball while travelling? (dribble)</p> <p>...pass and receive a ball with accuracy?</p> <p>...pass a ball towards different width/height targets?</p> <p>...use the best tactics to keep possession? (Find space to receive a ball)</p> <p>... turn with a ball?</p> <p>...</p> <p>...choose good positional play in a game?</p>	<p>Can I...</p> <p>...throw and catch with a variety of different balls using different types of throwing over a barrier.</p> <p>...vary strength, length and direction of throw.</p> <p>Hold a racket firmly and accurately</p> <p>...control a ball on a racket (pats and bounces)</p> <p>...hit the ball accurately with a racket (forehand/backhand)</p> <p>...use different shots in a rally.</p> <p>Continue my skills in a small game (short tennis rules)</p>	<p>Can I...</p> <p>... strike a ball in different directions?</p> <p>... use various throws over different distances?</p> <p>...receive a ball from different distances?</p> <p>...develop my striking and fielding techniques into a small game?</p> <p>Do I recognise the benefit of fielding places?</p>	<p>Can I...</p> <p>...transfer weight smoothly from one part of body to another?</p> <p>...link different balances?</p> <p>moving in and out of positions of stillness.</p> <p>...practice and concentrate on quality of movement?</p> <p>...use actions on floor and over, through, across and along apparatus?</p> <p>...vary and apply actions on floor and apparatus?</p> <p>...develop and perform actions?</p> <p>Copy a partner's sequence on floor and apparatus?</p>	<p>Can I...</p> <p>Use a variety of travels, gestures, turns, jumps and balances with good composure and control?</p> <p>.... improvise freely on my own and/or with a partner, translating ideas from a stimulus to a movement?</p> <p>...Learn a short sequence with a clear, middle and end?</p> <p>... create and perform dance moves that link to my topic? ((E.g., <i>Romans – tell a story or create a chariot race?</i> <i>Music - chariots of fire?</i> <i>... work with a group?</i></p>	<p>Balls, markers, measures, equipment for obstacle.</p> <p>Can I...</p> <p>...develop my running skills to improve my time in a sprint (50m) and longer distance (400m)?</p> <p>... develop my technique in jumping to improve the length and height of my jumps over time?</p> <p>...develop my over-arm throw a chest pass?</p> <p>...compete fairly against other opponents?</p> <p>... change a baton in a relay?</p> <p>Participate in Sports day OAA</p> <p>...cooperate in a group?</p> <p>...orientate simple maps in classroom/hall?</p> <p>...locate and move to some points on map?</p> <p>...take part in problem solving activities in a small team?</p>
<p>Health and Fitness</p> <p>Can I recognise and describe changes in my body temperature, heart rate and breathing when I am exercising?</p> <p>Do I understand the necessity of warm up and cool down?</p> <p>Can I describe how my body feels like during and after exercise?</p>			<p>Teamwork</p> <p>Can I...</p> <p>...describe / comment on the performance of others positively?</p> <p>...combine my skills in a small game situation? (3v1, 3v3, 4v1, 4v4)</p>		

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Y4					
Invasion	Net and wall	Striking and fielding	Gymnastics	Dance	Athletics
<p>Can I...</p> <ul style="list-style-type: none"> ... use equipment safely? ... travel with the ball showing increasing control? (Dribble) ...pass (push pass- hockey) (chest, bounce, shoulder etc netball) the ball indifferent ways with accuracy to a partner/ target? ... use attacking and defending techniques? ...choose and adapt techniques to keep possession? ... combine my skills in small team situations (up to 5 v 5) 	<p>Can I...</p> <ul style="list-style-type: none"> ...hold a racket firmly and accurately? ...control a ball on a racket (pats and bounces) ...hit the ball accurately with a racket? (forehand/backhand/volley/ under arm serve) ...use different shots in a rally? Continue using skills in a small game (short tennis / badminton rules) 	<p>Can I...</p> <ul style="list-style-type: none"> ...throw and catch a balls at different speeds, directions and heights. ... aim a ball at a target (under arm) ... strike a ball in different directions? ...choose and use a range of simple tactics and Strategies in a small game? ...keep, adapt and make rules for striking and Games? (rounders, golf, baseball, cricket) 	<p>Can I...</p> <ul style="list-style-type: none"> ...travel in various ways across the floor and apparatus safely (points and patches)? ...devise, perform and repeat sequences that include travel and balances? ...work with a partner and small groups to create sequences? ...adapt a sequence to include apparatus. Compare and contrast similar performances? 	<p>Can I</p> <ul style="list-style-type: none"> ... recognise music has different beats? ... explore, create and response to a range of stimuli linked to swimming? compose short dances with clear? ...start, middle and end on their own, partners and in groups? ...use travel, gestures, turns, jumps and balances with good composure and control. Can remember and perform a longer dance routine to others (8-20steps) 	<p>Can I</p> <ul style="list-style-type: none"> develop my technique for... ...running at shorter and longer distances? ... throwing for distance? ...jumping and leaping for height and distance? Can I... ...device a relay race ...make progress over time? OAA Can I... ...developing map work and orientation of the school site? ...move quickly to controls using a simple course on school field/ Playground? ...solve more complex problems within a group?
<p>Health and Fitness</p> <p>Can I</p> <ul style="list-style-type: none"> ...confidently talk about the changes to my body during exercise? ...comment on some of my main muscle groups and how exercise helps? ... recognise how my pulse changes during and after exercise? ... device a warm routine involving stretches? 			<p>Teamwork</p> <p>Can I...</p> <ul style="list-style-type: none"> ...evaluate the tactics I see and make changes to my own and others' performance? ...work with others fairly? 		

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Y5					
Invasion	Net and wall	Striking and fielding	Gymnastics	Dance	Athletics
<p>Can I...</p> <ul style="list-style-type: none"> ...travel /find space with or without a ball showing different speeds and direction? ...can I use a variety of passes (e.g., hockey - slap-hit) to my partner / target? ... use defensive and attacking skills in a small game? ... explain and follow the rules of a game? ...constructively describe how to refine, improve, and modify performance? ...recognise and play different positions in a small game? (5v5) 	<p>Can I...</p> <ul style="list-style-type: none"> ...hold and swing the racket for different shots? ...know where to stand and move on the court to receive different passes. ...use different types of shots during a game. ...improve accuracy and recognise progress. ... learn the overarm serve. 	<p>Can I...</p> <ul style="list-style-type: none"> ...develop and improve a variety of throws? ...receive balls from different lengths and speeds? ... vary direction of strikes with a bat? ... bowl overarm safely? choose and use a range of simple tactics and strategies in a small game? ...keep, adapt and make rules for striking and fielding games. <p>(rounders, golf, baseball, cricket)</p>	<p>Can I...</p> <ul style="list-style-type: none"> ...include different levels in my balances? ...include different speeds in my movements? ...use space effectively? ...make up a sequence with compositional ideas? (<i>contrasts and variation in shape, speed, level, timing and actions</i>) ... adapt my sequence to different apparatus layouts. ...make a sequence within a group and share roles fairly. 	<p>Can I...</p> <ul style="list-style-type: none"> ...explore, improvise and combine movement and ideas fluently and effectively? ... create dance moves that link to my topic? ...evaluate, refine and that develop my own and others' work. ...composing more complex routines with repetition? ... remember and perform a dance routine to an audience. 	<p>Can I...</p> <ul style="list-style-type: none"> ...choose my favourite ways of running, jumping and throwing and improve it? ...know how to plan a run so I can pace myself? ...plan to cover distances as a team to get the best results possible? ...mark a run up for jumping and throwing? ...watch a partner's athletic performance and identify the main strengths. <p>OAA</p> <p>Can I ...</p> <ul style="list-style-type: none"> .. use map work and orientation effectively? ...build on my stamina to move around an orienteering course in the school grounds? ...recognise how team building and problem-solving skills support other activities?
<p>Health and Fitness</p> <p>Know...</p> <ul style="list-style-type: none"> ...how to describe confidently the effects of exercise. (principles of respiration, temperature, fatigue and recover) ... how different activities can promote strength, power and suppleness. ...how to take pulse, and name some muscles correctly, ...how to explain the effects of exercise on my body. <p>How to lead my own warm up using dynamic stretches in small groups</p> <ul style="list-style-type: none"> ... what muscles to warm up effectively for different exercises. ... why exercise is good for my fitness, health and wellbeing. 			<p>Teamwork</p> <p>Can I...</p> <ul style="list-style-type: none"> Explain what I do well and what I can do to improve? ...explain why others are playing well in the games? ... understand the rules of fair play? ... lead within a team? 		

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Y6					
Invasion	Net and wall	Striking and fielding	Gymnastics	Dance	Athletics
<p>Can I ...</p> <ul style="list-style-type: none"> ...demonstrate all round safe practice for myself and others? ... pass the ball in different directions and speeds safely? ...show precision and accuracy when receiving and sending? ...perform skills with accuracy confidence and control? ...recognise different ways of attacking and defending? Can I play safely and tactically in small game situations? (6v6, 7v7)) ... adapt skills to meet the needs of a situation within a game? ...select skills and techniques to improve my own and others performance? 	<p>Can I...</p> <ul style="list-style-type: none"> ...improve my racket strokes through practise. ... improve my serving stroke? ...hit the ball in the court away to out-wit opponent. ...use speed, height and direction in my play? ...know where to stand when attacking and defending. ...use or device a scoring system? 	<p>Can I...</p> <ul style="list-style-type: none"> develop and adapt my striking, fielding, throwing and catching skills to different heights, distances in small and large games. ... use an over and underarm throw appropriately in a game? ...use and adapt rules, strategies and tactics? ...use the knowledge of basic principles of batting and fielding? (scoring) 	<p>Can I...</p> <ul style="list-style-type: none"> ...improve my shape in balances and travel? . use a combination of dynamics in a sequence? ...use space effectively? ...adapt sequence to selected equipment? ...investigate different ways of working with a partner or small group on and off apparatus? 	<p>Can I...</p> <ul style="list-style-type: none"> ...explore and improvise ideas for dances in different styles, ...work on own, with a partner and in a group. ...explore and experiment imaginatively with a stimulus? ...composing more complex routines with clear sections that link to WW2? (e.g., use specific text/Goodnight Mr Tom / the blitz.) ... remember and perform a more complex dance routine to an audience. 	<p>Can I...</p> <ul style="list-style-type: none"> sustain pace over longer distances, (e.g., sprint for seven seconds, run for one or two minutes.) ...throw with greater control, accuracy and efficiency? ...perform a range of jumps showing power, control and consistency at both take-off and landing? ... set myself and others targets in different events. ...say why some athletic activities can improve strength, power or stamina? ... explain how these can help my performance in other types of activity? ...identify areas that needs to be practised and refined, and suggest improvements? ... OAA Can I... ...work in a team on off-site locations confidently? ...work with different maps and in different locations? ...take part in competitive orienteering? ...Lead and be led in problem solving activities
<p>Fitness and Health</p> <p>Know...</p> <ul style="list-style-type: none"> ...some ideas for warm up exercises and routines. ...what makes a good warm up. ... what clothing and footwear is best to wear. ... how to check playing area. ...how playing invasion games helps your fitness and benefits of playing outside of school. ...how to take pulse, and name some muscles correctly, ...how to explain the effects of exercise on their body. ...the Value of exercise outside of school day. ... why exercise is good 			<p>Teamwork</p> <ul style="list-style-type: none"> Know what I need to get better at and what to practice. Explain why I or others are playing well in the games. Ensure everyone is involved in a team. Lead within a team Play fairly, knowing how to behave when winning and losing. 		