



## Progression of skills

### KS2 PE at Nine Acres Primary



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b><u>Y</u></b> <b><u>E</u></b> <b><u>A</u></b> <b><u>R</u></b>  <b><u>3</u></b>	<b><u>Tag Rugby</u></b> <b><u>Football</u></b> *Send and receive with control to keep possession and score goals. *Keep possession with some success when using equipment. *Be spacially aware - use it to support team and cause problems for the opposition. *Comment when a player has moved to help others, use this knowledge to improve their own play. *Know and use rules fairly to keep games going. *Confidently follow warm up activities.	<b><u>Athletics</u></b> *Understand and perform difference in sprinting and running for longer periods of time. *Know different sending techniques in athletics and perform these with some accuracy and power into a target area. *With a consistent technique perform a range of jumps. *Take on different roles in small groups *Using peer and self-assessment, compare performance with subject specific language. <b><u>Dance</u></b> *Improvise freely, translating ideas from a stimulus into movement. Showing a sense of dynamics and	<b><u>Basketball</u></b> *Send and receive with control to keep possession and score goals. *Keep possession with some success when using equipment. *Be spacially aware - use it to support team and cause problems for the opposition. *Comment when a player has moved to help others, use this knowledge to improve their own play. *Know and use rules fairly to keep games going. *Confidently follow warm up activities. <b><u>Gymnastics</u></b> *With a clear start and finish, perform actions and movement with control, coordination and variety.	<b><u>Handball</u></b> *Send and receive with control to keep possession and score goals. *Keep possession with some success when using equipment. *Be spacially aware - use it to support team and cause problems for the opposition. *Comment when a player has moved to help others, use this knowledge to improve their own play. *Know and use rules fairly to keep games going. *Confidently follow warm up activities. <b><u>Swimming</u></b>	<b><u>Cricket</u></b> *Use a range of skills, sending, striking and receiving with some control and accuracy. *Choose and vary skills and tactics to suit the situation in a game, carry out tactics successfully. *Set up small games, knowing the rules and using them to keep play going. Explain what they need to do to get ready to play games. *Follow warm ups and describe what happens to their bodies when taking part and how this varies from game to game. *Describe what they and others do that is	<b><u>Quad kids</u></b> <b><u>Health &amp; Fitness</u></b> *Understand and perform difference in sprinting and running for longer periods of time. *Know different sending techniques in athletics and perform these with some accuracy and power into a target area. *With a consistent technique perform a range of jumps. *Take on different roles in small groups *Using peer and self-assessment, compare performance with subject specific language.

		<p>expressive qualities when dancing.</p> <p>*Create dance phrases that communicate ideas collaboratively. Repeat, remember and perform these phrases showing dynamic, rhythmic and expressive qualities clearly and with control.</p> <p>*Understand the importance of the activity on their health and wellbeing.</p> <p>*Describe the movements used and the expressive qualities of dance.</p>	<p>*Choose, link and remember actions, repeating accurately and consistently.</p> <p>*Find and use space safely, with an awareness of others.</p> <p>*Use the four basic shapes in sports specific gymnastic moves.</p> <p>*Use different parts of their body and stretch, tense muscles to ensure balance, coordination and travel.</p> <p>*Describe how balance and coordination are involved in linking their movement phrases.</p> <p>*Suggest warm up activities.</p> <p>*Plan sequences of contrasting actions, adapt sequences to suit different types of apparatus and group work.</p> <p>With support recognise how performances could be improved.</p>		<p>successful and suggest what needs practicing.</p> <p><b><u>Tennis</u></b></p> <p>*Keep up a continuous game, using a range of sending and receiving skills and techniques.</p> <p>*Also use a small range of basic racket skills.</p> <p>*Adapt and refine rules to create their own net games; understanding the aim and using rules fairly.</p> <p>*Choose and use a range of simple tactics for sending the ball in different ways as well defending tactics.</p> <p>*Recognise how net games make the body work and identify activities which can help improve performance.</p>	
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<p><b>Y E A R 4</b></p>	<p><b><u>Tag Rugby Football</u></b></p> <ul style="list-style-type: none"> <li>*Use a range of throwing and catching techniques with some fluency and accuracy.</li> <li>*Use kicking and striking skills with more control and accuracy.</li> <li>*Use a variety of tactics for attacking, keeping possession of the ball as a team and getting into positions to score.</li> <li>*Also understand need to defend.</li> <li>*Understand and know the rules of some games.</li> <li>*Know that strength, stamina and speed are important in game.</li> <li>*Lead a partner through a short warm up. Describe theirs and other performance suggesting ways to improve.</li> </ul>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>*Understand and perform difference in sprinting and running for longer periods of time.</li> <li>*Know different sending techniques in athletics and perform these with some accuracy and power into a target area.</li> <li>*With a consistent technique perform a range of jumps.</li> <li>*Take on different roles in small groups.</li> <li>*Using peer and self-assessment, compare performance with subject specific language.</li> </ul> <p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>*Develop and respond imaginatively to a range of stimuli related to character and narrative.</li> <li>*Use simple motifs and movement patterns to structure dance phrases individually and collaboratively.</li> <li>*Refine, repeat and remember dance phrases clearly and fluently; show</li> </ul>	<p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>*Use a range of throwing and catching techniques with some fluency and accuracy.</li> <li>*Use kicking and striking skills with more control and accuracy.</li> <li>*Use a variety of tactics for attacking, keeping possession of the ball as a team and getting into positions to score. *Also understand need to defend.</li> <li>*Understand and know the rules of some games.</li> <li>*Know that strength, stamina and speed are important in game.</li> <li>*Lead a partner through a short warm up. Describe theirs and other performance suggesting ways to improve.</li> </ul> <p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>*With a clear start and finish, perform actions and movement with control, coordination and variety.</li> <li>*Plan sequences of contrasting actions.</li> <li>*Adapt sequences to suit different types of</li> </ul>	<p><b><u>Handball</u></b></p> <ul style="list-style-type: none"> <li>*Use a range of throwing and catching techniques with some fluency and accuracy.</li> <li>*Use kicking and striking skills with more control and accuracy.</li> <li>*Use a variety of tactics for attacking, keeping possession of the ball as a team and getting into positions to score. *Also understand need to defend.</li> <li>*Understand and know the rules of some games.</li> <li>*Know that strength, stamina and speed are important in game.</li> <li>*Lead a partner through a short warm up. Describe theirs and other performance suggesting ways to improve.</li> </ul> <p><b><u>Swimming</u></b></p>	<p><b><u>Cricket</u></b></p> <ul style="list-style-type: none"> <li>*Use a range of skills, sending, striking and receiving with some control and accuracy.</li> <li>*Choose and vary skills and tactics to suit the situation in a game, carry out tactics successfully.</li> <li>*Set up small games, knowing the rules and using them to keep play going. Explain what they need to do to get ready to play games.</li> <li>*Follow warm ups and describe what happens to their bodies when taking part and how this varies from game to game.</li> <li>*Describe what they and others do that is successful and suggest what needs practicing.</li> </ul> <p><b><u>Tennis</u></b></p> <ul style="list-style-type: none"> <li>*Keep up a continuous game, using a range of sending and</li> </ul>	<p><b><u>Quad kids Health &amp; Fitness</u></b></p> <ul style="list-style-type: none"> <li>*Understand and perform difference in sprinting and running for longer periods of time.</li> <li>*Know different sending techniques in athletics and perform these with some accuracy and power into a target area.</li> <li>*With a consistent technique perform a range of jumps.</li> <li>*Take on different roles in small groups.</li> <li>*Using peer and self-assessment, compare performance with subject specific language.</li> </ul>
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		<p>awareness to the dance idea and music.</p> <p>*Show a clear understanding of how dance activities impact on their fitness, health and wellbeing.</p> <p>Use peer and self-assessment to describe, interpret and evaluate dance.</p>	<p>apparatus and group work.</p> <p>*Explain how strength, suppleness, balance, coordination affect performance.</p> <p>*Identify different muscle groups used in different moves and actions.</p> <p>*Suggest warm up activities.</p> <p>*Use self and peer assessment to compare and contrast gymnastic sequences, commenting on similarities and differences; with help, recognise how performances could be improved.</p>		<p>receiving skills and techniques.</p> <p>*Also use a small range of basic racket skills.</p> <p>*Adapt and refine rules to create their own net games; understanding the aim and using rules fairly.</p> <p>*Choose and use a range of simple tactics for sending the ball in different ways as well defending tactics.</p> <p>*Recognise how net games make the body work and identify activities which can help improve performance.</p>	
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<b><u>Y</u></b> <b><u>E</u></b> <b><u>A</u></b> <b><u>R</u></b>  <b><u>5</u></b>	<b><u>Tag Rugby</u></b> <b><u>Football</u></b> *With confidence and control pass, dribble and shoot in games. *Identify and use attacking tactics. *Use defending tactics to mark and intercept. *Know and use different warm up activities which relate to invasion game. *Suggest ideas and practices which can improve identified weaknesses.	<b><u>Athletics</u></b> *Choose the best pace for different running events, so they can sustain their running and try to beat pb. *Show accuracy and good technique when sending (throwing) for distance. *Show control when taking off in jumping activities. *Organise and manage an athletic event. *Understand how stamina and power help people perform in different activities. *Be able to explain why and how a performance is good. <b><u>Gymnastics</u></b> *Create, practice, perform and refine longer, more complex sequences which includes changes in level, direction and speed. *Choose actions, body shapes and balances from a wider range of themes and ideas; adapt their performance to the demands of the task.	<b><u>Basketball</u></b> *With confidence and control pass, dribble and shoot in games. *Identify and use attacking tactics. *Use defending tactics to mark and intercept. *Know and use different warm up activities which relate to invasion game. *Suggest ideas and practices which can improve identified weaknesses. <b><u>Cricket</u></b> *Strike a bowled ball. *Use a range of fielding skills- receiving, sending, bowling, intercepting with control and consistency. *Work collaboratively in pairs, group activities and small-sided games. *Use and apply the basic rules consistently and fairly. *Understand and implement a range of tactics. *Recognise that it is important to warm up and carry out exercises safely. Using some fitness terminology. *Identify their own strengths and	<b><u>Hockey</u></b> *With confidence and control pass, dribble and shoot in games. *Identify and use attacking tactics. *Use defending tactics to mark and intercept. *Know and use different warm up activities which relate to invasion game. *Suggest ideas and practices which can improve identified weaknesses. <b><u>Netball</u></b> *With confidence and control pass, dribble and shoot in games. *Identify and use attacking tactics. *Use defending tactics to mark and intercept. *Know and use different warm up activities which relate to invasion game. *Suggest ideas and practices which can improve identified weaknesses.	<b><u>Dance</u></b> *Compose motifs and plan dances creatively and collaboratively in groups. *Adapt and refine different techniques to express themselves in the style of dance they use. *Perform different styles of dance clearly and fluently in groups. *Organise their own safe activities to support class development in dance. *Show an understanding of the impact this has on their fitness, health and wellbeing. *Show an understanding of style, collaborate and communicate ideas through self and peer assessment on ways to improve sequences. <b><u>Handball</u></b>	<b><u>Tennis</u></b> *Use forehand, backhand and overhead shots increasingly well as well as volleys in games where it is appropriate. *Use the skills they prefer with competence and consistency. *Use forehand, backhand and overhead shots increasingly well as well as volleys in games where it is appropriate. *Use the skills they prefer with competence and consistency. *Start to choose and use some tactics effectively; play cooperatively with a partner, choosing tactics whilst apply rules consistently and fairly. *Identify appropriate exercise and activities for warming up and understand how these games make their bodies work.
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		<p>*Explain how using different parts of their body impacts on balance, coordination and travel.</p> <p>*Use basic criteria to make simple judgements about performance and suggest ways to improve.</p>	<p>weaknesses, suggesting practices to help improve them.</p>		<p>*With confidence and control pass, dribble and shoot in games.</p> <p>*Identify and use attacking tactics.</p> <p>*Use defending tactics to mark and intercept.</p> <p>*Know and use different warm up activities which relate to invasion game.</p> <p>*Suggest ideas and practices which can improve identified weaknesses.</p>	<p>*Highlight what they and others do well and suggest ideas for practices.</p> <p><b><u>Health &amp; Fitness</u></b></p> <p>*Choose the best pace for different running events, so they can sustain their running and try to beat pb.</p> <p>*Show accuracy and good technique when sending (throwing) for distance.</p> <p>*Show control when taking off in jumping activities.</p> <p>*Organise and manage an athletic event.</p> <p>*Understand how stamina and power help people perform in different activities.</p> <p>*Be able to explain why and how a performance is good.</p>
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Y E A R  6	<u>Tag Rugby</u> <u>Football</u> *With confidence use different techniques for passing, controlling, dribbling and shooting the ball. *Apply basic tactics of team play to keep possession of the ball; use marking, tackling and/or interception to improve their defence. *Know what position they are and play effectively as part of a team. *Plan practice and warm ups to get ready for playing safely *Identify own & other strengths and areas for improvement, suggesting ideas that can help improve	<u>Athletics</u> *Choose the best pace for different running events, so they can sustain their running and try to beat pb. *Show accuracy and good technique when sending (throwing) for distance. *Show control when taking off in jumping activities. *Organise and manage an athletic event. *Understand how stamina and power help people perform in different activities. *Be able to explain why and how a performance is good.  <u>Gymnastics</u> *Plan and perform a sequence of gymnastic moves which shows clarity, fluency, accuracy and consistency in their movements in a small group. *Perform to an audience a more complex sequence of gymnastic moves including changes of	<u>Basketball</u> With confidence use different techniques for passing, controlling, dribbling and shooting the ball. *Apply basic tactics of team play to keep possession of the ball; use marking, tackling and/or interception to improve their defence. *Know what position they are and play effectively as part of a team. *Plan practice and warm ups to get ready for playing safely *Identify own & other strengths and areas for improvement, suggesting ideas that can help improve. <u>Cricket</u> *Strike a bowled ball. *Use a range of fielding skills- receiving, sending, bowling, intercepting with control and consistency. *Work collaboratively in pairs, group activities and small-sided games. *Use and apply the basic rules consistently and fairly.	<u>Hockey</u> <u>Netball</u> *With confidence use different techniques for passing, controlling, dribbling and shooting the ball. *Apply basic tactics of team play to keep possession of the ball; use marking, tackling and/or interception to improve their defence. *Know what position they are and play effectively as part of a team. *Plan practice and warm ups to get ready for playing safely *Identify own & other strengths and areas for improvement, suggesting ideas that can help improve.	<u>Dance</u> *Work creatively, imaginatively and collaboratively to compose simple dances with competence and confidence. *Perform expressively with competence and confidence; linking dances moves, performing with fluency and control. *Organise activities which support dance movement patterns and communicate clearly the impact of these activities to their health and wellbeing. *Describe, interpret and evaluate dances, using some language and terminology. <u>Handball</u> *With confidence use different techniques for passing, controlling, dribbling and shooting the ball. *Apply basic tactics of team play to keep	<u>Tennis</u> *Use forehand, backhand and overhead shots increasingly well as well as volleys in games where it is appropriate. *Use the skills they prefer with competence and consistency. *Use forehand, backhand and overhead shots increasingly well as well as volleys in games where it is appropriate. *Use the skills they prefer with competence and consistency. *Start to choose and use some tactics effectively; play cooperatively with a partner, choosing tactics whilst apply rules consistently and fairly. *Identify appropriate exercise and activities for warming up and understand how these games make their bodies work.
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		<p>level, direction and speed.</p> <p>*Understand and explain how participation and performing impacts on their health, fitness and wellbeing.</p> <p>*Show awareness on self and peer assessment and suggest ways to improve.</p>	<p>*Understand and implement a range of tactics.</p> <p>*Recognise that it is important to warm up and carry out exercises safely. Using some fitness terminology.</p> <p>*Identify their own strengths and weaknesses, suggesting practices to help improve them.</p>		<p>possession of the ball; use marking, tackling and/or interception to improve their defence. *Know what position they are and play effectively as part of a team.</p> <p>*Plan practice and warm ups to get ready for playing safely</p> <p>*Identify own &amp; other strengths and areas for improvement, suggesting ideas that can help improve</p>	<p>*Highlight what they and others do well and suggest ideas for practices.</p> <p><b><u>Health &amp; Fitness</u></b></p> <p>*Choose the best pace for different running events, so they can sustain their running and try to beat pb.</p> <p>*Show accuracy and good technique when sending (throwing) for distance.</p> <p>*Show control when taking off in jumping activities.</p> <p>*Organise and manage an athletic event.</p> <p>*Understand how stamina and power help people perform in different activities.</p> <p>*Be able to explain why and how a performance is good.</p>
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