

St John's Primary School
Physical Education Skills Progression

Year B	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Y1&2	<p>Football: Practice and improve upon body, control, balance and coordination when playing football. Use a variety of introductory equipment to assist with progression (cones, tennis balls). Introduce dribbling and passing skills</p>	<p>Netball: Begin to explore and use ways to pass and receive a small ball with the hands. Explain how eye contact with the ball and correct position of hands will assist. Explain how footwork will contribute to moving to the correct position every time. Support with game orientated activities.</p>	<p>Gymnastics- Identify Balance, Strength and Flexibility as the main physical components in gymnastics. Begin to develop the skills and recognise the individual moves that we can perform (balances, jumps , rolls). Introduce basic gymnastics vocabulary and apparatus (Floor, vaults, benches)</p>	<p>Dance Themed: Explore a variety of dancing moves and patterns through use of every day themes (weather, sports, nature, friendships). Explore moves in time, with some control, in different directions, with a partner or small group.</p>	<p>Hand as Bat/Racquet Explore and practise a variety of ways to hit a ball using our hands as racquets or bats. Improve hand-eye, leg-eye coordination and play different fun and engaging games that will develop the skills. Use ropes/lines as nets and a lot of targeting ensuring success for everyone</p>	<p>Athletics 1 Improve running technique , use of arms and legs when running, jumping , throwing. Introduce skills term of Speed, Strength, Stamina and Pacing to identify different types of running</p>

<p>Y3&4</p>	<p>Football Exercise upon and Identify additional skills that contribute to good body control, balance and coordination. Core strength , perimeter vision, use of arms, communication. Work with small size footballs, softer bouncy balls, tennis balls. Further improve dribbling and ball control, passing and communication, shooting and targeting skills</p>	<p>Netball : Introduce pivoting, variety of passing and footwork rules. Introduce 4" and 1m rules. Practice upon shooting. Explore defending techniques, familiarise with No contact rule</p>	<p>Gymnastics Continue to identify balance, strength and flexibility as major skills in Gymnastics. Explore performing floor moves , rolls, jumps and balances in isolation and combination. Use benches , vaults and springboards to further explore a combination of skills. Discuss rhythm, continuity and artistic execution. Establish safety rules when practising gymnastics</p>	<p>Basketball. Practice and improve upon basic skills. Dribbling and ways of dribbling. Rules around dribbling. Passing and shooting. Identify basic differences and similarities with Netball. Introduce basic defending skills. Basketball as a contact sport. Basic rules</p>	<p>Cricket/Rounder s. Further improve accuracy , speed and control in underarm and overarm throwing. Practice upon fielding skills and discuss basic playing rules. practice batting a ball from a steady position and after soft throwing.</p>	<p>Athletics Focus with more detail on using the arms and feet when running. Discuss sprint and medium/long distance running. Improve lower body strength with standing long and high jump exercises Exercise upon underarm and overarm throwing. Introduce relay racing and participate in sports hall athletics events</p>
<p>Y5&6</p>	<p>Football: Explore how communication</p>	<p>Netball: Further improve on passing,</p>	<p>Gymnastics Continue to improve balance ,</p>	<p>Basketball .Practice and further improve</p>	<p>Cricket/Rounder s: Further improve</p>	<p>Athletics Discuss and</p>

	<p>and teamwork in addition to physical skills will further enhance performance in Football. Offer more playing opportunities through competitions. . Establish a good level of skills, on dribbling, passing and targeting. Explore secondary skills as headers, goalkeeping, simple tactics and knowledge of rules and regulations</p>	<p>pivoting and footwork. Use different ways of passing. Play with specific positions and alternate players on different positions to become familiar with all roles. Establish defending skills and playing with no contact (1m rule) Practice and improve upon shooting.</p>	<p>strength and flexibility through a variety of isolation and combination moves. Establish a combination of 3-5 moves in continuity and control. Introduce 'peer help' for cartwheels, handstands. Improve ability to perform on apparatus with control, rhythm and artistic execution.</p>	<p>upon dribbling, passing and shooting. Faking and pivoting as offensive tactics. Defending 1v1 and basic team rules. Introduce and play upon more specific rules. Travelling, double dribbling, 5", 24".</p>	<p>accuracy on underarm and overarm throwing. Establish good position of hands when fielding and practise a lot on batting a ball. Simple form of game with runs and using terms (caught out, run out,etc)</p>	<p>improve specific techniques of spring running and medium/long distance running (position of feet, arms, control and balance of upper body). Run competitive races and relays on both sprints and longer distance Teach and basic technique on shot put and javelin/vortex throw Participate in sports hall and outdoor athletics events and competitions</p>
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Year A	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Y1&2	<p>Football/Netball</p> <p>Introduce, Exercise upon and Identify additional skills that contribute to good body control, balance and coordination. Core strength , perimeter vision, use of arms, communication. Work with small size footballs, netballs, softer bouncy balls, tennis balls. Further improve , ball control, passing and communication, shooting/scoring and targeting skills</p>	<p>Tagging Skills</p> <p>Introduce tagging as a game activity. Improve and Promote change of direction and body control as a skill that will contribute to better tagging skills. Play games to establish the 'no contact' rule and teach the children to put their tag belts on and off. Also teach to return the tag after tagging and don't throw it on floor. Develop running forward and carrying the ball with 2 hands as a</p>	<p>Gymnastics</p> <p>Identify Balance, Strength and Flexibility as the main physical components in gymnastics. Begin to develop the skills and recognise the individual moves that we can perform (balances, jumps , rolls). Introduce basic gymnastics vocabulary and apparatus (Floor, vaults, benches)</p>	<p>Dance-Themed</p> <p>Water Air Earth Play themes</p> <p>Explore a variety of dancing moves and patterns through use of every day themes (weather, sports, nature, friendships). Explore moves in time, with some control, in different directions, with a partner or small group.</p>	<p>Hand as Bat/Racquet</p> <p>Explore and practise a variety of ways to hit a ball using our hands as racquets or bats. Improve hand-eye, leg-eye coordination and play different fun and engaging games that will develop the skills. Use ropes/lines as nets and a lot of targeting ensuring success for everyone</p>	<p>Athletics 2</p> <p>Improve running technique , use of arms and legs when running, jumping , throwing. Introduce skills term of Speed, Strength, Stamina and Pacing to identify different types of running</p>

		basic tag rugby skill. Introduce passing as 'no passing forward' using soft rugby balls				
Y3&4	<p>Hockey</p> <p>Introduce basic skills. Running and holding the stick. 2 hands, changing direction.</p> <p>Discuss and promote safety when moving with the stick. Use plastic sticks only. Work a lot on ball dribbling and passing (push pass only).</p> <p>Ensure scoring and targeting opportunities provided. 2v2, 3v3, 4v4 matches</p>	<p>Tag Rugby</p> <p>Continue to practise wearing and use of tag belts and tags. Practice correct way of tagging (lifting arm high with tag-shouting tag). Return tag to person tagged, don;t throw tags on the ground.</p> <p>Continue to improve holding the ball with 2 hands, running forward.</p> <p>Introduce passing backwards and further improve</p>	<p>Gymnastics</p> <p>Continue to identify balance, strength and flexibility as major skills in Gymnastics. Explore performing floor moves , rolls, jumps and balances in isolation and combination. Use benches , vaults and springboards to further explore a combination of skills. Discuss rhythm, continuity and artistic execution.</p>	<p>Dance-Modern/ Traditional</p> <p>Themed (Ancient greece, Maya, Egyptians etc)</p> <p>Line Modern Choreography</p>	<p>Tennis/Badminton</p> <p>Practice and improve hand eye leg eye coordination when holding a racquet. Safety and distancing. Teach and discuss forehand and backhand drives. Improve positioning of body and racquet in relation to ball. Practice hitting the ball/shuttlecock towards a target and provide success opportunities.</p>	<p>Athletics 2</p> <p>Focus with more detail on using the arms and feet when running. Discuss sprint and medium/long distance running. Improve lower body strength with standing long and high jump exercises Exercise upon underarm and overarm throwing. Introduce relay racing and participate in sports hall athletics events</p>

		<p>ball handling skills to tag rugby ball requirements. Use both soft and smaller size balls. Discuss and differentiate basic attacking and defending situations</p>	<p>Establish safety rules when practising gymnastics</p>		<p>Practice hitting the ball/shuttlecock over and obstacle</p>	
<p>Y5&6</p>	<p>Hockey Continue to work and improve on basic skills. Running and holding the stick. 2 hands, changing direction. Establish safety when moving with the stick as only way to be able to use wooden stick. Also safety when passing the ball, (stick lift no higher than knee). Use plastic sticks to</p>	<p>Tag Rugby Establish tagging skills. Polish carrying the ball, passing and receiving skills. Establish running forward passing back ward rule. Discuss and implement, 3" rule to pass the ball rule, 6 tag turn over, line of defence, ability to continue play while tagger gives tag to tagged child.</p>	<p>Gymnastics Continue to improve balance , strength and flexibility through a variety of isolation and combination moves. Establish a combination of 3-5 moves in continuity and control. Introduce 'peer help' for cartwheels, handstands. Improve ability to perform on</p>	<p>Dance-Modern/ Traditional Themed (Ancient greece, Maya, Egyptians etc) Line Modern Choreography Design Your Own Dance</p>	<p>Tennis/Badminton Practice and improve hand eye leg eye coordination when holding a racquet. Establish. Safety and distancing. Teach and discuss forehand and backhand drives in more detail.. Improve positioning of body and racquet in relation to ball/shuttlecock.</p>	<p>Outdoor and Adventurous Activities /Orienteering</p>

	<p>begin with. Work a lot on ball dribbling and passing (push pass only). Teach and use indian and push dribble. Ensure scoring and targeting opportunities provided. 2v2, 3v3, 4v4, 7v7 matches. Discuss attacking and defending techniques.. Discuss and apply basic rules</p>	<p>Provide loads or playing and competition opportunities (inter school and inter house)</p>	<p>apparatus with control, rhythm and artistic execution. Design and execute your own routine</p>		<p>Practice with 1:1, 2v2 games. Practice hitting the ball/shuttlecock towards a target and continue to provide success opportunities. Practice hitting the ball/shuttlecock over the net. Introduce matches and rules applications</p>	
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