

Marshlands Primary School Physical Education Progression of Skills – 2020 onwards

	KS1	Lower KS2	Upper KS2
Games	- develop simple throws and catches - confidently hit a static ball - show improving accuracy when hitting a moving ball - consistently and accurately pass to a static peer - begin to pass accurately to a moving peer - understand the need to move into a space before receiving a ball	- interpret where the ball is going in order to position myself - pass away from an opponent so that it's difficult to intercept - select different passes to use and be competent when using them - use hand-eye coordination and control to keep a rally going - pick up/retrieve and return/throw a ball quicker - bowl accurately at a target.	- use speed and agility to get ahead of, around or past opponents, varying speed as a tactic - read passes in order to intercept - run alongside, pick up and throw a ball in 1 smooth action - increase speed and accuracy when bowling, adding spin - mark an opponent - show excellent sportsmanship and fair play
Athletics	- change speed on instruction when running - change direction quickly when running - develop jumping technique - throw objects in, or close to, targets at short distances - adapt throwing skills to suit the object	- pace themselves when running over longer distances - sprint in the final metres when the distances are greater - jump for distance	- understand and use drive, stride and lift phases when sprinting - understand what control, strength, speed, power and stamina mean - pace self consistently over varying distances - competently perform a range of throws - Perform a range of jumps
Gymnastics	- travel on different parts of the body - show extension - perform a range of balances/shapes and vary movement - have smooth transitions between shapes/balances - repeat at least 3 steps from a sequence	- transition between actions fluently and gracefully avoiding pauses (except for balances) - have a clear start and finish to a sequence. - repeat and refine my sequence independently.	- independently think of a 5+ sequence that uses learnt skills, repeating and improving the sequence and then teaching it to others - perform skills and actions fluently with good extension and balance
Dance	- consistently repeat 2 or more simple actions - begin to move to the beat of the music - create their own arm/leg actions - link actions together to create simple sequences	- create own arm, leg and whole-body movements and apply these into pair and group work - link individual movements together - plan a short dance based on a musical section/piece - practice each link so they are fluent and in time with a partner, music or whole group - perform a developed dance in front of others/peers	- apply ideas and actions across a range of dance styles, individually, paired and as a group - respond to a variety of musical pieces and recognise the changes, making suggestions on how to use their bodies - create dances that include a range of actions, using space effectively and imaginatively - vary dynamics and add drama to dance - use different relationships during paired/group work (eg mirroring, unison, contrast) - use props to imaginatively enhance a dance

OAA	•	• understand the need for problem solving • follows simple plans, maps etc • chooses sensible skills and approaches for the challenges set • work effectively as part of a team to solve problems	• use skills with control in problem solving activities • support peers in problem solving situations • follow charts and maps accurately
Knowledge & Understanding	•	• know why we warm up our bodies before taking part in exercise • explain why our bodies become warmer and sweat when exercising • understand that our brain, heart and lungs work harder during exercise	• understand the importance of warm ups and cool downs and the impact they can have when not done • understand how the heart and lungs change during exercise • know safety tips and rules for transporting apparatus
Swimming	•	• swim competently, confidently and proficiently over a distance of at least 25 meters • use a range of strokes effectively: front crawl, back stroke, breast stroke • perform safe self-rescue in different water-based situations	•