



## Summercourt Academy

### Physical Education Skills

#### Progression Maps

#### How this document is to be used:

- During planning for the teaching of **Physical Education** the following document will support staff in ensuring coverage of the National Curriculum objectives for their year groups/phases as well as how **Physical education** should progress as pupils move up through the school.
- Learning objectives should, where possible, be copied from the skills bank below to ensure progression.

	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<u>Gymnastics</u>	<ul style="list-style-type: none"> <li>• To explore gymnastic actions and shapes.</li> <li>• To explore travelling on benches.</li> <li>• To explore movement actions with control, and to link them together with flow.</li> <li>• To choose and use simple compositional ideas by creating and performing sequences.</li> <li>• To repeat and link combinations of gymnastic actions.</li> <li>• To link combinations of movements and shapes with control.</li> </ul>	<ul style="list-style-type: none"> <li>• To remember and repeat simple gymnastic actions with control.</li> <li>• To balance on isolated parts of the body using the floor and hold balance.</li> <li>• To develop a range of gymnastic moves, particularly balancing.</li> <li>• To link together several gymnastic actions into a sequence.</li> <li>• To explore ways of travelling around on large apparatus.</li> <li>• To choose and use a variety of gymnastic actions to make a sequence.</li> </ul>	<ul style="list-style-type: none"> <li>• To explore jumping techniques and link them with other gymnastic actions.</li> <li>• To explore jumping techniques and to link them with other gymnastic actions.</li> <li>• To select and adapt gymnastics actions to meet the task.</li> <li>• To work with a partner or a small group to create a sequence that develops jumping skills.</li> <li>• To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music.</li> </ul>	<ul style="list-style-type: none"> <li>• To identify and practise body shapes.</li> <li>• To identify and practise symmetrical and asymmetrical body shapes.</li> <li>• To construct sequences using balancing and linking movements.</li> <li>• To use counterbalances and incorporate them into a sequence of movements.</li> <li>• To perform movements in canon and in unison.</li> <li>• To perform and evaluate own and others' sequences.</li> </ul>	<ul style="list-style-type: none"> <li>• To identify and practise body shapes and balances.</li> <li>• To identify and practise symmetrical and asymmetrical body shapes.</li> <li>: • To use and refine the following skills: flexibility, strength, balance, power and mental focus.</li> <li>• To develop skills for movement, including rolling, bridging and dynamic movement.</li> <li>• To use counterbalances and incorporate them into a sequence of movements.</li> <li>• To perform movements in canon and in unison.</li> <li>• To perform and evaluate own and others' sequences.</li> </ul>	<ul style="list-style-type: none"> <li>• To identify and practise gymnastic shapes and balances.</li> <li>• To identify and practise symmetrical and asymmetrical body shapes.</li> <li>• To construct sequences using balancing and linking movements</li> <li>• To use counterbalances and incorporate them into a sequence of movements.</li> <li>• To perform movements in canon and in unison.</li> <li>• To perform and evaluate own and others' sequences.</li> </ul>

	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<u>Dance</u>	<ul style="list-style-type: none"> <li>• To change direction during travelling moves.</li> <li>• To link travelling moves that change direction and level.</li> <li>• To link moves together.</li> <li>• To use a variety of moves.</li> <li>• To explore basic body patterns and movements to music.</li> <li>• To use a variety of moves that change speed and direction.</li> <li>• To link together dance moves with gestures and changing direction in time to music.</li> <li>• To practise taking off from different positions.</li> <li>• To complete an obstacle course with control and agility.</li> </ul>	<ul style="list-style-type: none"> <li>• To explore different levels and speeds of movement.</li> <li>• To compose and perform simple dance phrases.</li> <li>• To show contrasts in simple dances with good body shape and position.</li> <li>• To develop a range of dance movements and improve timing.</li> <li>• To work to music, creating movements that show rhythm and control.</li> <li>• To work to music, creating movements that show rhythm and control.</li> </ul>	<ul style="list-style-type: none"> <li>• To explore dance movements and create patterns of movement.</li> <li>• To work with a partner to create dance patterns.</li> <li>• To perform a dance with rhythm and expression.</li> <li>• To use knowledge of dance to create a story in small groups.</li> <li>• To develop precision of movement.</li> <li>• To work co-operatively with a group to create a dance piece.</li> <li>• To perform in front of others with confidence.</li> </ul>	<ul style="list-style-type: none"> <li>• To identify and practise the patterns and actions of chosen dance style.</li> <li>• To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>• To create an individual dance that reflects the chosen dancing style.</li> <li>• To create partnered dances that reflect the dancing style and apply the key components of dance.</li> <li>• To perform dance using a range of movement patterns.</li> <li>• To perform and evaluate own and others' work.</li> </ul>	<ul style="list-style-type: none"> <li>• To identify and practise the patterns and actions of the chosen dance style.</li> <li>• To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>• To create and perform an individual dance that reflects the chosen dance style.</li> <li>• To create partnered dances that reflect the chosen dancing style and apply the key components of dance.</li> <li>• To create group dances that reflect the dance style.</li> <li>• To perform a dance using a range of movement patterns.</li> <li>• To perform and evaluate own and others' work.</li> </ul>	<ul style="list-style-type: none"> <li>• To identify and practise the patterns and actions in a street dance style.</li> <li>• To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>• To create a dance that represents a street dance style.</li> <li>• To create a dance as a group, using any street dance moves.</li> <li>• To create a dance as a group, using any street dance moves.</li> <li>• To perform and analyse own and others' performance.</li> </ul>

	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<b>Swimming</b>	<ul style="list-style-type: none"> <li>-To develop travel in vertical or horizontal position and introduce floats.</li> <li>-To develop kick action on front and back with or without support aids.</li> <li>-To develop entry and exit, travel further, float and submerge.</li> <li>-To develop water confidence</li> <li>-To Introduce Play in the water</li> </ul>	<ul style="list-style-type: none"> <li>-To develop travel in vertical or horizontal position and introduce floats.</li> <li>-To introduce and develop push and glides,</li> <li>-To develop any kick action on front and back with or without support aids.</li> <li>-To develop entry and exit, travel further, float and submerge.</li> <li>-To develop balance, link activities and travel further on whole stroke.</li> <li>-To show breath control.</li> <li>-Introduction to deeper water. Treading water.</li> </ul>	<ul style="list-style-type: none"> <li>-To develop travel in vertical or horizontal position and introduce floats.</li> <li>-To develop push and glides, any kick action on front and back with or without support aids.</li> <li>-Introduce Breaststroke.</li> <li>-To develop balance, link activities and travel further on whole stroke.</li> <li>- To show breath control.</li> <li>-Introduction to deeper water. Treading water.</li> </ul>	<ul style="list-style-type: none"> <li>-To develop travel in vertical or horizontal position and introduce floats.</li> <li>-To develop push and glides, any kick action on front and back with or without support aids.</li> <li>-Introduce Butterfly Stroke</li> <li>-To develop entry and exit, travel further, float and submerge.</li> <li>-To develop balance, link activities and travel further on whole stroke.</li> <li>-To show breath control.</li> <li>-Introduction to deeper water. Treading water.</li> </ul>	<ul style="list-style-type: none"> <li>-To develop travel in vertical or horizontal position and introduce floats.</li> <li>-To develop push and glides, any kick action on front and back with or without support aids.</li> <li>-To develop balance, link activities and travel further on whole stroke.</li> <li>- To show breath control.</li> <li>-Introduction to deeper water. Treading water.</li> <li>-Introduce Life saving</li> </ul>	<ul style="list-style-type: none"> <li>-Master travel in vertical or horizontal position and introduce floats.</li> <li>-Master push and glides, any kick action on front and back with or without support aids.</li> <li>-Master entry and exit, travel further, float and submerge.</li> <li>-Master balance, link activities and travel further on whole stroke.</li> <li>-Master breath control.</li> <li>-Master to deeper water. Treading water.</li> <li>-To Swim 25 meters Unaided</li> <li>-Master Life saving</li> </ul>

	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<u>Athletics</u>	<ul style="list-style-type: none"> <li>• To use varying speeds when running.</li> <li>• To explore footwork patterns.</li> <li>• To explore arm mobility.</li> <li>• To explore different methods of throwing.</li> <li>• To practise short distance running.</li> </ul>	<ul style="list-style-type: none"> <li>• To run with agility and confidence.</li> <li>• To learn the best jumping techniques for distance.</li> <li>• To throw different objects in a variety of ways.</li> <li>• To hurdle an obstacle and maintain effective running style.</li> <li>• To run for distance.</li> <li>• To complete an obstacle course with control and agility.</li> </ul>	<ul style="list-style-type: none"> <li>• To run in different directions and at different speeds, using a good technique.</li> <li>• To improve throwing technique.</li> <li>• To reinforce jumping techniques.</li> <li>• To understand the relay and passing the baton.</li> <li>• To choose and understand appropriate running techniques.</li> <li>• To compete in a mini-competition, recording scores.</li> </ul>	<ul style="list-style-type: none"> <li>• To select and maintain a running pace for different distances.</li> <li>• To practise throwing with power and accuracy.</li> <li>• To throw safely and with understanding.</li> <li>• To demonstrate good running technique in a competitive situation.</li> <li>• To explore different footwork patterns.</li> <li>• To understand which technique is most effective when jumping for distance.</li> <li>• To utilise all the skills learned in this unit in a competitive situation.</li> </ul>	<p>To use correct technique to run at speed.</p> <ul style="list-style-type: none"> <li>• To develop the ability to run for distance.</li> <li>• To throw with accuracy and power.</li> <li>• To identify and apply techniques of relay running.</li> <li>• To explore different footwork patterns.</li> <li>• To understand which technique is most effective when jumping for distance.</li> <li>• Learn how to use skills to improve the distance of a pull throw.</li> <li>• To demonstrate good techniques in a competitive situation.</li> </ul>	<ul style="list-style-type: none"> <li>• To investigate running styles and changes of speed.</li> <li>• To practise throwing with power and accuracy.</li> <li>• To throw safely and with understanding.</li> <li>• To demonstrate good running technique in a competitive situation.</li> <li>• To explore different footwork patterns.</li> <li>• To understand which technique is most effective when jumping for distance.</li> <li>• To utilise all the skills learned in this unit in a competitive situation.</li> </ul>

	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<b><u>Striking and Fielding</u></b>	<ul style="list-style-type: none"> <li>• To learn skills for striking and fielding games.</li> <li>• To practise basic striking, sending and receiving.</li> <li>• To use throwing and catching skills in a game.</li> <li>• To practise accuracy of throwing and consistent catching.</li> <li>• To strike with a racket or bat.</li> <li>• To play a game fairly and in a sporting manner.</li> <li>• To use fielding skills to play a game.</li> </ul>	<ul style="list-style-type: none"> <li>• To learn skills for playing striking and fielding games.</li> <li>• To position the body to strike a ball.</li> <li>• To develop catching skills.</li> <li>• To throw a ball for distance.</li> <li>• To practise throwing skills in a circuit.</li> <li>• To play a game fairly and in a sporting manner.</li> <li>• To use fielding skills to play a game.</li> </ul>	<ul style="list-style-type: none"> <li>• To consolidate and develop a range of skills in striking and fielding.</li> <li>• To develop and investigate different ways of throwing and to know when it is appropriate to use them.</li> <li>• To consolidate and develop a range of skills in striking and fielding.</li> <li>• To practise the correct technique for catching a ball and use it in a game.</li> <li>• To consolidate and develop a range of skills in striking and fielding.</li> <li>• To practise the correct batting technique and use it in a game situation.</li> <li>• To consolidate and develop a range of skills in striking and fielding.</li> <li>• To practise the correct technique for fielding and use it in a game situation.</li> <li>• To consolidate the throwing, catching and batting skills already learned.</li> <li>• To strike the ball for distance.</li> <li>• To know how to play a striking and fielding game competitively and fairly.</li> </ul>	<ul style="list-style-type: none"> <li>• To develop and investigate different ways of throwing, and to know when each is appropriate.</li> <li>• To use ABC (agility, balance, co-ordination) to field a ball well.</li> </ul> <p>To use ABC (agility, balance, co-ordination) to move into good positions for catching and apply it in a game situation.</p> <ul style="list-style-type: none"> <li>• To use hand-eye co-ordination to strike a moving and a stationary ball.</li> <li>• To develop fielding skills and understand their importance when playing a game.</li> </ul> <p>To play in a competitive situation, and to demonstrate sporting behaviour.</p>	<ul style="list-style-type: none"> <li>• To develop skills in batting and fielding.</li> <li>• To choose fielding techniques.</li> <li>• To run between the wickets.</li> <li>• To run, throw and catch.</li> <li>• To develop a safe and effective overarm throw.</li> <li>• To learn batting control.</li> <li>• To use all the skills learned by playing in a mini tournament.</li> </ul>	<ul style="list-style-type: none"> <li>• To throw and catch under pressure.</li> <li>• To use fielding skills to stop the ball effectively.</li> <li>• To learn batting control.</li> <li>• To learn the role of backstop.</li> <li>• To play in a tournament and work as team, using tactics in order to beat another team.</li> <li>• To play in a tournament and work as team, using tactics in order to beat another team.</li> </ul>

	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<u>Invasion Games/Fundamentals.</u>	<ul style="list-style-type: none"> <li>• To explore static balancing and understand the concept of bases.</li> <li>• To combine several co-ordination drills, using upper and lower body movements.</li> <li>• To aim a variety of balls and equipment accurately.</li> <li>• To time running to stop or intercept the path of a ball.</li> <li>• To travel in different ways, showing clear transitions between movements.</li> <li>• To travel in different directions (side to side, up and down) with control and fluency.</li> <li>• To practise ABC (agility, balance and co-ordination) at circuit stations.</li> </ul>	<ul style="list-style-type: none"> <li>• To use hand-eye co-ordination to control a ball.</li> <li>• To catch a variety of objects.</li> <li>• To vary types of throw.</li> <li>• To kick and move with a ball.</li> <li>• To develop catching and dribbling skills.</li> <li>• To use ball skills in a mini festival.</li> <li>• To explore static balancing and understand the concept of bases.</li> <li>• To combine several co-ordination drills, using upper and lower body movements.</li> <li>• To aim a variety of balls and equipment accurately.</li> <li>• To time running to stop or intercept the path of a ball.</li> <li>• To travel in different ways, showing clear transitions between movements.</li> <li>• To travel in different directions (side to side, up and down) with control and fluency.</li> <li>• To practise ABC (agility, balance and co-ordination) at circuit stations.</li> </ul>	<ul style="list-style-type: none"> <li>• To be aware of others when playing games.</li> <li>• To choose the correct skills to meet a challenge.</li> <li>• To perform a range of actions, maintaining control of the ball.</li> <li>• To perform a range of catching and gathering skills with control.</li> <li>• To master the basic catching technique.</li> <li>• To catch with increasing control and accuracy.</li> <li>• To master the basic throwing technique.</li> <li>• To throw and hit a ball in different ways (e.g., high, low, fast or slow).</li> <li>• To apply skills and tactics in small-sided games.</li> <li>• To identify and follow the rules of games.</li> </ul> <p>To choose and use simple tactics to suit different situations.</p> <ul style="list-style-type: none"> <li>• To react to situations in ways that make it difficult for opponents to win.</li> </ul>	<p><u>Invasion (Football/Hockey)</u></p> <ul style="list-style-type: none"> <li>• To keep possession of a ball.</li> <li>• To use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation.</li> <li>• To use accurate passing and dribbling in a game.</li> <li>• To identify and apply ways to move the ball towards an opponent's goal.</li> <li>• To learn concepts of attack and defence.</li> <li>• To play in a mini competition.</li> </ul>	<p><u>Invasion (Netball)</u></p> <ul style="list-style-type: none"> <li>• To demonstrate basic passing and receiving skills using a netball.</li> <li>• To develop an understanding and knowledge of the basic footwork rule of netball.</li> <li>• To use good hand/eye co-ordination to pass and receive a ball successfully.</li> <li>• To develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel.</li> <li>• To understand the importance of 'getting free' in order to receive a pass.</li> <li>• To understand how to make space by moving away and coming back and by dodging.</li> <li>• To be able to demonstrate a range of defending skills and understand how to mark an opponent.</li> <li>• To understand how to intercept a pass.</li> <li>• To learn how to shoot.</li> <li>• To Understand the different positions in a netball team (five-a-side).</li> <li>• To recognise which positions are attacking and which are defending.</li> </ul>	<p><u>Invasion (Rugby)</u></p> <ul style="list-style-type: none"> <li>• To understand the basic rules of tag/touch rugby.</li> <li>• To work as a team, using ball-handling skills.</li> <li>• To pass and carry a ball using balance and co-ordination.</li> <li>• To use skills learned to play a game of tag rugby.</li> <li>• To apply rules and skills learned to a game.</li> <li>• To play in a mini tag rugby competition.</li> </ul>

	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<u>Net Games</u>	<p><b><u>Short Tennis</u></b></p> <ul style="list-style-type: none"> <li>• To become familiar with balls and short tennis rackets.</li> </ul> <p>Bounce the ball on the racket.</p> <p>Hit the ball in a specified direction.</p> <ul style="list-style-type: none"> <li>• To get the ball into play.</li> </ul>	<p><b><u>Short Tennis</u></b></p> <ul style="list-style-type: none"> <li>• To become familiar with balls and short tennis rackets.</li> <li>• To get the ball into play.</li> <li>• To accurately serve underarm.</li> <li>• To build up a rally.</li> </ul>	<p><b><u>Badminton</u></b></p> <ul style="list-style-type: none"> <li>• To become familiar with balls and short tennis rackets.</li> <li>• To get the ball into play.</li> <li>• To accurately serve underarm.</li> <li>• To build up a rally.</li> <li>• To build a rally, focusing on accuracy of strokes.</li> <li>• To play a variety of shots in a game situation and to explore when different shots should be played. Learning objective:</li> </ul>	<p><b><u>Badminton</u></b></p> <ul style="list-style-type: none"> <li>• To identify and apply techniques for hitting a Shuttle</li> <li>• To develop the techniques for ground strokes and volleys.</li> <li>• To develop a backhand technique and use it in a game.</li> <li>• To practise techniques for all strokes. <ul style="list-style-type: none"> <li>• To use the scoring system and court for singles Badminton</li> </ul> </li> <li>• To play a Badminton game using an overhead serve and the correct selections of shots.</li> <li>• To understand and use doubles scoring in a Badminton game.</li> </ul>	<p><b><u>Tennis</u></b></p> <ul style="list-style-type: none"> <li>• To identify and apply techniques for hitting a tennis ball.</li> <li>• To develop the techniques for ground strokes and volleys.</li> <li>• To develop a backhand technique and use it in a game.</li> <li>• To practise techniques for all strokes.</li> <li>• To use the scoring system and court for singles tennis.</li> <li>• To play a tennis game using an overhead serve and the correct selections of shots.</li> <li>• To understand and use doubles scoring in a tennis game.</li> </ul>	<p><b><u>Tennis</u></b></p> <ul style="list-style-type: none"> <li>• To demonstrate and use the correct grip of the racket and understand how to get into the ready position.</li> <li>• To use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket.</li> <li>• Understand how to serve the shuttle in order to start the game.</li> <li>• Recognise the difference between the low serve and the high serve.</li> <li>• To develop children's ability to perform and understand the 'overhead clear' shot and the impact that playing the overhead clear can have on winning points during game play.</li> <li>• To understand that the drop shot is an attacking shot, and why.</li> <li>• To know where the drop should be aimed for, for it to be most productive, and why.</li> <li>• To understand how to use different shots to outwit an opponent in a game.</li> <li>• To develop knowledge, understanding and principles within a doubles game, including tactics and strategies used.</li> </ul>