



# Cusgarne Primary School

## Progression in Physical Education Skills

Curriculum Lead: Julia Murray



	<b>KS1 Year 1 and 2</b>	<b>LKS2 Year 3 and 4</b>	<b>UKS3 Years 5 &amp; 6</b>
<b>Movement and control</b>    <b>Using equipment and athletics</b>	<ul style="list-style-type: none"><li>Copy actions.</li><li>Repeat and explore skills.</li><li>Move with some control and care.</li><li>Throw a ball underarm.</li><li>Roll a ball or a hoop.</li><li>Hit a ball with a bat.</li><li>Copy and remember actions.</li><li>Repeat and explore skills.</li></ul>	<ul style="list-style-type: none"><li>Move with co-ordination and control.</li><li>Throw and catch a ball with control and accuracy.</li><li>Strike a ball and field with control.</li><li>Sprint over a short distance.</li><li>Run over a longer distance, conserving energy.</li><li>Have a range of throwing techniques (underarm, over arm, putting and hurling).</li><li>Throw with accuracy to hit a target.</li><li>Jump in a number of ways, sometimes using a short run-up.</li></ul>	<ul style="list-style-type: none"><li>Link skills, techniques and ideas and apply them accurately and appropriately.</li><li>Choose the most appropriate tactics in a game.</li><li>Use forehand and backhand when playing racquet games.</li><li>Field well.</li><li>Use a variety of techniques to pass.</li><li>Strike a bowled ball.</li><li>Work with a team or alone to gain possession of the ball.</li><li>Combine running and jumping well.</li><li>Show accurate control, speed, strength and stamina in my athletics.</li></ul>

<h3>Movement and control</h3>  <p>Dance</p>	<ul style="list-style-type: none"> <li>• Perform some dance moves.</li> <li>• Put moves together to make a short dance.</li> <li>• Show rhythm in my dance.</li> <li>• Choose the best movements to show different ideas.</li> <li>• Move carefully with control.</li> <li>• Use space safely.</li> <li>• Move with careful control, co-ordination and care.</li> <li>• Perform my dance actions with control and co-ordination.</li> <li>• Link two or more actions together to make a sequence.</li> <li>• Remember and repeat dance movements.</li> <li>• Choose the best movements to communicate a mood or feeling.</li> </ul>	<ul style="list-style-type: none"> <li>• Dance movements communicate an idea.</li> <li>• Refine my movements into sequences.</li> <li>• Dance movements are clear and fluent.</li> <li>• Know that dance can express a variety of things.</li> </ul>	<ul style="list-style-type: none"> <li>• Creative and imaginative in composing my own dances.</li> <li>• Perform expressively.</li> <li>• Show precision, control and fluency.</li> <li>• Dance matches the mood of the accompanying music.</li> </ul>
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<h3>Movement and control</h3>  <h3>Gymnastics</h3>	<ul style="list-style-type: none"> <li>Show control and co-ordination when travelling or balancing.</li> <li>Choose which actions to make.</li> <li>Copy sequences and repeat them.</li> <li>Be able to roll.</li> <li>Travel in lots of ways.</li> <li>Balance.</li> <li>Climb safely.</li> <li>Stretch body.</li> <li>Curl body.</li> <li>I plan sequences of movements.</li> <li>Show contrasts such as small/tall, straight/ curved and wide/narrow.</li> <li>Movements are controlled.</li> <li>Balance on different points of body.</li> </ul>	<ul style="list-style-type: none"> <li>Body is balanced.</li> <li>Shapes are controlled.</li> <li>I plan, perform and repeat sequences.</li> <li>Sequences include changes in speed and level.</li> <li>I work on improving strength and suppleness by practising stretches and shapes.</li> </ul>	<ul style="list-style-type: none"> <li>I am controlled and skilful in actions and movements.</li> <li>Movements are controlled and express emotion or feeling.</li> <li>Make complex sequences that include changes in direction, level and speed.</li> <li>Combine actions, shapes and balances in gymnastic performance.</li> <li>Movements are clear, accurate and consistent.</li> <li>Prepare and perform to an audience.</li> <li>I practise and perform with control.</li> <li>Movements include very controlled balances, shapes, levels and actions.</li> </ul>
<h3>Movement and control</h3>  <h3>Swimming</h3>	<ul style="list-style-type: none"> <li>With help can swim up to 20 metres with floats.</li> <li>Swim up to 5 metres without floats.</li> <li>Put head in the water.</li> <li>I join in water activities at the pool.</li> <li>I explore different ways of moving in water.</li> <li>Swim up to 20 metres using arms and legs to move.</li> <li>I use one basic stroke to swim, breathing properly.</li> <li>Using floats, I swim with a controlled leg kick.</li> <li>I describe different swimming strokes.</li> </ul>	<ul style="list-style-type: none"> <li>Swim between 25 and 50 metres.</li> <li>Arms and legs are co-ordinated.</li> <li>I use more than one swimming stroke.</li> <li>I swim both on the surface and below the surface of the water.</li> <li>Breathing is co-ordinated with the stroke I am using.</li> </ul>	<ul style="list-style-type: none"> <li>Swim between 50 and 100 metres.</li> <li>I use breast, front crawl and back stroke styles confidently.</li> <li>Swimming uses arms and legs in a confident and co-ordinated manner.</li> <li>Swim over 100 metres.</li> <li>I swim fluently.</li> <li>I use all three strokes with control and sustain this for over 2 minutes.</li> <li>I breathe so that the pattern of swimming is not interrupted.</li> </ul>

<p><b>Planning and implementing</b></p> 	<ul style="list-style-type: none"> <li>• Use the terms 'opponent' and 'team-mate' when playing games.</li> <li>• Use rolling, hitting and kicking skills in games.</li> <li>• Decide on the best position to be in during a game.</li> <li>• Have developed some tactics for the game I am playing.</li> </ul>	<ul style="list-style-type: none"> <li>• Select and use the most appropriate skills, actions and ideas.</li> <li>• Choose the appropriate tactics to cause a problem for the opposition.</li> <li>• Follow rules in a game.</li> <li>• Keep possession of a ball (feet, hockey stick, hands).</li> <li>• Improvise with ideas and movements.</li> <li>• Use plans and diagrams to help me get from one place to another.</li> <li>• Enjoy solving problems or challenges outdoors.</li> </ul>	<ul style="list-style-type: none"> <li>• Link skills, techniques and ideas and apply them accurately and appropriately.</li> <li>• Choose the most appropriate tactics in a game.</li> <li>• I am creative and imaginative in composing own dances.</li> <li>• Select and combine skills, techniques and ideas.</li> <li>• Apply skills, techniques and ideas accurately, appropriately and consistently.</li> <li>• Use tactics and follow rules.</li> <li>• Plan approach to attacking and defending.</li> <li>• Know and follow event rules.</li> <li>• Use senses to assess risks and adapt plans accordingly.</li> <li>• Prepare well by considering safety first.</li> <li>• Plan with others, seeking advice.</li> </ul>
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<p><b>Reflecting and evaluating</b></p> 	<ul style="list-style-type: none"> <li>• Exercise safely by looking for space.</li> <li>• Talk about the differences between own and others' performances.</li> <li>• Say what has gone well and why.</li> <li>• Identify how a performance could be improved.</li> <li>• Describe how body feels during different activities, using parts of the body to describe the effects.</li> </ul>	<ul style="list-style-type: none"> <li>• Work and behave safely.</li> <li>• Discuss I say how work is similar to and different from others'.</li> <li>• Use this understanding to improve own performance.</li> <li>• Give reasons why warming up before an activity is important.</li> <li>• Give reasons why physical activity is good for health.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain and apply basic safety principles in preparing for exercise.</li> <li>• Analyse and comment on skills and techniques and how they are applied in own and in others' work.</li> <li>• Modify and refine skills and techniques to improve performance.</li> <li>• Explain how different parts of body react during different types of exercise.</li> <li>• Warm up and cool down in ways that suit the activity.</li> <li>• Describe why regular, safe exercise is good for fitness and health.</li> </ul>
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