



Waterville Primary School Progression of Skills for Physical Education

FOUNDATION & KS1	BASIC MOVEMENT	DEVELOPING BALANCE	AGILITY AND COORDINATION	TEAM GAMES	MOVEMENT PATTERNS
FOUNDATION STAGE	Move in a variety of ways in and out cones and obstacles. Jump with both feet leaving the ground. Hop Stop on command Sprint Run	Single balance. Balancing on one foot. Be able to balance on a piece of apparatus.	Be able to throw and catch a large ball – over arm and under arm. Roll a ball to an end target. Kick a ball.	Be able to participate in a game with an opposing side. Be able to control a ball within a game setting. Use hands to control a ball.	Dance to link in with learning theme. Copy a dance pattern. Link 2 dance movements together.
YEAR 1	Move in a variety of ways in and out cones and obstacles. Jump with both feet leaving the ground. Hop Stop on command Sprint Run Skip without a rope Jump for height	Single balance. Balancing on one foot. Be able to balance on a piece of apparatus. Side roll. Climb. Line walk.	Be able to throw and catch a large ball – over arm and under arm. Roll a ball to an end target. Kick a ball with increasing accuracy to an end target. Dribble a ball. Balance a ball on a racket. Two handed strike.	Be able to participate in a game with an opposing side. Be able to control a ball within a game setting. Use hands to control a ball with increasing accuracy. Be able to play a game following a set of rules.	Dance to link in with learning theme. Copy a dance pattern. Move to a beat. Link 2 dance movements together.
YEAR 2	Move in a variety of ways in and out cones and obstacles. Jump with both feet leaving the ground. Hop Stop on command Sprint Run Skip without a rope/with Jump for height Gallop Side gallop Jump for distance	Single balance. Balancing on one foot. Be able to balance on a piece of apparatus. Side roll. Climb. Line walk. Bench walk.	Be able to throw and catch a medium sized ball accurately. Kick a ball. Balance a ball on a bat. Dribble a ball in and out of a set of obstacles. Hit a ball with some accuracy using a racket or bat. Throw a beanbag into a given target.	Be able to participate in a game with an opposing side. Be able to control a ball within a game setting. Play a game with a set of rules. Play as part of a team. Cooperate with team mates. Work as a team in order to score goals. Control a ball accurately. Use both hands and feet in order to control a ball.	Dance to link in with learning theme. Copy a dance pattern. Move to a beat. Link a short series of dance sequences together.

KS2	SWIMMING	CONTROL AND BALANCE	COMPETITIVE GAMES	MOVEMENT PATTERNS
Year 3	N/A	Can bounce a ball on the spot with consistency. Can perform a basic log, egg, shoulder and forward roll.	Participate in team games. Develop simple tactics for attacking and defending. Succeed and excel (in competitive sport) and other physically demanding activities.	Create and perform a short sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment.
Year 4	To be able to swim 25 metres unsupported.	Can bounce a ball on the spot with consistency. Can perform a basic log, egg, shoulder and forward roll. Responds imaginatively and with control and coordination. Uses different body parts. Can vary dynamics, speed, direction and level of their movements.	Participate in team games. Develop simple tactics for attacking and defending. Play competitive games, modified where appropriate. Succeed and excel (in competitive sport) and other physically demanding activities. Compete in a range of increasingly challenging situations.	Create and perform a short sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment. Plan and perform a movement sequence showing contrasts in speed/level and direction. Apply basic compositional ideas to create dance phrases with a partner and in a small group.
Year 5	N/A	Can bounce a ball on the spot with consistency. Responds imaginatively and with control and coordination. Uses different body parts. Can vary dynamics, speed, direction and level of their movements. Can travel whilst bouncing a ball, showing control. Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll. Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement.	Participate in team games. Play competitive games, modified where appropriate through team and individual games. Develop simple tactics for attacking and defending. Apply basic principles suitable for attacking and defending. Succeed and excel (in competitive sport) and other physically demanding activities. Compete in a range of increasingly challenging situations.	Create and perform a short sequence linking basic actions, with a clear beginning, middle and end. Choose and link actions to create an expressive dance which shows some sensitivity to accompaniment. Plan and perform a movement sequence showing contrasts in speed, level and direction. Apply basic compositional ideas to create dance phrases with a partner and in a small group. Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance. Develop a longer and more varied movement sequence demonstrating smooth transitions between actions.

<p>Year 6</p>	<p>N/A</p>	<p>Can bounce a ball on the spot with consistency. Responds imaginatively and with control and coordination. Uses different body parts. Can travel whilst bouncing a ball, showing control. Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement. Using either hand can dribble showing changes of speed and direction. Perform a range of rolls consistently including a backward roll. Responds imaginatively to a variety of stimuli, demonstrating a wide range of actions with precision, control and fluency. Can incorporate different dynamics and develop new actions with a partner and in a group.</p>	<p>Participate in team games. Play competitive games, modified where appropriate through team and individual games. Use a range of tactics and strategies to overcome opponents in direct competition. Apply basic principles suitable for attacking and defending. Succeed and excel (in competitive sport) and other physically demanding activities. Compete in a range of increasingly challenging situations. Develop an understanding of how to improve in different physical activities and sports.</p>	<p>Create and perform a short sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment. Plan and perform a movement sequence showing contrasts in speed/level and direction. Apply basic compositional ideas to create dance phrases with a partner and in a small group. Develop a longer and more varied movement sequence demonstrating smooth transitions between actions. Compare, develop and adapt movement motifs to create longer dances. From observations of others can you describe constructively how to refine, improve and modify performance? Refine own performance in response to others and self-analysis.</p>
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