



## Mellor St Mary C of E Primary School Progression of Skills in P.E.

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
<b>Fundamental Movement Skills</b>	<p>Start to perform fundamental skills at an emerging level-</p> <p><b>Travelling skills:</b></p> <ul style="list-style-type: none"> <li>Running fast</li> <li>Hopping on both feet</li> </ul> <p><b>Sending Skills:</b></p> <ul style="list-style-type: none"> <li>Roll a ball underarm</li> <li>Underarm throw</li> <li>Overarm throw</li> <li>Bounce a ball</li> </ul> <p><b>Receiving Skills:</b></p> <ul style="list-style-type: none"> <li>Catch a large ball</li> </ul>	<p>Perform fundamental movement skills at a developing level-</p> <p><b>Travelling skills:</b></p> <ul style="list-style-type: none"> <li>Running fast</li> <li>Hopping on both feet</li> <li>Skipping</li> <li>Side galloping</li> </ul> <p><b>Sending Skills:</b></p> <ul style="list-style-type: none"> <li>Roll a ball underarm</li> <li>Underarm throw</li> <li>Overarm throw</li> <li>Bounce a ball</li> </ul> <p><b>Receiving Skills:</b></p> <p>Catch a large ball</p>	<p>Perform fundamental movement skills at a developing level and start to master basic movements-</p> <p><b>Travelling skills:</b></p> <ul style="list-style-type: none"> <li>Running fast</li> <li>Hopping on both feet</li> <li>Skipping</li> <li>Side galloping</li> <li>Dodging</li> </ul> <p><b>Sending Skills:</b></p> <ul style="list-style-type: none"> <li>Roll a ball underarm</li> <li>Underarm throw</li> <li>Overarm throw</li> <li>Bounce a ball</li> <li>Strike a ball off a tee</li> <li>Strike with a drop feed</li> </ul> <p><b>Receiving Skills:</b></p> <p>Catch a large ball</p>	<p>Master fundamental skills and start to develop sport specific skills, performing them with some accuracy.</p>	<p>Master fundamental movement skills and start to develop sport specific skills, performing them with consistency and accuracy.</p>	<p>Continue to develop sport specific skills and perform with accuracy, consistency, confidence and control.</p>	<p>Continue to develop sport specific skills and perform with accuracy, consistency, confidence, control and speed.</p>
<b>Games</b>	<ul style="list-style-type: none"> <li>Runs skilfully and negotiates space successfully, adjusting speed direction to avoid obstacles</li> <li>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles</li> </ul>	<ul style="list-style-type: none"> <li>To use simple tactics o outwit an opponent</li> <li>Pretend to throw one way, then throw the other</li> <li>Look one way and roll the ball the other way</li> <li>To throw away from the cones</li> </ul>	<ul style="list-style-type: none"> <li>To move into space to receive the ball. To pass the ball to a player in the space.</li> <li>To throw the ball into space away from the opponent</li> <li>To strike the ball away from cones/fielders</li> </ul>	<ul style="list-style-type: none"> <li>Develop sport specific skills</li> <li>Chest pass, bounce pass, swing pass, one-handed pass, catching a ball,</li> <li>To know to move into a space to receive a ball. To pass a ball to a player in space when playing invasion games</li> </ul>	<ul style="list-style-type: none"> <li>Develop sport specific skills</li> <li>Chest pass, bounce pass, swing pass, one-handed pass, catching a ball, dribbling a ball, shooting a ball</li> <li>To know to move into a space to receive a ball. To feint or disguise a pass of a ball to outwit a defender</li> </ul>	<ul style="list-style-type: none"> <li>Develop sport specific skills</li> <li>Chest pass, bounce pass, swing pass, one-handed pass, catching a ball, dribbling a ball, shooting a ball, kicking a ball, (hockey) push pass dribbling, receiving a pass, shooting</li> </ul> <p><b>Attacking skills:</b></p> <ul style="list-style-type: none"> <li>To use a range of passes.</li> <li>To pass ahead of supporting player. To get away from a defender to receive a pass</li> </ul> <p><b>Defending Skills:</b></p> <ul style="list-style-type: none"> <li>To close down space</li> </ul>	<ul style="list-style-type: none"> <li>Develop sport specific skills</li> <li>Chest pass, bounce pass, swing pass, one-handed pass, catching a ball, dribbling a ball, shooting a ball, kicking a ball, (hockey) push pass dribbling, receiving a pass, shooting</li> </ul> <p><b>Attacking skills:</b></p> <ul style="list-style-type: none"> <li>To use a range of passes.</li> <li>To pass ahead of supporting player. To get away from a defender to receive a pass. To send the ball wide and/or deep to supporting players</li> </ul> <p><b>Defending Skills:</b></p> <ul style="list-style-type: none"> <li>To close down space</li> <li>To intercept a pass</li> </ul>



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<b>Dance</b>	<ul style="list-style-type: none"> <li>• Uses movement to express feelings</li> <li>• Creates movement in response to music</li> <li>• Initiates new combinations of movement and gestures in order to express and respond to feelings, ideas and experiences</li> </ul>	<ul style="list-style-type: none"> <li>• Create and link simple combinations of 2 or 3 actions to create a sequence</li> <li>• Choose appropriate movements for different ideas and repeat short dance phrases</li> <li>• Copy and explore basic body actions</li> <li>• TRAVEL, TURN, JUMP, GESTURE, STILLNESS</li> </ul>	<ul style="list-style-type: none"> <li>• Create and link simple combinations of 3 or 4 actions to create a sequence</li> <li>• Link body actions and remember and repeat dance phrases</li> <li>• Copy and explore basic body actions</li> <li>• TRAVEL, TURN, JUMP, GESTURE, STILLNESS</li> <li>• Vary speed, strength, energy and tension of movement</li> </ul>	<ul style="list-style-type: none"> <li>• Create and perform sequences of actions (4-6) smoothly</li> <li>• Share and create dance phrases with a partner and in a small group; repeat, remember and perform these phrases in a dance</li> </ul>	<ul style="list-style-type: none"> <li>• Create and perform longer sequences of actions (6) with control and precision</li> <li>• Use simple motifs and movement patterns to structure dance phrases on their own and with a partner</li> </ul>	<ul style="list-style-type: none"> <li>• Create and perform longer sequences of actions (6-8) with a partner</li> <li>• Compose motifs and plan dances creatively and collaboratively in groups</li> </ul>	<ul style="list-style-type: none"> <li>• Create and perform longer sequences of actions (8-10) with a partner that show an awareness of their audience</li> <li>• Work creatively and imaginatively on their own and in a group to compose motifs and structure simple dances</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Move freely with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping</li> <li>• Mount stairs, steps or climbing equipment using alternate feet</li> <li>• Can stand momentarily on one foot when shown</li> <li>• Jumps off an object and lands appropriately</li> <li>• Travels with confidence and skill around, under, over and through balancing and climbing equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Create and link simple combinations of 2 or 3 actions to create a sequence</li> <li>• Shape – wide, thin</li> <li>• Apparatus work</li> </ul> <p><b>Travelling – feet:</b></p> <ul style="list-style-type: none"> <li>• Jog, skip, gallop, hop, walk forwards, walk backwards</li> </ul> <p><b>Travelling – hands and feet:</b></p> <ul style="list-style-type: none"> <li>• Frog, caterpillar, bunny, crab, bear, crocodile, monkey</li> </ul> <p><b>Balancing:</b></p> <ul style="list-style-type: none"> <li>• Front support, balance on 4 and 3 points, large body parts – tummy, back, bottom, shoulders</li> </ul> <p><b>Rolling:</b></p> <ul style="list-style-type: none"> <li>• Rock and roll, pencil, egg roll</li> </ul> <p><b>Jumping and landing:</b></p> <ul style="list-style-type: none"> <li>• 2 to 2 for height</li> </ul>	<ul style="list-style-type: none"> <li>• Create and link simple combinations of 3 or 4 actions to create a sequence</li> <li>• Shape – wide, thin, dish, arch, tuck</li> <li>• Apparatus work</li> </ul> <p><b>Travelling – feet:</b></p> <ul style="list-style-type: none"> <li>• Jog, skip, gallop, hop, walk forwards, walk backwards</li> </ul> <p><b>Travelling – hands and feet:</b></p> <ul style="list-style-type: none"> <li>• Frog, caterpillar, bunny, crab, bear, crocodile, monkey</li> </ul> <p><b>Balancing:</b></p> <ul style="list-style-type: none"> <li>• Front support, balance on 4 and 3 points, large body parts – tummy, back, bottom, shoulders</li> </ul> <p><b>Rolling:</b></p> <ul style="list-style-type: none"> <li>• Rock and roll, pencil, egg roll, dish roll, teddy roll, forward roll</li> </ul> <p><b>Jumping and landing:</b></p> <ul style="list-style-type: none"> <li>• Jumping and landing</li> </ul>	<ul style="list-style-type: none"> <li>• Create and perform sequences of actions (6) with control and precision</li> <li>• Apparatus</li> </ul> <p><b>Travelling – feet:</b></p> <ul style="list-style-type: none"> <li>• Jog, skip, gallop, hop, walk forwards, walk backwards</li> </ul> <p><b>Travelling – hands and feet:</b></p> <ul style="list-style-type: none"> <li>• Frog, caterpillar, bunny, crab, bear, crocodile, monkey</li> </ul> <p><b>Balancing:</b></p> <ul style="list-style-type: none"> <li>• Small body parts, one-foot balance, arabesque, square bridge, bridge, hands and feet</li> </ul> <p><b>Rolling:</b></p> <ul style="list-style-type: none"> <li>• Rock and roll, pencil, egg roll, dish roll, teddy roll, forward roll</li> </ul> <p><b>Jumping:</b></p> <ul style="list-style-type: none"> <li>• Straight, straddle, pike, tuck</li> </ul>	<ul style="list-style-type: none"> <li>• Create and perform longer sequences of actions (6) with control and precision</li> </ul> <p><b>Travelling – feet:</b></p> <ul style="list-style-type: none"> <li>• Jog, skip, gallop, hop, walk forwards, walk backwards, side gallop, walk on tiptoes</li> </ul> <p><b>Travelling – hands and feet:</b></p> <ul style="list-style-type: none"> <li>• Frog, caterpillar, bunny, crab, bear, crocodile, monkey</li> </ul> <p><b>Balancing:</b></p> <ul style="list-style-type: none"> <li>• Small body parts, one-foot balance, arabesque, square bridge, bridge front support, back support, hands and feet</li> <li>• Large body parts, V sit, dish, arch, shoulder stand</li> </ul> <p><b>Rolling:</b></p> <ul style="list-style-type: none"> <li>• Rock and roll, pencil, egg roll, dish roll, teddy roll, forward roll</li> </ul> <p><b>Jumping:</b></p> <ul style="list-style-type: none"> <li>• Straight, straddle, pike, tuck, ½ turn, full turn</li> </ul>	<ul style="list-style-type: none"> <li>• Create and perform longer sequences of actions (6 - 8) with a partner</li> </ul> <p><b>Travelling – feet:</b></p> <ul style="list-style-type: none"> <li>• Jog, skip, gallop, hop, walk forwards, walk backwards, side gallop, chasse</li> </ul> <p><b>Travelling – hands and feet:</b></p> <ul style="list-style-type: none"> <li>• Frog, caterpillar, bunny, crab, bear, crocodile, monkey</li> </ul> <p><b>Balancing:</b></p> <ul style="list-style-type: none"> <li>• Small body parts, one-foot balance, arabesque, square bridge, bridge front support, back support, hands and feet</li> <li>• Large body parts, V sit, dish, arch, shoulder stand</li> </ul> <p><b>Rolling:</b></p> <ul style="list-style-type: none"> <li>• Rock and roll, pencil, egg roll, dish roll, teddy roll, forward roll</li> </ul> <p><b>Jumping:</b></p> <ul style="list-style-type: none"> <li>• Straight, straddle, pike, tuck, ½ turn, full turn</li> </ul>	<ul style="list-style-type: none"> <li>• Create and perform longer sequences of actions (8 - 10) with a partner that show an awareness of their audience</li> </ul> <p><b>Travelling – feet:</b></p> <ul style="list-style-type: none"> <li>• Jog, skip, gallop, hop, walk forwards, walk backwards, side gallop, chasse</li> </ul> <p><b>Travelling – hands and feet:</b></p> <ul style="list-style-type: none"> <li>• Frog, caterpillar, bunny, crab, bear, crocodile, monkey</li> </ul> <p><b>Balancing:</b></p> <ul style="list-style-type: none"> <li>• Small body parts, one-foot balance, arabesque, square bridge, bridge front support, back support, hands and feet</li> <li>• Large body parts, V sit, dish, arch, shoulder stand</li> <li>• Balance with a partner and small group, counter balance, counter tension</li> </ul> <p><b>Rolling:</b></p> <ul style="list-style-type: none"> <li>• Rock and roll, pencil, egg roll, dish roll, teddy roll, forward roll</li> </ul> <p><b>Jumping:</b></p> <ul style="list-style-type: none"> <li>• Straight, straddle, pike, tuck, ½ turn, full turn</li> </ul>



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Outdoor and adventure				<ul style="list-style-type: none"> <li>• Orientate a map</li> <li>• Use a control card</li> <li>• Navigate a course safely</li> </ul>	<ul style="list-style-type: none"> <li>• Travel and balance safely when carrying out challenges</li> <li>• Demonstrate team work skills during planning, doing and reviewing</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to keep the map set or orientates when they move around a simple course</li> <li>• Know the eight points of the compass</li> <li>• Record information accurately at the control marker</li> <li>• Navigate to a control marker on a score event course</li> </ul>	<ul style="list-style-type: none"> <li>• To set a map using a compass</li> <li>• To practise and refine thumbing the set map (orientated)</li> <li>• To set a direction of travel from the map using a compass</li> <li>• To follow instructions in order to complete an orienteering course</li> </ul>
Striking and Fielding		<ul style="list-style-type: none"> <li>• Strike a ball off a tee</li> <li>• Look for space to throw, hit or run into to help team score</li> <li>• Understand why they need to throw or hit into a space</li> <li>• Use a feint to try and win a game</li> </ul>	<ul style="list-style-type: none"> <li>• Strike a ball off a tee</li> <li>• Strike with a drop feed</li> <li>• Look for space to throw, hit or run into to help team score</li> <li>• Understand why they need to throw or hit into a space</li> <li>• Understand the concept of aiming and the need for accuracy</li> <li>• Throw or hit an object into a space to make it more difficult for their opponents</li> <li>• Use a feint to try and win a game</li> </ul>	<ul style="list-style-type: none"> <li>• Bowl underarm</li> <li>• Strike a ball off a tee</li> <li>• Catch a ball</li> <li>• Field a ball and return it quickly</li> </ul>	<ul style="list-style-type: none"> <li>• Bowl underarm</li> <li>• Perform a straight drive</li> <li>• Catch a ball</li> <li>• Field a ball and return it quickly</li> </ul>	<ul style="list-style-type: none"> <li>• Bowl underarm</li> <li>• Strike a ball off a tee</li> <li>• Strike a bowled ball</li> <li>• Field a ball and throw back overarm</li> </ul>	<ul style="list-style-type: none"> <li>• Bowl overarm</li> <li>• Strike a bowled ball</li> <li>• Field a ball and throw back overarm</li> </ul>
Net and Wall		<ul style="list-style-type: none"> <li>• Look for space to throw, hit or run into to help team score</li> <li>• Understand why they need to throw or hit into space</li> <li>• Use a feint to try and win a game</li> </ul>	<ul style="list-style-type: none"> <li>• Look for space to throw, hit or run into to help team score</li> <li>• Understand why they need to throw or hit into space</li> <li>• Understand the concept of aiming and the need for accuracy</li> <li>• Throw or hit an object into a space to make it more difficult for their opposition</li> <li>• Use a feint to try and win a game</li> </ul>	<ul style="list-style-type: none"> <li>• Ready position</li> <li>• Underarm throw</li> <li>• Overarm throw</li> <li>• Hold a racket</li> <li>• Strike ball with a racket</li> </ul>	<ul style="list-style-type: none"> <li>• Ready position</li> <li>• Underarm throw</li> <li>• Overarm throw</li> <li>• Hold a racket</li> <li>• Strike ball with a racket</li> </ul>	<ul style="list-style-type: none"> <li>• Throwing a ball</li> <li>• Hold a racket correctly</li> <li>• Forehand</li> <li>• Backhand</li> <li>• volley</li> </ul>	<ul style="list-style-type: none"> <li>• Throwing a ball</li> <li>• Forehand</li> <li>• Backhand</li> <li>• Volley</li> <li>• Underarm serve</li> </ul>



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<b>Athletics</b>	<ul style="list-style-type: none"> <li>Start to perform fundamental skills at an emergency level</li> <li>Travelling skills</li> <li>Running fast</li> <li>Sending skills – roll a ball underarm, underarm throw, overarm throw</li> <li>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles</li> <li>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles</li> </ul>	<ul style="list-style-type: none"> <li>Perform FMS at a developing level</li> <li>Running</li> <li>Hopping</li> <li>Rolling a ball</li> <li>Underarm throw</li> <li>jumping</li> </ul>	<ul style="list-style-type: none"> <li>Perform FMS at a developing level and start to master some basic skills</li> <li>Running</li> <li>Underarm throw</li> <li>Overarm throw</li> <li>Push throw</li> <li>Jumping for distance</li> </ul>	<ul style="list-style-type: none"> <li>Master FMS skills and start to develop athletic specific skills performing them with consistency and accuracy</li> <li><b>Throwing</b> – push, pull and sling</li> <li>Hop, step and jump</li> </ul>	<ul style="list-style-type: none"> <li>Master FMS skills and start to develop athletic specific skills performing them with consistency and accuracy</li> <li><b>Throwing</b> – push, pull and sling</li> <li>Hop, step and jump</li> </ul>	<ul style="list-style-type: none"> <li>Continue to develop athletic specific skills performing them with consistency, accuracy, confidence, control and speed</li> <li><b>Throwing</b> – push, pull, sling and heave</li> <li><b>Jumping</b> – standing long jump and triple jump</li> <li><b>Running</b> – short and long distance</li> <li>Passing a baton in a relay</li> </ul>	<ul style="list-style-type: none"> <li>Continue to develop athletic specific skills performing them with consistency, accuracy, confidence, control and speed</li> <li><b>Throwing</b> – push, pull, sling and heave</li> <li><b>Jumping</b> – standing long jump and triple jump</li> <li><b>Running</b> – short and long distance</li> <li>Passing a baton in a relay</li> </ul>
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Swimming Beginners (Non-swimmers and developing swimmers)	Swimming (Developing and competent swimmers)
<ul style="list-style-type: none"> <li>Children will learn to swim between 10-12 metres unaided in shallow water, using their arms and legs to propel themselves</li> <li>They will use one basic method to swim the distance, making sure they breathe</li> <li>They will start by using floats, swim over longer distances and periods of time with a more controlled leg kick</li> <li>They will explore freely how to move in and under water and recognise the effect of the water temperature</li> <li>They will identify and describe the difference between leg and arm actions</li> </ul>	<ul style="list-style-type: none"> <li>The children will learn to swim between 50 – 200 metres and keep swimming for 45 to 90 seconds</li> <li>They will use three different strokes (front crawl, back stroke and breast stroke), swimming on their front and back</li> <li>They will control breathing and swim confidently and fluently on the surface and under the water</li> <li>Children should know the dangers of water locally and nationally</li> <li>They will learn how to use appropriate survival and self-rescue skills if they fall in by accident, or get into difficulty and know what to do if others get into trouble in the water</li> </ul>