| | Little Bowden PE Skills Progression | | | | | |
|------|---|---|---|--|---|--|
| | Aut 1 | Aut 2 | Spr 1 | Spr 2 | Sum 1 | Sum 2 |
| EYFS | Introduction to PE | Dance | <u>Gymnastics</u> | <u>Ball Skills</u> | <u>Games</u> | <u>Fundamentals</u> |
| | To move safely and sensibly in a space with consideration of others. To develop moving safely and stopping with control. To use equipment safely and responsibly. To use different travelling actions whilst following a path. To work with others co- operatively and play as a group. To follow, copy and lead a partner. | To explore different body parts and how they move. To explore different body parts and how they move and remember and repeat actions. To express and communicate ideas through movement exploring directions and levels. To create movements and adapt and perform simple dance patterns. To copy and repeat actions showing confidence and imagination. To move with control and co-ordination, linking, copying and repeating actions. | To copy and create shapes with your body. To be able to create shapes whilst on apparatus. To develop balancing and taking weight on different body parts. To develop jumping and landing safely. To develop rocking and rolling. To copy and create short sequences by linking actions together. | To develop rolling a ball to a target. To develop stopping a rolling ball. To develop accuracy when throwing to a target. To develop bouncing and catching a ball. To develop dribbling a ball with your feet. To develop kicking a ball. | To work safely and develop running and stopping. To develop throwing and learn how to keep score. To be able to play games showing an understanding of the different roles within it. To follow instructions and move safely when playing tagging games. To work co-operatively and learn to take turns. To work with others to play team games. | To develop balancin whilst stationary and the move. To develop running a stopping. To develop changin direction. To develop jumping a landing. To develop hopping c landing with control To explore different we to travel. |
| Y1 | <u>Fundamentals</u> | <u>Gymnastics</u> | Sending and Receiving | <u>Dance</u> | Yoga | Target Games |
| | To explore balance, stability and landing safely. To explore how the body moves differently when running at different speeds. To explore changing direction and dodging. To explore jumping, hopping and skipping actions. To explore co-ordination and combination jumps. To explore combination jumping and skipping in an individual rope. | To explore travelling movements. To develop quality when performing and linking shapes. To develop stability and control when performing balances. To develop technique and control when performing shape jumps. To develop technique in the barrel, straight and forward roll. To link gymnastic actions to create a sequence. | To develop rolling and throwing a ball towards a target. To develop receiving a rolling ball and tracking skills. To be able to send and receive a ball with your feet. To develop throwing and catching skills over a short distance. To develop throwing and catching skills over a longer distance. To apply sending and receiving skills to small games. | To use counts of 8 to move in time To explore pathways in dance. To create dance using, actions, pathways and counts. To explore speeds and actions in dance. To copy, remember and repeat actions that represent the theme. | To explore yoga and mindfulness. To be able to copy and remember poses. To develop flexibility when holding poses. To develop balance whilst holding poses. To create yoga poses using a hoop. To create a yoga flow with a partner. | To develop underari throwing towards of target. To develop throwing accuracy. To develop underarm overarm throwing for accuracy. To develop throwing accuracy and distan using underarm and overarm. To select the correct technique for the situation. To develop throwing accuracy and distant |
| | <u>Ball skills</u> | Net and Wall | <u>Team Building</u> | Striking and Fielding | Invasion | <u>Athletics</u> |

| | To develop control and co-ordination when dribbling a ball with your hands. To explore accuracy when rolling a ball. To explore throwing with accuracy towards a target. To explore catching with two hands. To explore control and co-ordination when dribbling a ball with your feet. To explore tracking a ball that is coming towards me. | To defend space, using the ready position. To play against an opponent and keep the score. To develop control when handling a racket. To develop racket and ball skills. To develop sending a ball using a racket. To develop hitting over a net. | To co-operate and communicate with a partner to solve challenges. To explore and develop teamwork skills. To develop communication skills. To use communication skills to lead a partner. To plan with a partner and small group to solve problems. To communicate with a group to solve challenges. | To develop underarm throwing and catching and put this into small sided games. To develop overarm throwing. To develop striking a ball with my hand and equipment. To retrieve a ball when fielding. To understand how to get a batter out. To develop decision making and understand how to score points. | To understand the role of defenders and attackers. To understand who to pass to and why when playing against a defender. To move towards a goal with the ball. To support a teammate when in possession. To move into space showing an awareness of defenders. To be able to stay with a player when defending. | To move at different speeds over varying distances. To develop balance. To develop agility and co- ordination. To explore hopping, jumping and leaping for distance. To develop throwing for accuracy. |
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| Y2 | <u>Fundamentals</u> | <u>Gymnastics</u> | Sending and Receiving | Dance | <u>Yoga</u> | <u>Target Games</u> |
| | To develop balance, stability and landing safely. To further explore how the body moves differently when running at different speeds. To develop changing direction and dodging. To develop and explore jumping, hopping and skipping actions. To develop co-ordination and combining jumps. To develop combination jumping and skipping in an individual rope. | To perform gymnastic shapes and link them together. To be able to use shapes to create balances. To be able to link travelling actions and balances using apparatus. To demonstrate different shapes, take off and landings when performing jumps. To develop rolling and sequence building. To develop sequence work on apparatus. | To roll a ball towards a target. To be able to track and receive a rolling ball. To be able to stop, send and receive a ball with your feet. To develop throwing and catching skills. To develop throwing and catching skills. To send and receive a ball using a racket. | To remember, repeat and link actions to tell the story of a dance. To develop an understanding of dynamics and how they can show an idea. To use counts of 8 to stay in time with the music. To copy, remember and repeat actions using facial expressions to show different characters. To explore pathways and levels. To remember and rehearse dance showing expression and character. | To copy and repeat yoga poses. To develop an awareness of strength when completing yoga poses. To develop an awareness of flexibility when completing yoga poses. To copy and remember actions linking them into a flow. To create a flow and teach it to a partner. To explore poses and create a yoga flow. | To develop an understanding of target games and consider how much power to apply when aiming at a target. To understand how to score in different target games using overarm throwing. To develop understanding of different target games using the skill of kicking. To develop striking to a target. To develop hitting a moving target. To select an appropriate skill to play a game. |
| | <u>Ball skills</u> | Net and Wall | <u>Team Building</u> | Striking and Fielding | <u>Invasion</u> | <u>Athletics</u> |
| | To be able to roll a ball to hit a target. To develop co-ordination and be able to stop a rolling ball. To develop technique and control when dribbling a ball with your feet. To develop control and technique when kicking a ball. To develop co-ordination and technique when throwing and catching. | To develop racket familiarisation. To develop placing an object. To use the ready position to defend space on court. To develop returning a ball with hands. To develop returning a ball using a racket. To move an opponent to win a point. | To follow instructions and work with others. To co-operate and communicate in a small group to solve challenges. To create a plan with a group to solve the challenges. To communicate effectively and develop trust. To work as a group to solve problems. | To be able to track a rolling ball and collect it. To develop accuracy in underarm throwing and consistency in catching when fielding a ball. To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score. To develop striking for distance and accuracy. | To understand what being in possession means and support a teammate to do this. To use a variety of skills to score goals. To develop stopping goals. To learn how to gain possession of the ball. To develop an understanding of marking an opponent. | To develop the sprinting action. To develop jumping for distance. To develop technique when jumping for height. To develop throwing for distance. To develop throwing for accuracy. To develop technique when taking part in an athletics carousel. |

| | | To develop control and co-ordination when dribbling a ball with your | | To work with a group to copy and create a basic map. | To develop decision making to get a batter out. | To learn to apply simple tactics for attacking and defending. | |
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| | | hands. | | ingp. | To develop decision making when under pressure. | doloriding. | |
| - | Y3 | Fundamentals | Gymnastics | Dodgeball | Dance | OAA | Yoga |
| | | To develop balancing and understand the importance of this skill. To understand how to change speed and be able to demonstrate good technique when running at different speeds. To demonstrate a change of speed and direction to outwit others. To develop technique and control when jumping, hopping and landing. To develop skipping in a rope. To apply fundamental skills to a variety of challenges. | To be able to create interesting point and patch balances. To develop stepping into shape jumps with control. To develop the straight, barrel, and forward roll. To be able to transition smoothly into and out of balances. To create a sequence with matching and contrasting actions and shapes. To create a partner sequence incorporating equipment. | To apply rules to a game situation. To develop throwing at a moving target. To use jumps, dodges and ducks to avoid being hit. To develop catching a dodgeball at different heights. To learn how to block using the ball. To understand the rules of dodgeball and use them to play in a tournament. | To create actions in response to a stimulus and move in unison with a partner. To create actions to move in contact with a partner or interact with a partner. To select and link appropriate actions and dynamics To remember, repeat and create actions to represent an idea. To share ideas of actions and dynamics to create a dance To use choreographing ideas to develop a dance. | To develop co-operation and teamwork skills. To develop trust and team work. To involve all team members in an activity and work towards a collective goal. To develop trust whilst listening to others and following instructions. To be able to identify objects on a map, draw and follow a simple map. To draw a route using directions. To be able to orientate a map and navigate around a grid. | To explore connecting breath and movement. To explore new yoga poses and begin to connect them. To explore gratitude when remembering and repeating a yoga flow. To develop flexibility and strength in a positive summer flow. To develop flexibility in an individual yoga flow. To develop confidence and strength in arm balances. |
| | | Ball Skills | <u>Basketball</u> | Hockey | <u>Tennis</u> | <u>Cricket</u> | <u>Athletics</u> |
| | | To develop confidence and accuracy when tracking a ball. To develop confidence and accuracy when tracking a ball. To explore and develop a variety of throwing techniques. To develop catching skills using one and two hands. To develop dribbling a ball with hands. To use tracking, sending and dribbling skills with feet. | To develop protective dribbling against an opponent. To move into and create space to support a teammate. To choose when to pass and when to dribble. To be able to track an opponent and use defensive techniques to win the ball. To develop technique to increase accuracy when scoring. To apply principles, rules | To develop sending the ball with a push pass. To develop receiving the ball. To develop dribbling using the reverse stick (Indian dribble). To develop moving into space after passing the ball. To use an open stick tackle to gain possession. To apply defending and attacking principles and skills in a hockey tournament. | To develop racket and ball control. To develop returning the ball using a forehand groundstroke. To be able to rally using a forehand. To develop the two handed backhand. To learn how to score. To develop playing against an opponent. To work collaboratively with a partner and compete against others. | To develop overarm throwing and catching. To develop underarm bowling. To learn how to grip the bat and develop batting technique. To be able to field a ball using a two handed pick up and a short barrier. To develop overarm bowling technique. To play apply skills learnt to mini cricket. | To develop the sprinting technique and improve on your personal best. To develop changeover in relay events. To develop jumping technique in a range of approaches and take off positions. To develop throwing for distance and accuracy. To develop throwing for distance in a pull throw. To develop officiating and performing skills. |
| | | | and tactics to a game situation. | | | | |
| | ¥4 | <u>Fitness</u> | - | Dance To copy and create | OAA To develop co-operation | Swimming | Swimming |

| | To develop an awareness | To develop control in | idea and be able to | To be able to orientate a | Sessions led by | Sessions led by |
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| | of what your body is | performing and landing | adapt this using changes | map and navigate | Harborough Leisure | Harborough Leisure |
| | capable of. | rotation jumps. | of space. | around a grid. | Centre Swim Coaches | Centre Swim Coaches |
| | To develop speed and | To develop the straight, | To choose actions which | To develop trust and | | |
| | strength. | barrel, forward and | relate to the theme. | teamwork whilst listening | To develop a range of | To develop a range of |
| | To complete actions to | straddle roll. | To develop a dance using | to others and following | strokes effectively (front | strokes effectively (front |
| | develop co-ordination. | To develop the straight, | matching and mirroring. | instructions. | crawl, backstroke and | crawl, backstroke and |
| | To complete actions to | barrel, forward and | To learn and create | To develop trust whilst | breaststroke) | breaststroke) |
| | develop agility. | straddle roll. | dance moves in a theme | listening to others and | , | , |
| | To complete actions to | To develop strength in | To develop a carnival | following instructions. | To swim competently, | To swim competently, |
| | develop balance. | inverted movements. | dance using formations, | To be able to identify | confidently and | confidently and |
| | To complete actions to | To be able to create a | canon and unison. | objects on a map, draw | proficiently over a | proficiently over a |
| | develop stamina. | partner sequence to | To develop a dance | and follow a simple map. | distance of at least 25 | distance of at least 25 |
| | | include apparatus. | phrase and perform as | To be able to orientate | metres. | metres. |
| | | | part of a class | and navigate around a | | |
| | | | performance. | map and draw a route | | |
| | | | | using directions. | | |
| | Tag Rugby | <u>Football</u> | Netball | Tennis | Rounders | <u>Athletics</u> |
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| | To develop throwing, | To develop controlling the | To develop passing and | To develop hitting the ball | To play different roles in a | To develop stamina and |
| | catching and running with | ball and dribbling under | moving and play within | using a forehand. To develop returning the | game and begin to think tactically about each | an understanding of |
| | the ball. To develop an understanding | pressure. To develop passing to a | the footwork rule. To develop passing and | ball using a forehand. | role. | speed and pace in relation to distance. |
| | of tagging rules. | teammate. | moving towards a goal. | To develop the backhand | To develop the bowling | To develop power and |
| | To begin to use the 'forward | To be able to control the | To develop movement | and understand when to | action and learn the rules | speed in the sprinting |
| | pass' and 'off side' rule. | ball with different parts of | skills to lose a defender. | use it. | of bowling. | technique. |
| | To dodge a defender and | the body. | To be able to defend an | To work co-operatively | To run around the outside | To develop technique |
| | move into space when | To develop changing | opponent and try to win | with a partner to keep a | of the bases and make | when jumping for |
| | running towards the goal. | direction with the ball | the ball. | continuous rally going. | decisions about when to | distance. |
| | To develop defending skills | using an inside and | To develop the shooting | To use simple tactics in a | stop and when to run. | To develop power and |
| | and use them in a game | outside hook. | action. | game to outwit an | To field a ball using a two | technique when throwing |
| | situation. | To jockey / track an opponent. | To develop playing using netball rules. | opponent. To demonstrate honesty | handed pick up and a short barrier. | for distance. To develop a pull throw |
| | To apply the rules and skills | To be able to apply the | nerbairroles. | and fair play when | To develop batting | for distance and |
| | you have learnt and play in a | rules and tactics you have | | competing against others. | technique and an | accuracy. |
| | tag rugby tournament. | learnt to play in a football | | | understanding of where | To develop officiating and |
| | | tournament. | | | to hit the ball. | performing skills. |
| | | | | | To apply skills and rules | |
| | | | | | learnt to play rounders. | |
| Y5 | Swimming | Swimming | <u>Gymnastics</u> | Dance | OAA | Yoga |
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| | Sessions led by | Sessions led by | To be able to perform | To create a dance using | To develop | To develop an |
| | Harborough Leisure Centre Swim Coaches | Harborough Leisure Centre Swim Coaches | symmetrical and | a structure and perform | communication, | understanding of yoga. To develop flexibility |
| | Cerme 3with Codches | | asymmetrical balances. To develop the straight, | the actions showing quality and control. | negotiation and empathy whilst working in a team. | through the sun salutation |
| | To develop a range of | To develop a range of | forward, straddle and | To understand how | To work as a team to | flow. |
| | strokes effectively (front | strokes effectively (front | backward roll. | changing dynamics | solve problems, sharing | To develop strength |
| | crawl, backstroke and | crawl, backstroke and | To be able to explore | changes the appearance | ideas and collaborating | through yoga flows. |
| | breaststroke) | breaststroke) | different methods of | of the performance. | with one another. | To create a flow showing |
| | | | travelling, linking actions | To understand and use | To develop tactical | quality in control, balance |
| | To swim competently, | To swim competently, | in both canon and | relationships and space to | planning and problem | and technique. |
| | confidently and | confidently and | synchronisation. | change how a | solving. | To develop balance |
| | proficiently over a | proficiently over a | | performance looks. | | through yoga flows. |

| | distance of at least 25 metres. | distance of at least 25 metres. | To be able to perform progressions of inverted movements. To explore matching and mirroring using actions both on the floor and on apparatus. To be able to create a partner sequence using apparatus. | To copy and repeat movements in a chosen style. To work with a partner to copy and repeat actions keeping in time with the music. To work collaboratively with a group to create a dance in a chosen style. | To share ideas and work as a team to solve problems. To develop navigational skills and map reading. To use a key to identify objects and locations. | To work collaboratively to create a controlled paired yoga flow. To create your own yoga flow that challenges technique, balance and control. |
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| | Dodgeball | Badminton | <u>Basketball</u> | <u>Hockey</u> | <u>Cricket</u> | <u>Athletics</u> |
| | To apply rules honestly and fairly to a game situation. To develop throwing at a moving target. To use timing, balance and agility to avoid being hit. To develop catching under pressure to get an opponent out. To select and apply tactics in the game. To develop officiating skills and referee a dodgeball game. | To develop footwork and the forehand and backhand grip. To develop rallying and understand how to start a game. To develop a range of shots to keep a rally going. To learn how to score points and play in competitive games. To select and apply the appropriate skill to a game situation. To show respect, honesty and fair play when competing against an opponent. | To develop protective dribbling against an opponent. To move into and create space to support a teammate. To choose when to pass and when to dribble. To be able to track an opponent and use defensive techniques to win the ball. To develop technique to increase accuracy when scoring. To apply principles, rules and tactics to a game situation. | To develop dribbling to beat a defender. To develop sending the ball using a push pass. To develop receiving the ball with control. To be able to move into space to support a teammate. To develop using an open stick (block) tackle and jab tackle to gain possession of the ball. To apply the rules and skills learnt to play in a hockey tournament. | To develop throwing accuracy and catching skills under pressure. To develop placement of a ball into space. To develop consistency of catching to get opponents out. To develop overarm bowling technique and accuracy. To develop a variety of fielding techniques and use them within a game. To further develop fielding techniques and apply them to a game situation. | To be able to apply different speeds over varying distances. To develop fluency and co-ordination when running for speed. To develop technique in relay changeovers. To develop technique and co-ordination in the triple jump. To develop throwing with force for longer distances. To develop throwing with greater control and technique. |
| Y6 | <u>Fitness</u> | <u>Gymnastics</u> | <u>Dance</u> | <u>Netball</u> | <u>OAA</u> | <u>Athletics</u> |
| | To develop an awareness of what your body is capable of. To develop speed and stamina. To develop strength using my own body weight. To develop co-ordination through skipping. To perform actions that develop agility. To develop control whilst balancing. | To be able to develop the straddle, forward and backward roll. To develop counter balance and counter tension. To be able to perform inverted movements with control. To be able to perform the progressions of a headstand and a cartwheel. To be able to use flight from hands to travel over apparatus. To be able to create a group sequence using formations and apparatus. | To copy and repeat a set dance phrase showing confidence in movements. To develop a dance idea. To use changes in dynamics in response to the stimulus. To demonstrate a sense of rhythm and energy when performing bhangra style motifs. To perform a bhangra dance, showing an awareness of timing, formations and direction. To select, order, structure and perform movements in a bhangra style, showing various group formations. | To develop passing and moving. To be able to use the attacking principle of creating and using space. To be able to change direction and lose a defender. To be able to defend ball side and know when to go for interceptions. To develop the shooting action. To use and apply skills and tactics to small sided games. | To build communication and trust whilst showing an awareness of safety. To work as a team to solve problems, sharing ideas and collaborating with one another. To develop tactical planning and problem solving. To share ideas and work as a team to solve problems. To develop navigational skills and map reading. To use a key to identify objects and locations. | To work collaboratively with a partner to set a steady pace. To develop your own and others sprinting technique. To develop power, control and technique for the triple jump. To develop power, control and technique when throwing for distance. To develop throwing with force and accuracy for longer distances. To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. |

| <u>Tag Rugby</u> | <u>Football</u> | <u>Volleyball</u> | <u>Tennis</u> | <u>Rounders</u> | <u>Golf</u> |
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| To develop attacking principles, understanding when to run and when to pass. To be able to use the 'forward pass' and 'offside' rules. To be able to play games using tagging rules. To develop dodging skills to lose a defender. To develop drawing defence and understanding when to pass. To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament. | To be able to dribble the ball under pressure. To pass the ball accurately to help to maintain possession. To use different turns to keep the ball away from defenders. To develop defending skills to gain possession. To develop goalkeeping skills to stop the opposition from scoring. To be able to apply the rules and tactics you have learnt to play in a football tournament. | To develop the fast catch volley. To be able to volley the ball using a set shot. To develop the dig and understand when to use it. To keep a continuous rally going over the net. To develop the underarm serve and learn the rules of serving. To apply the rules, skills and tactics learnt to play in a volleyball tournament. | To develop the forehand groundstroke. To be able to return the ball using a backhand groundstroke. To develop the volley and understand when to use it. To develop the volley and use it in a game situation. To develop accuracy of the underarm serve. To learn to use the official scoring system. To work co-operatively with a partner and employ tactics to outwit an opponent. | To develop the bowling action and understand the role of the bowler. To develop batting technique. To make decisions about where and when to send the ball to stump a batter out. To develop a variety of fielding techniques and when to use them in a game. To develop long and short barriers in fielding and understand when to use them. To apply the rules and skills you have learnt to play in a rounders tournament. | To develop putting technique and accuracy. To develop the technique for chipping. To develop technique for a short game. To develop the technique for a long game. To select the appropriate shot for the situation. To design a course and select the appropriate shot for the situation. |