Physical Education, progression of Skills **Leigh Primary School**

'Sharing, Caring and Learning Together'

FOOTBALL

EYFS	By the end of KS1	3	4	5	6
To explore the use of coordination using feet. To develop foot/eye coordination using equipment. To explore coordination with feet using equipment. (co-ordination)	Familiarisation of the Ball: To use feet to move around an area and learn the basic rules of football	To understand the basic rules of football. Explore ways of using the feet to move the ball	To develop the understanding of the basic rules of Football Explore ways of moving the ball with other parts of the body	To understand the rules of football Explore different ways of moving with the ball effectively.	Clear understanding of the rules of football.
To develop control when using equipment whilst moving (agility)	Dribbing : to use the correct technique of dribbling a ball.	To learn the correct technique to dribble a ball and change direction	To develop dribbling skills in different direction.	To learn different techniques to dribble with the ball.	Different techniques to dribble with the ball effectively.
To explore different types of travelling within a specific area and being aware of others. (agility)	Short Passing: pass a ball over a short distance with the correct techniques	To learn different passing techniques and begin to control the ball.	Learn to perform a short distance pass using the correct technique.	Different turns to change direction and beat defenders	Use a variety of different turns to change direction and use these in a game situation.
To develop a variety of ways to move. (play)	Long Passing: To pass a ball over a long distance and why a long pass is used.	To learn different passing techniques and begin to be able to pass over a long distance	To perform a short distance pass focusing on accuracy and power.	Pass the ball over a variety of distances.	Pass with control over a variety of different distances
To further develop accuracy and aiming skills when kicking a football towards a goal. (Target)	Shooting: learn how to strike a ball and the difference between passing and shooting	Different shooting techniques and be able to strike a ball with power.	Different shooting techniques and be able to strike a ball with power.	To learn the correct technique to strike a ball	Strike a ball with accuracy. To use tactics to attack and defend in different situations.

TAG RUGBY

EYFS	By the end of KS1	3	4	5	6
To run skilfully using agility to change direction and move into space. (agility)	To dodge and weave an object using speed and direction. (Year 2- learn what agility is and why we use it in Tag Rugby)	To dodge and weave using speed and direction. Reinforce agility and the need for it in Tag Rugby.	The importance of agility when dodging in tag rugby.	Learn how to dodge and weave an object using speed and direction. Learn what agility is and why we use it in Tag Rugby.	Learn how to dodge and weave using speed and direction.
To explore using hands and sports equipment (co-ordination)	To become familiar with a rugby ball. How to hold it and how to catch it with two hands	To become familiar with a rugby ball. How to hold it and how to catch it with two hands. To move feet towards the ball for a successful catch and to avoid a knock on.	To become familiar with catching a rugby ball	To become familiar with a rugby ball. How to hold it and catch it with two hands. Learn to move their feet towards the ball for a successful catch and how to turn in the air away from their defenders to avoid a knock on.	To become familiar with a rugby ball. How to hold it and how to catch it with two hands.
To explore using hands and sports equipment with a partner (co-ordination) To explore underarm passing and throwing with a partner. (target)	To use the correct technique to throw the rugby ball in a straight line.	To use the correct technique to throw the rugby ball backwards.	To pass the all backwards down a line.	To use the correct technique to throw the rugby ball backwards down a line and whilst moving. Passing is made more challenging by adding defenders to create pressure on the attackers.	Learn to use the correct technique to throw the rugby ball backwards down a line and whilst moving.
To explore the underarm throw when aiming towards a target. (target)	Aiming at a target.	Aiming at a target	To develop the tagging technique using the correct rules.	To tag a player and learn the rules associated with tagging	To tag a player and learn the rules associated with tagging.
To explore different types of travelling within a specific area and being aware of others. (agility)	Learn how to mark/shadow another person and why we do this.	Learn to tag a player and the rules associated with tagging.	To develop basic tactics using the magic diamond.	To pass and move towards a goal area. Combining passing and running skills using and developing tactics. Players learn to use spaces.	To pass and move towards a goal area, combining passing and running skills using and developing tactics.

To develop aiming and accuracy when working as a team to pass a ball (target)	Learn how to pass and move towards a goal area. Combining passing and running skills. Learn how to score in rugby by placing the ball down in target areas. Begin to work as a team communicating ideas and rules.	Learn to pass and move towards a goal area. Combining passing and running skills using the magic diamond tactic. Pupils learn how to score in rugby by placing the ball down in target areas. To work as a team communicating ideas and rules.	Develop the knowledge of how to score a 'try' and to learn basic game rules.	Learn to score in rugby by placing the ball down in target areas. Learn how to work as a team communicating ideas and rules.	To work as a team communicating ideas and rules.

CRICKET

EYFS	Year 1	Year 2	3	4	5	6
To explore underarm passing and throwing with a partner. (Target)	Fundamental ball/beanbag skills, focused on throwing.	To understand basic fielding skills using the one handed underarm throwing technique.	Fundamental skills of fielding and throwing. Introduction of the over arm throw	Field the ball and attack the stumps.	Develop accuracy of throwing whilst fielding the ball.	Learn basic fielding skills whilst moving
To explore the underarm throw when aiming towards a target (Target)	Basic underarm bowling/throwing with tactics and aspects of fielding	To learn the basic underarm bowling action	Develop throwing and catching and include fielding tactics	Develop fielding/catching skills and returning the ball on the move	Develop retrieving, catching and returning the ball whilst fielding.	Catching and receiving the ball on the move and throwing it at the correct wicket
To develop hand/eye coordination using equipment. (Co-ordination)	Catching and fielding. Fielding a ball and returning it to the wicket	Basic fielding skills catching a low ball. Fundamental fielding skills, running a batter/runner out by returning the ball to the Wicket Keeper	Fundamental skills of batting Develop batting and fielding skills	Basic batting skills, focusing on the hook shot. Develop batting and fielding skills in, with over arm bowling	Develop batting and learning how to play a defensive shot Develop speed and accuracy in the overarm bowling.	Develop batting skills to be able to use the correct shot to hit the ball away from fielders. Develop batting and fielding skills in cricket, with over arm bowling.
To refine aiming and accuracy when using racket skills to hit a ball towards a target. (Target)	Learning the basic concept of playing a cricket game.	Learning the basic concepts of playing a Cricket game	Play a cricket game	Playing a cricket game with the use of overarm bowling.	Developing rules in a cricket game with the use of overarm bowling	Further development of playing a cricket game with the use of overarm bowling.
To explore and develop basic aiming skills when hitting a target along the floor. (Target)	Developing the basic concept of playing a cricket game	Developing the basic concepts of playing a Cricket game	Using tactics and teamwork in a cricket game.	Develop the knowledge of bowling and batting rules in a cricket game	To understand the rules of Cricket and how to run between the wickets	Understand tactics of a game of cricket.

HOCKEY– only taught from year 3 above

3	4	5	6
To understand the basic rules of Hockey and explore ways of using the stick to move the ball.	To understand basic rules of hockey and explore ways of using the stick to move the ball.	To explore the shake hands grip and the reverse grip when travelling with the ball.	To develop different grips depending on the action needed.
To develop dribbling skills with control in a small area.	To learn how to have control and turn quickly under pressure.	To dribble with direction and explore the reverse stick.	To dribble in all directions including reverse dribble
To understand different passing techniques and develop passing skills	To understand different passing techniques and focus on ball control.	To explore passing over distance whilst on the move and learn how to stop the ball.	Passing on the move over different distances focusing on the different grips available.
To understand how to control passes and understand when to use power in different situations. To understand the difference between passing and shooting.	To understand what type of pass to use in different situations and be able to make a long pass. To be able to strike a ball on the move.	To explore how to attack. To explore how to defend and tackle	To try and outwit defenders using various dribbling and passing techniques in attack To explore how to defend and not be outwitted
Develop dribbling, passing and shooting into a game situation.	To play a hockey game and be able to use skills learnt to beat opponents.	To implement skills and technique learnt in competitive matches.	To show how to use the learnt skills in a game environment

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MULTI-SPORTS- year 3-6

3	4	5	6
To understand what is meant by the term agility. To become familiar with different movement patterns and techniques	To understand what is meant by the term agility and begin to explore different ways to test their agility. explore different ways to move on their own.	To understand what is meant by the term agility and explore how to test agility. explore different running speeds required in different situations.	learn to understand what the term agility means. Learn to test their agility using a number of different tests. Take part in a number of agility drills which require them to move at speed.
To understand how to land in an effective balanced position. Learn to react to a stimuli	To understand the importance of concentration when balancing.	To explore a number of different ways to jump in a number of situations	Take part in a number of balance drills and learn to test their balance using a number of tests. They understand that speed, coordination and balance are all required to perform well at agility exercises.
Learn the dribbling technique in a number of different sporting situations	To understand how to incorporate fielding techniques with movement. To understand how to link movement patterns and dodging.	Explore different ways to hop in a number of activities. learn to dribble a football/ basketball in a number of different situations.	Understand what is meant by the term co-ordination and how they can test their co-ordination in a number of tests.
Demonstrate the skills learnt in a number of game situations.	Demonstrate the skills learnt in a number of game situations.		

Infant agility

EYFS	1	2
To develop a variety of ways to move. To explore how to jump and land safely To explore different ways to hold a static balance using hands and feet. To explore how to jump and land safely	Learn and understand how to perform the correct running technique in a range of fun games. Learn the correct technique to perform the Chest push Take part in a number of activities encouraging them to balance and hold a balance. Learn how to jump effectively moving their arms and bending their legs to land. Recap on all the skills learnt when running, throwing, balancing and jumping.	To learn the correct running technique for short distance running. Learn the correct technique to perform the chest push pass. Learn and understand different ways to balance. To learn how to jump and land correctly. To develop hand - eye coordination

ATHLETICS

EYFS	By the end of KS1	3	4	5	6
To use arms and legs to develop locomotive movement in various directions. (agility)	Begin to understand the correct technique used for short distance running	Learn the correct technique used for short distance running	Learn the correct technique for running a short distance at speed.	To learn how to use and perform the sprint start technique.	students are introduced to running at speed and sprint starts.
To explore how to jump and land safely. (jumping)	Learn how to jump two feet to two feet correctly.	Understand how to perform a long jump correctly	Understand what the best technique to jump effectively is.	To learn the correct technique to perform the standing long jump and the running long jump.	The students take part in a number of activities which helps them improve their ability to jump for distance. take part in a number of activities which helps them improve their ability to jump high.
To use the overhead throw to develop aiming in different directions and heights. (target)	To use an overhead throw to aim at a certain target.	Learn how to perform a seated overhead throw.	Learn how to generate power in the push pass.		To learn the correct technique for throwing a shot putt.
To learn how to run skillfully using specific spaces.	Begin to understand the importance of pace in long distance racing	Understand the importance of pacing in long distance running.	Understand what pacing is and the importance of pacing when running long distances.	To learn how to pace to run a long distance races. To learn how to perform relay races with a relay baton	
To explore the underarm throw when aiming towards a target. (target)	To explore different techniques when aiming at a target	To understand and perform the correct technique required to throw a foam javelin.	To understand and perform the correct technique required to throw a foam javelin.	To experiment different techniques required to take part in a number of throwing events.	

TENNIS

EYFS	1	2	3	4	5	6
To develop accuracy when rolling a ball along the floor to hit a target.	Practice rolling and throwing the ball underarm gradually linking that technique to the forehand shot.	Learn to understand the similarities between throwing and rolling the ball underarm to the forehand shot.	To develop the ability to play a Forehand shot in Tennis.	Take part in a number of exercises which help to develop their ability to play a forehand return shot in tennis.	Learn the correct technique to perform the forehand shot and linking the similarities between the rolling of the ball and the forehand shot itself.	Learn the correct technique to perform the forehand shot whilst thinking about their court position following the shot.
To acquire a competitive nature when aiming to hit a target along the floor	Continue to develop the forehand shot in tennis linking similarities between throwing a ball and playing the forehand shot.	To develop their ability to play a forehand shot in Tennis.	To learn the correct technique to perform the Backhand shot.	To develop the understanding of a backhand return shot.	To learn the correct technique to perform the backhand shot.	To perform the backhand return shot whilst continuing to think about their position on the court.
To refine aiming and accuracy when using racket skills to hit a ball towards a target.	Understand what a volley shot is and when this shot can be used in tennis.	To introduces the volley shot and understand what is meant by the term 'Volley'.	To understand what a Volley shot is and how it could be used in a game of Tennis.	To learn how to perform the shot focusing on developing their technique.	To perform the volley shot using the correct technique.	To understand where and how to perform the volley shot using the correct technique.
To develop hand/eye coordination using equipment.	Understand how to perform the volley shot. Starting to move their feet, ensure their bodies are in the correct position and make contact with the ball before it bounces to perform a volley.	To improve their ability to volley the ball. ensuring their stance is correct and when they make contact with the ball the racket is facing up. 5	Learn how to perform an underarm serve and also learn when a serve is used in a game of tennis	To understand what a serve in tennis is and how to perform the underarm serve to begin a game of tennis. Learn to use a volley shot and use it at the correct time in a game of tennis.	Learn how a competitive game of tennis is started with a serve and the correct technique to perform a serve. (over arm serve)	To discover how to serve underarm and overarm in tennis. Continue to develop the serve and develop this into a rally. To perform the backhand, forehand, volley and serve into a tennis game.

	Understand how to start a game using an underarm serve. To learn how to start a rally in tennis and the correct techniques required to perform an underarm serve.	Practice serving to targets to increase their ability the perform the serve whilst thinking about accuracy. Begin to understand what a rally is.	To apply all the skills learnt over to compete in competitive games with their peers.	To apply all skills and play and officiate a competitive game of tennis with	To understand court markings. Learn to play a competitive game using the correct tennis scoring.	Learn to play a competitive game using the correct tennis scoring.

Swimming

Beginners	Developers	Intermediate
Submerge and regain feet in the water.	Confidently and consistently retrieve an object from the floor with the same breath.	Confidently combine skills to retrieve an object from greater depth.
Breathe in sync with an isolated kicking action from poolside.	Begin to co-ordinate breath in time with basic strokes showing some consistency in timing.	Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes.
Use arms and legs together to move effectively across a short distance in the water.	Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes.	Confidently demonstrate good technique in a wider range of strokes over increased distances.
Glide on front and back over short distances.	Combine gliding and floating on front and back over an increased distance.	Combine gliding and transitioning into an appropriate stroke with good control.
Float on front and back for short periods of time.	Float on front and back using different shapes with increased control.	Confidently link a variety of floating actions together demonstrating good technique and control.
Confidently roll from front to back and then regain a standing position.	Comfortably demonstrate sculling head first, feet first and treading water.	Select and apply the appropriate survival technique to the situation.

OAA

EYFS	1	2	3	4	5	6
Follow simple instructions. Share their ideas with others. Explore activities making own decisions in response to a task. Make decisions about where to move in space. Follow a path. Begin to identify personal success.	Follow instruction Begin to work with a partner and a small group. Understand the rules of the game and suggest ideas to solve simple tasks Copy a simple diagram/map. Identify own and others' success.	Follow instructions accurately. Work co-operatively with a partner and a small group, taking turns and listening to each other. Try different ideas to solve a task. Follow and create a simple diagram/map. Understand when a challenge is solved successfully and begin to suggest simple ways to improve.	To introduce teamwork and develop trust in partners. To develop teamwork and communication through planning and completing tasks. To develop pupils short term memory and creative thinking. To design a map and use problem solving skills as a team. To learn the points of a compass and use these to help orientate themselves. To develop team work and trust with partners whilst exploring compass directions.	To develop basic tactical thinking and team work to overcome a task. To develop team building skills overcome physical tasks. To discover and develop verbal communication and trust building skills. To develop leadership qualities by working together communicating ideas and tactics to complete set task To develop team work and trust with partners. To develop team work and trust with partners whilst exploring all their senses.	How to use communication to develop leadership skills. How to use communication and leadership to develop directions. To learn about compass directions and orientation. To develop team and compass work through designing pathways on an orienteering map. To develop map orientation and route planning. To be able to organise and plan activities for others to follow.	To understand how to work as a team to overcome challenges. To develop strategies when working as a team to overcome challenges. To learn map and orientation skills, with a focus on symbols. To learn how to design and use a map of the schools / forest school grounds. To design an orienteering route and develop map reading skills. To use a compass to assist in map reading and orientation.