

Strand	PE Area	EYFS	KS1	LKS2	UKS2
<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.</p>	Games		<ul style="list-style-type: none"> • Be able to run at different speeds. • Be able to jump from 1foot-1foot, 2feet-2feet,1foot-2feet, 2feet-1foot. • Be able to accurately throw underarm and overarm. • Be able to consistently catch with 2 hands and sometimes catch with 1 hand. • Be able to participate in basic modified group/team games. • Be able to understand and apply basic rules. • Understand basic key principles of attack (keep possession/score points etc.) • Understand basic key principles of defence (get possession back/ stop points being scored etc.) 	<ul style="list-style-type: none"> • Understand technique for basic skills - throwing, catching, hitting, kicking, stopping. • Use these skills in isolation and in a competitive situation. • Understand basic rules of a range of sports and apply to a game situation. • Understand basic tactics. • Compare and contrast performances and modify to achieve personal goals. 	<ul style="list-style-type: none"> • Understand technique for basic skills - throwing, catching, hitting, kicking, stopping. • Use these skills in isolation and in a competitive situation. • Understand basic rules of a range of sports and apply to a game situation. • Understand basic tactics. • Demonstrate an understanding of spatial awareness. • Understand positional roles and responsibilities. • Demonstrate these in a game. • Compare and contrast performances and modify to achieve personal goals.
	Gymnastics		<ul style="list-style-type: none"> • Know what a sequence is. 	<ul style="list-style-type: none"> • Understand the terms flexibility, control, balance. 	<ul style="list-style-type: none"> • Understand the terms flexibility, control, balance.

			<ul style="list-style-type: none"> • Be able to balance on a range of body parts. • Be able to demonstrate a range of jumps - pencil, star, tuck, 1/2 twist. • Be able to understand and experiment with basic travel (locomotion). • Create and perform a short sequence. 	<ul style="list-style-type: none"> • Demonstrate the importance of these in a range of skills - rolling, jumping, balancing, locomotion. • Create and perform a sequence. • Compare and contrast performances and modify to achieve personal goals. 	<ul style="list-style-type: none"> • Demonstrate the importance of these in a range of skills- rolling, jumping, balancing, locomotion. • Create and perform a sequence. • Carry out peer observations and offer constructive feedback to improve future performance. • Compare and contrast performances and modify to achieve personal goals.
	Dance		<ul style="list-style-type: none"> • Understand what a motif is. • Be able to choreograph a short piece based on a theme. • Be able to perform their piece. 	<ul style="list-style-type: none"> • Choreograph a dance based on a specific theme. • Perform and evaluate piece. • Compare and contrast performances and modify to achieve personal goals. 	<ul style="list-style-type: none"> • Choreograph a dance based on a specific theme. • Perform and evaluate piece. • Understand the terms relationships, dynamics, levels, pathways. • Demonstrate these in a piece of dance. • Compare and contrast performances and modify to achieve personal goals.

	Swimming			<ul style="list-style-type: none"> Swim unaided up to 25 metres. Use one basic stroke, breathing correctly. Control leg movements. 	
	Athletics		<ul style="list-style-type: none"> Be able to run at different speeds. Be able to jump from 1foot-1foot, 2feet-2feet, 1foot-2feet, 2feet-1foot. Be able to accurately throw underarm and overarm. Be able to consistently catch with 2 hands and sometimes catch with 1 hand. 	<ul style="list-style-type: none"> Understand the terms strength, technique, control. Demonstrate these in a range of events. Compare and contrast performances and modify to achieve personal goals. 	<ul style="list-style-type: none"> Understand the terms strength, technique, control. Demonstrate these in a range of events. Identify which key terms are dominant in each event. Coach and evaluate peers. Compare and contrast performances and modify to achieve personal goals.
	Outdoor and adventurous activities		<ul style="list-style-type: none"> Be able to participate in basic modified group/team games. Be able to understand and apply basic rules. 	<ul style="list-style-type: none"> Understand key terms communication, challenge, co-operation, teamwork. Team building activities Challenges with hoops etc. 	<ul style="list-style-type: none"> Understand key terms communication, challenge, co-operation, teamwork. Team building activities Challenges with hoops etc. Opportunities for leadership.

Rose Hill Primary School
Progression of Skills
Subject: Physical Education

				<ul style="list-style-type: none">• Compare and contrast performances and modify to achieve personal goals.	<ul style="list-style-type: none">• Opportunities for evaluation and feedback throughout.• Compare and contrast performances and modify to achieve personal goals.
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