

Ringway Primary School P.E. Skills Progression Grid

At Ringway Primary School, our Physical Education curriculum is carefully planned and delivered to ensure that all pupils are inspired to succeed and celebrate both their own and their peers success as well as provide opportunities for children to compete and excel in competitive sporting and other physically demanding activities. Progressing throughout the curriculum children will develop fundamental movement skills and become increasingly adept in developing their agility, balance and co-ordination. All children will continue to build upon these skills throughout their time at Ringway and learn how to use them in co-ordination and in varying ways throughout their primary education. Children will also have the opportunity to develop their understanding of how their bodies change during exercise and how to live a healthy lifestyle.

The P.E. curriculum at Ringway Primary School will ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

The following progression grids outline the skills and vocabulary to be taught across each phase. This grid identifies the skills that each year group will be taught within: Games, Gymnastics, Dance/Movement, Athletics and Swimming. Children will continue to develop these skills in varying contexts and with a range of equipment, as necessary.

Games								
	EYFS	Key Stage One		Lower Key Stage Two		Upper Key Stage Two		
Knowledge	To understand how to move confidently in a range of ways, safely negotiating space.	To show a developing understanding of basic movements and develop more control of their body. To participate in team games.	To master basic movements and show a higher level of body control. To understand why we have rules for team games and develop simple tactics.	To develop their understanding of rules and how to effectively defend in invasion game scenarios. To understand effective sending and receiving techniques.	To apply their expanding knowledge of strategy in game scenarios. To use the correct technique when sending and receiving with increasing accuracy and consistency.	To understand the rules, and required tactics, to play a wider range of games. To begin to develop more complex tactics and strategies when playing both singular and team games.	To confidently be able to play a range of games with minimum prior instruction and demonstrate the correct techniques. To apply their knowledge of appropriate tactics and strategies in game scenarios with increasing success.	
Skills Progression	EYFS (Physical Development – Moving and Handling) Basic skills: I can throw and catch a ball. I can take part in team games.	Year 1 Basic skills: I can send and receive using some simple techniques. Extension: I can send and receive with success in a range of ways	Year 2 Basic skills: I can use basic movement such as co-ordination and agility in team games. Extension: I can develop simple tactics for attacking and defending in team games.	Year 3: Basic skills: I can send and receive objects using the correct technique with some consistency. Extension: I can choose a relevant tactic for attacking and defending.	Year 4 Basic skills: I can send and receive with control in isolation and combination. Extension: I can independently choose an appropriate tactic for attacking and defending.	Year 5 Basic skills: I can use a variety of equipment to send and receive with increasing confidence. Extension: I can vary tactics and adapt skills depending on the game scenario.	Year 6 Basic skills: I can demonstrate the correct techniques within a wide variety of games with confidence and accuracy. Extension: I can use skills and tactics well across a range of activities and games.	
Vocabulary	Ball Throw Catch Game Team	Co-ordination Underarm	Attack Overarm	Defence Accuracy	Send Power	Receive Release	Teammate Opposition Position Control Possession Technique Consistency Tactic Shoot Swing Dribble Pass Space	Forehand Backhand Defending Attacking Precision Co-ordination (hand eye) Pressure

Gymnastics

	EYFS	Key Stage One		Lower Key Stage Two		Upper Key Stage Two	
Knowledge	To understand that we can make our bodies change into different shapes.	To understand that we can use our core strength to balance effectively.	To understand that we can link different movements together to create a sequence.	To understand how to safely use some apparatus. To develop ways to mount and dismount apparatus safely as part of a routine.	To be able to provide feedback on skills and techniques applied in his/her own and others' work and use this understanding to improve their performance.	To understand how key shapes are integral in gymnastic routines. To understand how to transition between different movements with efficiency. To begin to understand how to link travelling and balances to create effective sequences.	To develop their skills to work effectively as a member of a team to construct, practice and perform a gymnastic performance. To create gymnastics sequences with increasing complexity and confidence.
Skills Progression	EYFS (Physical Development – Moving and Handling) Basic skills: I can travel around, under, over and through balancing and climbing equipment (40-60 months). I can balance on different parts of my body. I can jump off apparatus and land appropriately.	Year 1 Basic skills: I can control my body when balancing. I can copy sequences and repeat them. Extension: I can balance in different ways.	Year 2 Basic skills: I can work on my own and with a partner. I can create simple, repeating movements. Extension: I can plan and perform a sequence of movements.	Year 3: Basic skills: I can link actions together to create sequences of movements. Extension: I can develop my flexibility and strength.	Year 4 Basic skills: I can develop strength and balance within a sequence. I can demonstrate that I can perform techniques with control. Extension: I can use a combination of techniques in a sequence.	Year 5 Basic skills: I can make complex extended sequences. I can combine action, balance and shape within a performance. Extension: I can compare performances.	Year 6 Basic skills: I can create, and perform, increasingly complex gymnastic performances alone and as a member of a group. Extension: I can link sequences to specific timings.
Vocabulary	Balance Equipment Shapes	Sequences Repeat Patterns Control Perform		Criteria Evaluate Combination Control (different body parts) Straight Techniques Sequence Link Flexibility Strength Levels Speed		Transitions Performance Canon Balance Flexibility Timing Core Strength Body Awareness Body Tension Aesthetics	

Dance/Movement

	EYFS	Key Stage One		Lower Key Stage Two		Upper Key Stage Two	
Knowledge	To understand that music can make our bodies move.	To be able to link movements to music.	To be able to change their bodies to respond to music. For example, altering speed and direction.	To understand that a performance has a beginning, middle and end.	To understand that we can use movements to represent an idea.	To understand the different elements that need to be incorporated to create a dance.	To understand that you can incorporate different speeds and movements within a dance.
Skills Progression	EYFS (Being Imaginative) Basic skills: I can initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences (40-60 months). I can represent my own ideas, thoughts and feelings through music and dance.	Year 1 Basic skills: I can perform my own dance moves. Extension: I can create a short, simple dance sequence.	Year 2 Basic skills: I can create a short sequence with some changes in speed and direction. Extension: I can change my body shape in a range of ways and confidently change direction and speed.	Year 3: Basic skills: I can dance with control and co-ordination. I can use dance to show a mood or feeling. Extension: I can make a sequence by linking sections together.	Year 4 Basic skills: I can use dance to communicate an idea. Extension: I can compose my own dances in a creative way.	Year 5 Basic skills: I can perform to an accompaniment. I can create, with support, and perform sequences that show clarity, fluency, accuracy and consistency.	Year 6 Basic skills: I can choose my own music and style. I can develop sequences in a specific style. I can compare and contrast elements of varying styles of dance and comment on each.
Vocabulary	Dance Movement Music	Sequence Repeat Perform Patterns		Choreograph Unison Repetition Partner Structure		Pace Timing Interpretation Improvisation Reaction Motifs	

Athletics

	EYFS	Key Stage One		Lower Key Stage Two			Upper Key Stage Two		
Knowledge	To begin to understand how and why it is important to stay safe with our bodies.	To understand that we can change the speed our bodies move. To begin to develop basic movements including running, jumping, throwing, and catching as well as develop balance, agility and co-ordination.	To master basic movements including running, jumping, throwing, and catching as well as develop balance, agility and co-ordination.	To develop running, jumping, throwing and catching skills. To begin to develop their knowledge of athletics rules and conventions.	To continue to develop running, jumping, throwing and catching skills in isolation and combination. To understanding how to transition between different techniques when running, jumping and catching.	To continue to develop running, jumping, throwing and catching skills in isolation and combination; utilising in competitive scenarios using a wider variety of techniques	To master running, jumping, throwing and catching skills in isolation and combination; utilising in competitive scenarios consistently and confidently using a wide variety of techniques as appropriate.		
Skills Progression	EYFS (Physical Development – Moving and Handling) Basic skills: I can run skillfully, negotiating space (40-60 months).	Year 1 Basic skills: I can master running in a given direction. Extension: I can master jumping in a safe way.	Year 2 Basic skills: I can master simple running and jumping techniques in isolation and combination. Extension: I can use these techniques in a range of activities.	Year 3: Basic skills: I can run at varying speeds and change direction in a controlled manner when required. Extension: I can take part in a relay race, remembering when to run and what to do.	Year 4 Basic skills: I can run, jump and catch in isolation and combination. Extension: I can evaluate my performances, and those of others, to suggest and act on improvements.	Year 5 Basic skills: I can use a variety of skills to take part in competitive games. Extension: I can monitor, and track, my individual performances and recognise my achievements.	Year 6 Basic skills: I can demonstrate a higher level of stamina, particularly when running over longer distances. I can link together actions in activities. Extension: I can manage an event by recording timings and providing feedback for my peers in a clear and concise manner.		
Vocabulary	Run Space Safety	Athlete Athletics Run Overarm Underarm	Jump Throw	Track Field Events Distance Measure Relay Race	Sprint 100m Hurdles Lane Lap	Personal Best Communication	Combination Technique	Transition Pace Accuracy	

