The Gates Primary School Westhoughton

Skills Progression in PE at Foundation Stage



Vesthought	ton							Westhoughton
Shade Skills	Expectations for Nursery			Expec	tations for Re	ELG	Links to KS1	
	Can throw a large ball with both hands	Can throw a small ball with one hand	Can throw a ball or bean bag underarm or overarm	Can throw rugby balls, javelins, and frisbees	Can throw a ball at a given target	Can bat a ball	Negotiate space and obstacles safely, with considerate for themselves and others.	PE Master basic movements including
Gross motor	Catches a large ball from a short from a short distance			Can catch larger Can catch smaller items from a distance longer distance			Demonstrate strength, balance	running, jumping,
	Can kick a large ball in a straight line ball at an intended target		Can walk with a ball	Can run with a ball	Can dribble in and out of targets	Can pass a ball to another person	and co-ordination when playing Move energetically, such as running,	throwing and catching, as well as developing
	Go up steps and stairs independently	Go up steps and s apparatus, using	•		s, going up forwards, ng down backwards	Manage own risks when travelling over, under, through apparatus	jumping, dancing, hopping, skipping and climbing	balance, agility and co- ordination, and begin to apply
	Skip, hop, stan	nd on one leg and ho	old a pose	Can demonstrate different types of balances using feet	Can balance using different body parts	Balancing with precision and accuracy		these in a range of activities
	Balances a quo	it on their head whi	lst moving	Walks along a bench / balance beam independently	Can balance a ball on a bat	Can balance a ball on a bat whilst moving		
	Rides a trike independently	Rides a 3 wheeled scooter independently, moving one leg backwards and forwards		bike, occasionally their feet	Rides a 2 wheeled scooter independently, moving one leg backwards and forwards	Pedals a bike with stabilisers.		

Uses large-muscle movements to produce vertical and horizontal lines	Uses large- muscle movements to produce circles and +	Uses large- muscle movements to produce squares	Uses large- muscle movements to produce diagonal lines	Uses large-muscle movements to produce X and triangles	Uses large-muscle movements to produce letter shapes	
Can walk, run, crawl and climb when directed	Can walk, run, crawl and climb independently	Match their developing physical skills to tasks and activities	Can walk, run, crawl, climb, hop, jump and skip with increasing control		Moves in imaginative ways	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing



Skills Progression in PE at Key Stage One



	Fundamental Movements - ABC	Fundamental Movements- SAQ	Awareness	Gymnastics	Dance	Sending and Receiving	Athletics	Competitive, Tactics and Strategies	Active Lifestyle
Year 1	Show body control when travelling. Show coordination and balance within small and big movements. Show coordination, control and balance when travelling through equipment. Master basic movements, including running and jumping.	Show body control when travelling. Travel with awareness of others. Show coordination and balance within small and big movements.	Travel with awareness whilst maintaining control of a ball/equipment Travel with a ball/equipment showing changes of speed and direction Master basic movements, including running and jumping	Move confidently and safely around others and apparatus / equipment. Perform a variety of gymnastic skills: •Pencil roll •Star shape •Tuck •Straddle •Pike •Front and back support •Jumps Perform simple movement patterns.	Perform basic dance patterns. Perform basic dance actions. Combine actions to make simple dance patterns. Begin to play with confidence and a freedom to take risks.	Throw to a target. Throw a wide range of equipment at different targets. Use a variety of equipment to send and receive to a partner.	Run at different speeds and durations. Travel with coordination and control. Throw with an appropriate force. Throw a range of equipment at different targets. Master basic movements, including running, jumping, throwing and catching Develop balance, agility and coordination and begin to apply these in a range of activities	Defend an area when faced with an opponent. Attack an area when faced with an opponent. Compete against yourself and/or others. Begin to play with confidence and a freedom to take risks.	Lead healthy active lives. Meet the 60mins expected time for being active

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Show body Move confidently and Throw to a target at Defend an area Demonstrate quick Effective use of Follow simple Understand running Lead safely around others control when dance patterns in variety of distance. when faced with an changes of change of speed speeds depending on healthy travelling time with the music opponent and direction whilst and direction active lives. distance and equipment. through a apparatus/equipment. Throw a wide range Attack an area when maintaining variety of Perform basic of equipment at faced with an coordination and Demonstrate Throw with coordination Healthy Perform a variety of dance actions that different targets equipment. opponent. balance. quick decisions force, distance, control snack and avmnastic skills: are in time with the from a variety of and good use of and accuracy. dinner Pencil roll Show music. distances. Compete against Demonstrate timing when choices •Star shape others using a variety coordination changes of travelling past and balance Tuck Apply control and Use a variety of of equipment. direction whilst others and when Compete against others in Meet the within small Straddle fluency to actions equipment to send maintaining control using equipment a variety of distances. 60mins •Pike and big that are. and receive to a Compete against of equipment expected Front and back movements partner over a yourself and/or (balls). Travel with good Apply effective use of time for when travelling Combine actions variety of distances. others support awareness whilst balance, agility and being active Jumps through to make simple maintaining good coordination when Maintaining control different types dance patterns Develop competence when completing of equipment. control of Perform simple that suit/match a competing against others. to excel in a broad Explain the small and large foot equipment movement patterns piece of music. Master throwing and range of physical benefits of Show that link together. catching techniques. activities patterns Show good Become increasingly being coordination Master simple competent and confident /movements. awareness when active. control and Demonstrate a variety fundamental Begin to play with in a broad range of competing balance when of rolls: pencil roll, tuck movements. confidence and a Master basic against others activities. Explain the freedom to take risks. travelling roll, teddy bear roll, fundamental benefits of through rock and roll and Create short Develop competence to eating movements multiple forward roll. sequences with a (running, hopping, excel in a broad range of healthy. choices of partner. jumping and physical activities. equipment. Perform simple skipping) Know and sequences as an Develop explain the Show good individual and with a competence to Show control when benefits of standards of partner. excel in a broad travelling through a healthy agility, balance range of physical equipment. mindset. and Develop competence activities. coordination to excel in a broad both range of physical individually and activities. with others Master basic movements. includina running and jumping. Travel with control when travelling through equipment. Start to show control of equipment when traveling in different directions.

The Gates Primary School Westhoughton			Skills Progression in PE at Lower Key Stage Two							
Yea r 3	Fundamental Movements - ABC	Fundamental Movements- SAQ	Gymnastics	Dance	Sending and Receiving	Athletics	Competitive, Tactics and Strategies	Outdoor Adventurous Activities	Striking & Fielding	Active Lifestyle

Tues cal sodiela	Change and a	Marra agusti danstir.	Danfanna basis	lles sussisteret	Calast	Defend an area	Camaniata	Affect others	Lead beattle
Travel with	Change speed	Move confidently	Perform basic	Use a variety of	Select	Defend an area	Complete a	Affect others	Lead healthy
awareness of	and direction	and safely around	dance actions in	equipment to send	appropriate	as an	simple	with good	active lives.
others when	showing body	others and	timing to a	and receive to a	speed when	individual.	orienteering	communication	
travelling at	control and	apparatus	song/rhythm/beat.	partner.	travelling at a	Defend an area	course	and	Meet the
speed.	balance.	/equipment.			variety of	as a small		organisation	60mins
			Perform small	Master throwing and	distances.	team.	Children to self	skills when	expected time
Negotiate	Travel with	Link actions to	sequences with	catching techniques.		Attack an area	and peer	taking up	for being active
space within a	awareness of	create sequences	fluency		Apply running	as an	asses routes	fielding	for being active
game to make	others showing	of movements.	Complete dance	Receive from a variety	techniques to	individual.	followed on a	positions in	
guick	good balance		actions using	of heights, speeds,	improve	Attack an area	map.	relation to the	
decisions.	and control.	Develop an	counts of 4 and 8.	distances and angles.	performance.	as part of a	'	batter.	
		understanding of				small team.	Apply effective		
	Show	how to improve	Use expression	Maintain control when	Apply throwing	011101111001111	communication	Strike a	
Demonstrate	coordination	and evaluate own	when dancing.	travelling with	techniques to	Use effective	to solve simple	moving ball	
control,	and balance	performance/s	Whom danoing.	equipment.	improve	communication	problems.	with control	
coordination,	within small	Link gymnastic	Show flexibility,	equipment.	performance.		problemo.	and accuracy.	
agility and	and big	skills together.	strength,	Identify space when	ponomianos.	during a game to	Work in small	and accuracy.	
balance when	movements	anna together.	technique, control	sending and receiving.	Throw with	help maintain	groups to		
travelling	when using	Explore	and balance.	Schaling and receiving.	coordination	focus of tactics	create	Apply basic	
			and balance.	Effective	force, distance,	and strategies	effective		
through	equipment.	apparatus,	Diamoniale		, ,			principles for	
equipment.	Observe	demonstrate	Play with	communication/signals	control and		strategies for	striking and	
	Show	control, balance	confidence and a	to help maintain	accuracy.		visiting control	fielding.	
Demonstrate	coordination	and coordination.	freedom to take	possession.			points.		
resilience	control and		risks.		Take off, jump				
when	balance when	Perform a forward		Start to recognise	and land		•	Play with	
participating in	travelling	roll from a high		when to travel or when	demonstrating			confidence and	
activities	through	start position.		to pass.	control and		Recognise skills	a freedom to	
	equipment.				balance.		that are	take risks.	
		Combine		Select appropriate			important to		
	Apply agility,	movements,		speed, weight and	Compete		the		
	balance and	actions and		distance when passing	against others in		game/activity		
	coordination,	balances			a variety of		and select the		
	individually	individually or			events/games.				
	and with	,			J. J		appropriate		
	others.	collaboratively to					time to use		
	ouroro <mark>.</mark>	create a routine			Demonstrate		them.		
					resilience when				
	Travel with								
	control and				participating in				
	good				activities				
	awareness								
	when travelling								
					1	1			
	through								
	equipment.								
	CI				1	1			
	Show effective								
	changes of				1	1			
	speed and								
	direction to				1	1			
	travel past the				1	1			
	defender.				1	1			
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Skills Progression in PE at Upper Key Stage Two



on						1	Westhoughton			
Fundamental Movements -ABC	Fundamental Movements-SAQ	Gymnastics	Dance	Sending and Receiving	Athletics	Competitive, Tactics and Strategies	Outdoor Adventurous Activities	Striking & Fielding	Active Lifestyle	
	Recognise when	To copy or	Create a dance	Master throwing and	Apply an awareness	Defend an area as	Pinpoint locations	Strike a	Lead	
Compete against	to speed up and	create and link	routine with a	catching techniques	of time, speed and	a team with good	using lining up	moving ball	healthy	
	when to slow	movement	partner or a small	when travelling.	distance.	use of a formation.	techniques.	with control		
others demonstrating	down when	phrases	group that has the	when travelling.	distance.	use of a formation.	tecimiques.	and accuracy.	active live	
good awareness when			0 1	Ob and the sale of the sale of the sale	Entertaile de la	Augusta	One at a large to	and accuracy.		
travelling at high	using	Identify and	following:	Show good receiving	Explain the	Attack as a team	Create a simple	Thursday - 1		
speeds	equipment.	improve own	 Appropriate 	techniques when	importance of	demonstrating	map using scale	Throw at a	Meet the	
		performance.	actions/movement	competing within a	different throwing	good knowledge	and birds eye view.	target with	60mins	
Encourage others to	Show		s relating to a	team.	techniques.	of when to attack		speed and	expected	
participate at their	Coordination	Work	chosen song			quickly and when	Evaluate other	accuracy	time for	
highest level	and balance	collaboratively	 Appropriate 	Maintain control of	Throw with	to be patient in	children's	when		
throughout a	within small and	with others to	actions to	equipment when	coordination, force,	possession.	decisions when	competing.	being	
game/activity.	large	improve a	represent	competing as a team.	distance, control and		pinpointing		active	
game/activity.	movements	performance.	characters within a		accuracy.	Use effective	locations on a	Perform an		
Apply a range of	whilst travelling	'	dance	Identify space when	*	communication	map.	over arm bowl		
	with equipment.	Include		sending and receiving	Take off, jump and	during a game to		with good		
skills that could offset	mar oquipmona	different	Combine dance	to help maintain	land demonstrating	0 0	Work effectively as a	weight and		
defenders.	Apply agility,	apparatus into	actions in timing of	possession as a team.	control and balance.	help maintain focus	team to complete an	speed.		
	balance and	a sequence.	a	possession as a team.	control and balance.	of tactics and	· ·	зреси.		
Adapt movements in		a sequence.		T#ootive	Show a good	strategies	orienteering course.	Library Constitute		
response to other	coordination,	T	song/rhythm/beat.	Effective				Use effective		
children's actions,	when competing	Transition	01 0 11 111	communication/signals	knowledge of how to			communication		
movements/locations	in a game or	from skill to	Show flexibility,	to help maintain child	improve own/others			when batting.		
	activity.	skill with good	strength,	in possession.	performance					
		flow and	technique, control							
Combine SAQ skills		balance.	and balance.	Demonstrate high	Compete in a relay					
when travelling				levels of effective	race, maintaining					
through a range of	Show effective			communication/signals	speed throughout					
equipment and	changes of			0	change over.					
demonstrate good	speed and			to help maintain child	, and the second					
· ·	direction to			in possession.	Apply throwing					
body control.	travel past the				techniques to					
11 27 1 1 1	defenders when				develop power and					
Identify and evaluate	competing as a				accuracy.					
others performances	team.				accuracy.					
when travelling	team.				Create and develop					
through SAQ										
equipment.					tactics and					
					strategies for when					
Demonstrate fast					competing					
reactions, control and		1			as an individual and as					
balance when		1			a team.when					
travelling past others.		1			competing in a variety					
u avening past others.		1			of athletic events.					
					Demonstrate					
		1			resilience when					
		1			participating in					
					activities and					
		1			encourage others to					
		1			play in the same					

Active Lifestyle	*Lead healthy active lives. *Healthy snack and dinner choices *Meet the 60mins expected time for being active *Explain the benefits of eating healthy. *Know and explain the benefits of a healthy mindset. *Cover the school year have three sessions dedicated to the following: *The importance of healthy eating. *How to look after your mental wellbeing. *The importance of keeping active. *The importance of keeping act
	Year 4
Swimming	 Swim competently, confidently and proficiently over a distance of at least 25 metres. Swim up to 100 meters using front crawl, backstroke and breaststroke. Swim between 50 and 100m using three strokes, sustaining swimming over an extended time. Swim over 100m using three strokes, at a sustainable pace. Perform safe self-rescue in different water-based situations. Show a problem-solving approach to survival. Perform safe self-rescue in different water-based situations. Perform a wide range of survival techniques.