

## St Philips PE Skills/Knowledge Progression Map



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	<p>Revise and refine the fundamental movement skills they have already acquired:</p> <ul style="list-style-type: none"> <li>• rolling</li> <li>• crawling</li> <li>• walking</li> <li>• jumping</li> <li>• running</li> <li>• hopping</li> <li>• skipping</li> <li>• climbing</li> </ul>	<p>Travel in different directions at different speeds and levels.</p> <p>Link three moves together while travelling, aiming to change level, speed and direction</p> <p>Develop balance, agility and co-ordination.</p> <p>Perform using simple movement patterns</p> <p>Perform balances using a number of different parts of the body</p>	<p>Learn to perform balances and movements, and combine them into a routine.</p> <p>Master basic movements, as well as developing balance, agility and co-ordination.</p> <p>Perform using simple movement patterns</p> <p>Learn about a stable base and losing balance.</p>	<p>Be able to jump with a stable, safe landing.</p> <p>Try to find different ways of jumping.</p> <p>Master basic movements, as well as developing balance, agility and co-ordination.</p> <p>Perform using simple movement patterns</p>	<p>Perform a simple ball-skill circuit with understanding and accuracy</p>	<p>Perform new gymnastic moves with control and accuracy.</p> <p>Recap on linking moves and understand how they will be used in developing sequences.</p>	<p>To use and refine the following skills: flexibility, strength, balance, power and mental focus.</p> <p>To co-operate with others.</p>

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Field games	<p>Revise and refine the fundamental movement skills they have already acquired:</p>	<p>Control a ball using hands.</p>	<p>Know how to throw a ball underarm with accuracy.</p>	<p>Change the centre of balance to different parts of the body</p>	<p>Learn how the racket feels and the best methods of holding it</p>	<p>Know the correct technique for forehand, backhand and volley</p>	<p>Hit the shuttle with reasonable consistency and accuracy in a co-operative rally.</p>

	<ul style="list-style-type: none"> <li>• jumping</li> <li>• running</li> <li>• hopping</li> <li>• skipping</li> </ul>	<p>Understand the correct technique for catching.</p> <p>Consolidate and practise throwing a ball underarm</p> <p>To master basic sending and receiving techniques.</p> <p>To develop balance, agility and co-ordination</p>	<p>Practise catching skills.</p>	<p>Use their body to defend well</p> <p>Shape their Body to Deny and Restrict Space</p> <p>Work with teammates to deny others pace moving forward.</p> <p>Collaborate with teammates to deny space and win possession</p> <p>As a team put defending principles into a game plan</p> <p>Apply defending principles to defend well</p>	<p>Improve hand-eye co-ordination by sending and receiving a ball with a hand and racket.</p> <p>Practise underarm and overarm throws and when to use them.</p> <p>Practise receiving skills.</p> <p>Know to play a kwik cricket game</p> <p>Use their body to defend well</p> <p>Shape their Body to Deny and Restrict Space</p> <p>Work with teammates to deny others pace moving forward.</p> <p>Collaborate with teammates to deny space and win possession</p> <p>As a team put defending principles into a game plan</p> <p>Apply defending principles to defend well</p>	<p>Hold the bat correctly and place the ball accurately.</p> <p>Return the ball accurately.</p> <p>Use their body to defend well</p> <p>Shape their Body to Deny and Restrict Space</p> <p>Work with teammates to deny others pace moving forward.</p> <p>Collaborate with teammates to deny space and win possession</p> <p>As a team put defending principles into a game plan</p> <p>Apply defending principles to defend well</p>	<p>To know how to react quickly.</p> <p>To demonstrate good agility and balance in order to throw accurately.</p> <p>Use their body to defend well</p> <p>Shape their Body to Deny and Restrict Space</p> <p>Work with teammates to deny others pace moving forward.</p> <p>Collaborate with teammates to deny space and win possession</p> <p>As a team put defending principles into a game plan</p> <p>Apply defending principles to defend well</p>
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Exercise	<p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>Experience some of the changes that occur during exercise.</p> <p>Raise heart rate.</p> <p>Develop agility and co-ordination.</p> <p>Perform simple patterns of movement</p> <p>To demonstrate the correct technique for activities.</p> <p>To improve on scores.</p> <p>Develop agility and co-ordination.</p> <p>Perform simple patterns of movement</p> <p>Learn how to hop – same foot to same foot.</p> <p>Learn how to jump – two feet to two feet.</p>	<p>Experience some of the changes that occur during exercise.</p> <p>Raise heart rate.</p> <p>Develop agility and co-ordination.</p> <p>Perform simple patterns of movement.</p> <p>To demonstrate the correct technique for activities.</p> <p>Develop agility and co-ordination.</p> <p>Perform simple patterns of movement.</p> <p>Consolidate skipping techniques.</p> <p>Raise the heart rate in order to improve personal fitness</p>	<p>Experience some of the changes that occur during exercise.</p> <p>Raise heart rate.</p> <p>Develop agility and co-ordination.</p> <p>Perform simple patterns of movement.</p> <p>Explore different ways of skipping.</p> <p>Practise techniques learned in previous years.</p> <p>Observe and comment on others' performance.</p> <p>Be aware of safety aspects concerned with skipping.</p>	<p>Learn basic step moves, practise and perfect them.</p> <p>Raise the heart rate and understand the importance of doing this.</p>	<p>Experience some of the changes that occur to the body during exercise.</p> <p>Raise the heart rate.</p> <p>Perform a fitness circuit that aims to improve strength and stamina.</p> <p>Understand the relevance of each activity.</p> <p>Perform Pilates/yoga moves with accuracy. Learn how to link moves together to make a sequence.</p> <p>Improve timing and stepping to the beat. Count moves and perform in repetitions of eight, four, two and singles.</p>	<p>Experience some of the changes that occur to the body during exercise. Raise the heart rate.</p> <p>Develop a personal programme that is suitable for each child, using the knowledge and understanding they have learned from previous fitness sessions.</p> <p>Link core strength activities together with fluency. Demonstrate good technique in moves already learned</p> <p>Perform aerobic activity to music. Improve stamina, demonstrating correct technique.</p>

		Be able to do these two activities on the move					
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Athletics	<p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p>	<p>Know how to travel in different ways.</p> <p>Be able to change from fast to slow</p> <p>Understand that running can be done in many ways.</p>	<p>Run with a change of speed.</p> <p>Change direction when running, while maintaining balance.</p> <p>Complete running activities with balance and co-ordination.</p>	<p>Look up when running.</p> <p>Run at different speeds.</p> <p>Change direction.</p>	<p>Learn how to modify stride length, arm action and knee lift to select and maintain appropriate running paces for different distances</p>	<p>Sustain running at a continuous pace.</p> <p>Improve the technique for running at speed</p>	<p>To run efficiently for speed.</p> <p>To demonstrate good arm and leg technique</p>

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Dance	<p>Progress towards a more fluent style of moving, with developing control and grace.</p>	<p>To change direction during travelling moves.</p> <p>To link travelling moves that change direction and level.</p>	<p>Understand how different minibeasts might move.</p> <p>Show contrasting movements with strength and clarity.</p>	<p>Count beats and change direction while dancing.</p>	<p>Perform a line dance using a range of movement patterns.</p> <p>Develop dancing and performance skills</p>	<p>Perform a Bollywood dance using a range of movement patterns.</p> <p>Develop dancing and performance skills</p>	<p>To observe and understand the style of street dance.</p> <p>To learn some street dance moves and devise poses</p>

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Swimming					<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations</p>		