



PE Progression of Skills 2021-2022

	Autumn 1	Autumn 2a (3 WEEKS) Autumn	Autumn 2b (4 WEEKS) Autumn	Spring 1a (4 WEEKS)	Spring 1b (2WEEKS)	Spring 2	Summer 1	Summer 2
Theme	It's all Magic (Fairytale/ Traditional story focus)	Crash! Bang!	Winter Wonderland	Breaking News!	Chinese New Year Festival	Down on the Farm	Climate Change!	When I grow up!

EYFS							
Sporting Events							Sports Day - TBC
Key Vocab	Hands, feet, obstacle, balance, flexibility, stretch, reach, extend, rolling, sliding, slithering, jump, landing, movement.	Movement, rolling, running, jumping, crawling, walking, instructions, repeat, shape, movement, instructions.	Movement, apparatus, co-ordination, balance, jump, travel, rolls, beat, pattern, speed, movement.	Travel, control, co-ordination, direction, speed, movement, beat, instructions.	Control, space, speed, hand-eye, foot-eye, kick, roll, throw, slide, race.	Stat, stop, speed, race, throw, distance, accuracy, jumping, hopping, skipping, running, walking.	
Team Teaching	Teachers will use this term to observe PE lessons and	Team Teaching – Dance Teachers will be taught to deliver a linked LO warm up as part of	Team Teaching – Gymnastics Teachers will be taught to deliver a Skill based session as	Team Teaching - Speed, agility, travel	Team Teaching - Manipulation & co-ordination	Team Teaching - Athletics Link	



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	<p>learn; the structure of a lesson, how assessments are made in PE, coaching techniques, and more subject knowledge.</p> <p>Can use hands and feet to negotiate obstacles.</p> <p>Develop balance, flexibility and body management.</p>	<p>learning the structure and develop their own coaching style. With specialist advice</p> <p>Children will be taught to: Perform basic movements including walking, running, rolling, crawling, jumping and taking weight on hands.</p> <p>Follow simple instructions.</p> <p>Replicate basic demonstrations and copy/repeat simple movements and shapes with their body.</p> <p>Respond to hearing music.</p>	<p>part of the PE lesson structure. They will learn how to use AFL effectively to assess and monitor progress of their pupils.</p> <p>Children will be taught to: Develop confidence in fundamental movements.</p> <p>To experience moving over, under or on apparatus.</p> <p>To develop co-ordination and gross motor skills.</p> <p>To link simple balance, jump and travel actions together.</p>	<p>Teachers will be taught to deliver the next part of the PE lesson structure which is a differentiated main activity. They will learn to stretch their creative understanding of differentiation in PE</p> <p>Children will be taught to: Participate in a variety of small</p>	<p>Teachers will have the opportunity to practice any of their coaching skills that they would like to work on specifically (subject knowledge, differentiation, behaviour management, etc.)</p> <p>Children will be taught to send and receive a</p>	<p>Teachers will work on planning and delivering their own PE lessons. They will design lessons using the structure and ideas they've learnt and will have constant advice and support in each lesson as it is being taught. The last lesson will be an</p>
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Can stretch, reach, extend in a variety of ways and positions.			To learn a refine a variety of shapes, jumps, rolls and balances.	group cooperative activities	variety of objects with different body parts	observation on any PE subject they wish to teach.
Explore rolling, sliding, and slithering.				Travel with control and coordination.	Work with others to control objects in space.	Children will be taught to:
Jump using a variety of take offs and landings, moving on and off low apparatus using hands and feet in a variety of combinations				Change direction at speed in games and session drills.	Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.	Participate in sports day and physical activities that are included within this event.
				Perform actions that demonstrate changes of speed.		Can start and stop at speed



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	<p>Gain confidence in a variety of gross motor skills.</p> <p>Work with others and participate in a variety of small group activities.</p>				<p>Relate movements to music and percussion beats.</p>		<p>in a variety of races.</p> <p>Can handle and throw a variety of objects with accuracy and/or distance.</p> <p>Move on their feet in a variety of ways including, jumping, skipping, hopping,</p>
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								running, and walking.
PPA	Body Management and BEAM	<p>PPA Cover – Gymnastics</p> <p>Children will be taught to: Perform basic movements including crawling, jumping, rolling, and taking weight on hands.</p> <p>Able to follow instructions.</p> <p>Replicate basic demonstrations and copy and repeat simple movements and shapes.</p>	<p>PPA Cover – Dance</p> <p>Children will be taught to: Recognise that actions can be reproduced in time to music; beat patterns and different speeds.</p> <p>Perform a wide variety of dance actions both similar and contrasting</p> <p>Copy and perform simple movement patterns.</p>	<p>PPA Cover - Problem solving & team games</p> <p>Children will be taught to: Work with a partner to listen, share ideas, question, and choose.</p> <p>Move confidently and</p>	<p>PPA Cover - Attack Defend Shoot</p> <p>Children will be taught to: Work in collaboration with others to score points.</p> <p>Kick, roll, throw, or slide an object towards a target to score points.</p> <p>Engage in competitive</p>	<p>PPA Cover - Multi skills</p> <p>Children will be taught to: Further improve any of the PE skills they've learnt this year</p> <p>Demonstrate increasing control over a variety of objects.</p>		



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					cooperatively in space, travelling in a range of ways. Manoeuvre different objects in different ways to complete tasks. Follow game rules and instructions.	activities and races.	Demonstrate good control and co- ordination in large and small movement. Develop fundamental movement skills of balance, coordination, speed and agility. Work as a team in
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								competitive games
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Year 1						
Sporting events						Spots Day - TBC
Key Vocab	Roll, slide, accuracy, rules, competitive, cooperative, bounce, intercept, throw.	Action, dance, movement, beat, unison, control, theme, story, action, shape, confidence, balance, coordination, rolls.	Movement, apparatus, co-ordination, balance, jump, travel, rolls, beat, pattern, speed, movement, sequence, unison, routine, relaxed, stretches, curled, compose.	Hand, bat, send, return, receive, space, co-ordination, invasion, rules, dribbling, passing.	Hit, track, retrieve, roll. Throw, catch, fielding, control, run, throwing, catching, sending, dominant, chase, stop, control.	Stat, stop, speed, balance, agility, race, throw, distance, accuracy, jumping, hopping, skipping, running, walking, relay.



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Team Teaching	<p>Team Teaching - Invasion Games (attack, defend, shoot)</p> <p>Teachers will use this term to observe PE lessons and learn; the structure of a lesson, how assessments are made in PE, coaching techniques and more subject knowledge.</p>	<p>Team Teaching – Dance</p> <p>Teachers will be taught to deliver a linked LO warm up as part of learning the structure and develop their own coaching style. With specialist advice</p> <p>Children will be taught to: Perform basic body actions along with music.</p> <p>Work with a partner and dance in unison.</p> <p>Move with control.</p>	<p>Team Teaching – Gymnastics</p> <p>Teachers will be taught to deliver a Skill based session as part of the PE lesson structure. They will learn how to use AFL effectively to assess and monitor progress of their pupils.</p> <p>Children will be taught to: Perform routines in unison.</p> <p>Link actions and remember/perform simple sequences</p> <p>Make their body tense, relaxed, stretched, and curled in a</p>	<p>Team Teaching – Net and Wall Games (Send and Return)</p> <p>Teachers will be taught to deliver the next part of the PE lesson structure which is a differentiated main activity. They will learn to stretch their creative understanding of</p>	<p>Team Teaching – Striking & Fielding (Hit, Catch, Run)</p> <p>Teachers will have the opportunity to practice any of their coaching skills that they would like to work on specifically (subject knowledge, differentiation, behaviour management, etc.)</p>	<p>Team Teaching – Athletics (Run, Jump, Throw)</p> <p>Teachers will work on planning and delivering their own PE lessons. They will design lessons using the structure and ideas they've learnt and will have constant advice and support in</p>
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Engage in competitive activities. Roll or slide a beanbag or ball with accuracy. Recognise rules and apply them in competitive and cooperative games. Work in collaboration with others to score points.	Recognise that dances can have themes and stories	variety of moves performed accurately. Handle apparatus safely.	differentiation in PE Children will be taught to: Send an object with increased confidence using a hand or bat Move towards a moving ball to return Select and apply skills to win points in	Track and retrieve a rolling ball. Throw and catch a variety of balls and objects. Participate in team games.	each lesson as it is being taught. The last lesson will be an observation on any PE subject they wish to teach. Children will be taught to: Begin linking running with jumping. learn and refine a range
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	<p>Bounce a medium sized ball to self and attempt to bounce to others</p> <p>Attempt to intercept and catch a thrown ball/object</p>				<p>competitive games.</p> <p>Identify space to be able to send a ball.</p> <p>Develop their hand eye coordination skills.</p>	<p>Perform fielding techniques with increased control and coordination</p> <p>Run between bases or learn new ways to score points in team games.</p>	<p>of running which includes varying pathways and speeds.</p> <p>Develop throwing techniques to send objects over long distances.</p> <p>Copy and repeat basic movements for extended periods of time to</p>
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								<p>develop stamina.</p> <p>Demonstrate the awareness for the need to improve and attempt to improve.</p> <p>Participate as a team in running relays.</p>
PPA Cover	PPA Cover – Invasion Games	PPA Cover – Gymnastics		PPA Cover – Dance		PPA Cover - Invasion	PPA Cover – Net and Wall Games	PPA Cover – Multi Skills



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	(attack, defend, shoot)	<p>Children will be taught to:</p> <p>Identify and use simple gymnastic actions and shapes</p> <p>Move on, off and over objects with confidence</p> <p>Develop balance and co-ordination when understanding a variety of jumps, balances, shapes and rolls.</p>	<p>Children will be taught to: With help, compose a basic movement phrase.</p> <p>Confident to explore space with their dances and movements.</p> <p>Remember and repeat simple movement patterns</p> <p>Use different parts of the body and combine leg with arm actions.</p>	<p>Games (attack, defend, shoot)</p> <p>Children will be taught to: Use and apply simple strategies for invasion games</p> <p>To recognise rules and apply them in competitive and cooperative games.</p>	<p>(send & Return)</p> <p>Children will be taught to: Play modified net/wall games using throwing and catching skills.</p> <p>Demonstrate some basic sending skills.</p> <p>Send an object with increased confidence using a hand or bat</p>	<p>Children will be taught to: Apply fitness elements and skills learned to a variety of activities.</p> <p>Develop their fundamental movement skills of balance, coordination, agility and power.</p>
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						<p>Can send and receive a ball using feet</p> <p>Can start to combine skills such as dribbling with passing.</p>	<p>Decide on and play with a dominant hand</p> <p>Chase, stop and control balls on the move.</p> <p>Select and apply skills learnt to win points in games</p>	<p>Take part in competitive team games.</p>
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Year 2							
Sporting Events							Spots Day - TBC
Key Vocab	Roll, slide, accuracy, rules, competitive, cooperative, bounce, intercept, throw, dribbling, passing, catching, throwing. .	Action, dance, movement, expression, imagination, beat, choreography, unison, control, theme, story, action, shape, confidence, balance, coordination, rolls, sequences, control, consistency.	Movement, apparatus, co- ordination, balance, rhythm, jump, travel, rolls, beat, pattern, speed, movement, sequence, unison, routine, relaxed, stretches, curled, compose, core strength.	Hand, bat, send, return, receive, space, tracking, throwing, catching, serving, co- ordination, invasion, rules, dribbling, passing, opponents, tactics. .	Hit, track, retrieve, roll. Throw, catch, fielding, control, run, throwing, bowling, feeding, catching, sending, dominant, chase, stop, control, boundaries, agility.	Stat, stop, power, speed, balance, agility, race, obstacles, throw, distance, accuracy, jumping, hopping, skipping, running, walking, relay.	



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Team Teaching	<p>Team Teaching – Invasion Games (Attack, Defend, Shoot)</p> <p>Teachers will use this term to observe PE lessons and learn; the structure of a lesson, how assessments are made in PE, coaching techniques and more subject knowledge.</p>	<p>Team Teaching – Dance</p> <p>Teachers will be taught to deliver a linked LO warm up as part of learning the structure and develop their own coaching style. With specialist advice</p> <p>Children will be taught to: Perform movements with expression</p> <p>Attempt to work as part of a group to perform a dance</p> <p>Move with imagination and respond to the music.</p>	<p>Team Teaching – Gymnastics</p> <p>Teachers will be taught to deliver a Skill based session as part of the PE lesson structure. They will learn how to use AFL effectively to assess and monitor progress of their pupils.</p> <p>Children will be taught to: Show contrasts in gymnastics shapes and actions.</p> <p>Can perform a variety of shapes, jumps, rolls and balances with accuracy and good techniques.</p>	<p>Team Teaching – Net and Wall Games (Send and Return)</p> <p>Teachers will be taught to deliver the next part of the PE lesson structure which is a differentiated main activity. They will learn to stretch their creative understanding of</p>	<p>Team Teaching – Striking & Fielding (Hit, Catch, Run)</p> <p>Teachers will have the opportunity to practice any of their coaching skills that they would like to work on specifically (subject knowledge, differentiation, behaviour management, etc.)</p>	<p>Team Teaching – Athletics (Run, Jump, throw)</p> <p>Teachers will work on planning and delivering their own PE lessons. They will design lessons using the structure and ideas they've learnt and will have constant advice and support in</p>
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	<p>Children will be taught to:</p> <p>Work with a partner and in small groups to develop skills.</p> <p>Can send and receive a ball using feet as well as hands.</p> <p>Link combinations of skills e.g.</p>	<p>Explore and use basic choreography including; levels, speed changes and cannon.</p>	<p>Attempt to use rhythm whilst performing a sequence.</p> <p>Use core strength to link gymnastics elements.</p>	<p>differentiation in PE</p> <p>Children will be taught to: Be able to track the path of a ball over a bench, line or net.</p> <p>Be able to hit a ball with hand or racquet with some consistency.</p> <p>Play modified net/wall games using</p>	<p>Children will be taught to: Develop hitting skills with a variety of bats.</p> <p>Practice bowling/feeding the ball to other players.</p> <p>Work in small groups to field accurately.</p> <p>Attempt to play the roll of</p>	<p>each lesson as it is being taught. The last lesson will be an observation on any PE subject they wish to teach.</p> <p>Children will be taught to: Develop power, agility, coordination and balance</p>
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	dribbling and passing. Apply catching and throwing skills to games.				throwing and catching skills. Demonstrate some basic sending skills. Start games using basic serving skills	wicket keeper or backstop Make attempts to catch balls that have been hit by a bat.	over a variety of activities. Can negotiate obstacles showing increased control of body and limbs. Throw and handle a variety of objects including quoits, beanbags, balls, hoops.
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PPA	Plugging gaps from year 1.	<p>PPA Cover – Gymnastics</p> <p>Children will be taught to: Create, remember and repeat simple sequences.</p> <p>Comment on aspects of own and others performances.</p> <p>Perform with control and consistency basic actions at different speeds and on different levels.</p>	<p>PPA Cover – Dance</p> <p>Children will be taught to: Perform with control and balance, demonstrating good co-ordination.</p> <p>Select movements that show a clear understanding of the them/story/idea of the dance.</p> <p>Use different parts of the body in isolation and combination.</p> <p>Can find the beat of the song and use counts of 8 effectively</p>	<p>PPA Cover - Invasion Games (Attack, Defend, Shoot)</p> <p>Children will be taught to: Show awareness of teammates and opponents in games.</p> <p>Begin to look for space to pass or run into in order to receive.</p>	<p>PPA Cover –Net and Wall Games (Send and Return)</p> <p>Children will be taught to: Use a small range of basic racquet skills.</p> <p>Play within boundaries.</p> <p>Play continuous competitive games using; throwing and catching or</p>	<p>PPA Cover – PRODUCTION PRACTICE</p> <p align="center">OR</p> <p>Multi Skills</p> <p>Where children will be taught to: Apply fitness elements and skills learned</p>
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				within a simple sequence of movements.	To recognise rules and apply them in competitive and cooperative games. Select and apply simple tactics to win games. Combine skills such as	some simple hitting. Move with confidence and agility. Provide feedback to their peers.	this year to a variety of activities. Develop their fundamental movement skills of balance, coordination, agility and power. Take part in competitive team games.
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						dribbling and shooting.		