



# St Herbert's C of E Primary and Nursery School

## PE Progression of Skills / Knowledge

### Cycle A / B



	Dance	Games	Gymnastics	Athletics	Swimming	Outdoor activities
EYFS	Copy and explore different body patterns to different styles of music.	Develop a range of movements through activities relating to physical literacy.	Develop understanding of basic movements, balancing and control. Explore different ways the body can move.	Develop understanding of how the body can move. Pupils to develop fundamental movement skills.	Introduction to water safety entering and exiting the pool.	Introduction to activities outdoors. Allow opportunities to explore the environment.
Year 1	Using a range of stimulus, pupils will begin to understand how to compose, link and perform basic movements to music.	Continue to develop gross and fine motor skills. Identify interventions where necessary.	Explore the key principles of gymnastics – rolling, jumping, balancing and sequencing.	Explore running, jumping and throwing techniques. Pupils should begin to explain their movements.	Explore the different shapes in the water. Develop the glide techniques.	Introduction to basic orienteering, communication and problem solving skills and activities.
Year 2	Begin to explore feelings and emotions through sequencing, rhythm and coordination.	Introduce elements of competition into lessons. Pupils to begin to link movements and skills.	Begin to demonstrate control and tension in movements. Pupils experience individual and partner balance.	Perform basic techniques to meet challenges. Pupils begin to explore distance, height and speed.	Safely jump into the pool and fully submerge. Develop push and glide techniques. Understand the 4 key water safety rules.	Develop simple map reading and reference skills, co-operation and communication skills and basic problem solving skills.
Year 3	Begin to improve phrases and sequences to communicate key ideas and themes.	Practice sports specific skills in isolation and combination. Pupils to begin to develop teamwork skills.	Develop understanding of basic movement, balance and control. Explore different ways the body can move.	Pupils to start to combine movements linked to throwing, jumping and running techniques.	Demonstrate floating skills and holding shapes in the water. Introduction to developing kicking techniques.	Introduction to activities in an outdoor setting. Allow opportunity to explore the environment.

Year 4	Demonstrate control, co-ordination and fluidity while structuring and choreographing sequences.	Pupils begin to apply attacking and defending principles as well as an introduction to fair play.	Develop core strength to hold shape and demonstrate control for movements in individual and partner routines.	Set realistic targets whilst performing techniques with increased control and consistency.	Introduction to treading water, 10m distance for each stroke and holding shapes on, above (flight) water.	Develop effective turn taking skills, enhanced communication skills and develop responsibilities and roles within tasks.
Year 5	Develop expression and extended techniques such as canon, unison and exploring a range of dynamics and relationships.	Develop complex techniques with increased success in isolated practices and competitive scenarios.	Create complex routines, greater emphasis placed upon sequencing movements and collaborating ideas.	Demonstrate developed effective techniques to maximise distance, speed and height.	Develop breathing techniques, demonstrate each stroke over 25m distance. Swim wearing clothes, shout and signal and surface dive techniques.	Develop map reading and compass skills, implement planning strategies to solve problems.
Year 6	Develop extended sequences showing confidence, control and fluency. Pupils will begin to compare, evaluate and recommend changes.	Pupils to develop tactical awareness in sports, understanding rules and regulations, and develop appreciation and reflection.	Introduction to evaluation and appreciation for individual, partner and group work. Attempt developed techniques.	Identify strengths and areas of improvements in relation to individual and peer techniques/performances.	Develop control and confidence using all three strokes over 25m. Perform dive/sitting dive techniques and to perform movement sequences for 1 minute.	Implement and refine problem solving strategies, plan and share responsibilities and roles within a group.