



**Seaton St Paul's C of E Junior School**

**PE Skills Progression Document**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>
<b>Year 3</b>	Passing for Possession (Invasion – Basketball and Football) <ul style="list-style-type: none"> <li>▪ To be able to pass a ball accurately and with speed.</li> <li>▪ To be able to catch a ball consistently.</li> <li>▪ To be able to pass with control and technique.</li> <li>▪ To further increase their understanding of space.</li> <li>▪ To work collaboratively within a small group.</li> </ul>	Gymnastics – Symmetrical Shapes <ul style="list-style-type: none"> <li>▪ To build strength through pushing &amp; pulling motions.</li> <li>▪ To perform with developing symmetry.</li> <li>▪ To use a change of direction in between jumps.</li> <li>▪ To copy and add to a shape.</li> <li>▪ To find different ways to exit and enter apparatus.</li> </ul>	Dance – Bollywood <ul style="list-style-type: none"> <li>▪ Able to express happy dynamics.</li> <li>▪ Able to demonstrate physical skill –looking at the hands whilst dancing.</li> <li>▪ Able to demonstrate Bollywood technique – 'mudras' and arm gestures.</li> <li>▪ Able to demonstrate relationships -unison and canon.</li> <li>▪ Able to create an illusion - 1 person with 6 arms.</li> </ul>

<p><b>Year 4</b></p>	<p><b>Invasion Games – Rugby League</b></p> <ul style="list-style-type: none"> <li>▪ To develop confidence in ball handling</li> <li>▪ To develop confidence in picking the ball up on the move</li> <li>▪ To begin to develop passing technique</li> <li>▪ To begin to understand the rules of Rugby League/ Tag Rugby</li> <li>▪ To experience adapted game play and scenarios</li> </ul>	<p><b>Gymnastics – What’s my Direction?</b></p> <ul style="list-style-type: none"> <li>▪ To accelerate and decelerate whilst travelling.</li> <li>▪ To develop some knowledge of Rhythmic Gymnastics.</li> <li>▪ Perform a roll using control, body tension and flow.</li> <li>▪ To use equipment within a sequence.</li> <li>▪ Identify well performed skills when watching other groups.</li> </ul>	<p><b>Dance – Charleston</b></p> <ul style="list-style-type: none"> <li>▪ Able to express cheeky and over the top dynamics.</li> <li>▪ Able to demonstrate physical skill – flexed wrists .</li> <li>▪ Able to demonstrate Charleston technique – footwork patterns.</li> <li>▪ Able to demonstrate relationships - mirroring.</li> <li>▪ Able to demonstrate contrasting levels in still positions.</li> </ul>
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<p><b>Year 5</b></p>	<p>Rules and Concepts – (Invasion-Football and Netball)</p> <ul style="list-style-type: none"> <li>▪ To develop knowledge of attacking and defending.</li> <li>▪ To know how to 'mark' an opponent.</li> <li>▪ To further develop their understanding of space.</li> <li>▪ To recognise the importance of rules within games.</li> <li>▪ Understanding the need to warm up and cool down.</li> </ul>	<p>Gymnastics – Abstract Angles</p> <ul style="list-style-type: none"> <li>• To perform a headstand</li> <li>• To link movements into a sequence</li> <li>• To work effectively as a group</li> <li>• To use various body positions to form different angles</li> </ul>	<p>Dance – Rock n Roll</p> <ul style="list-style-type: none"> <li>▪ Able to express energetic dynamics.</li> <li>▪ Able to demonstrate physical skill – extension through the limbs.</li> <li>▪ Able to demonstrate Rock n' Roll technique – Hand jive and flicks.</li> <li>▪ Able to demonstrate relationships - contact work.</li> <li>▪ Able to execute lifts safely and competently.</li> </ul>
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<p><b>Year 6</b></p>	<p><b>Invasion – Competitive (Netball and Basketball)</b></p> <ul style="list-style-type: none"> <li>▪ To further develop knowledge of attacking and defending.</li> <li>▪ To know how to intercept a pass.</li> <li>▪ To know how to invade as a team.</li> <li>▪ To communicate effectively with team mates.</li> <li>▪ To develop sportsmanship.</li> </ul>	<p><b>Invasion to Score -(Hockey and Football)</b></p> <ul style="list-style-type: none"> <li>▪ To develop teamwork.</li> <li>▪ To further develop knowledge of defending.</li> <li>▪ To dribble a ball with control and fluency using foot or hockey stick.</li> <li>▪ To further develop knowledge of attacking.</li> <li>▪ To strike a ball or object towards a target or goal with power and accuracy.</li> </ul>	<p><b>Dance – Street Dance</b></p> <ul style="list-style-type: none"> <li>▪ Able to express attitude and strong dynamics .</li> <li>▪ Able to develop physical skill - strength in upper body.</li> <li>▪ Able to demonstrate street dance technique - top rock, slides, helicopter.</li> <li>▪ Able to demonstrate relationships - confrontation.</li> <li>▪ Able to explore space - directions and formation.</li> </ul>
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	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Year 3	<p>Dribbling to Invade (Invasion – Hockey and Football)</p> <ul style="list-style-type: none"> <li>▪ Develop their dribbling skills with a stick and/or a ball.</li> <li>▪ To use space within the pitch area.</li> <li>▪ To develop knowledge of attacking whilst invading.</li> <li>▪ To consolidate dribbling with a football.</li> <li>▪ To attempt to keep possession whilst dribbling.</li> </ul>	<p>Being and Athlete – (Athletics)</p> <ul style="list-style-type: none"> <li>▪ To attempt to throw a shot putt using the rotation technique.</li> <li>▪ To consolidate different throwing techniques.</li> <li>▪ To attempt a javelin throw with correct technique.</li> <li>▪ To be able to pass &amp; receive a relay baton.</li> <li>▪ Continually develop awareness of distance.</li> </ul>	<p>Striking and Fielding – (Strike and Fielding)</p> <ul style="list-style-type: none"> <li>▪ To be able to strike a ball with some accuracy.</li> <li>▪ To vary the speed and direction of a ball.</li> <li>▪ Perform the basic skills needed for the games with control and consistency.</li> <li>▪ Describe what is successful in their own and other's play.</li> <li>▪ To develop understanding of distance and power when striking.</li> </ul>
Year 4	<p>Returning- (Net Games – Tennis and Volleyball)</p> <ul style="list-style-type: none"> <li>▪ To develop reaction time and agility.</li> <li>▪ To explore backhand hitting.</li> <li>▪ To attempt an overhand serve in tennis.</li> <li>▪ To develop knowledge of returning &amp; rallying.</li> <li>▪ To attempt to 'Spike' in volleyball.</li> </ul>	<p>Record Breaking –(Athletics)</p> <ul style="list-style-type: none"> <li>▪ To jump for height &amp; distance.</li> <li>▪ To explore different body positions in flight.</li> <li>▪ To jump hurdles with developing technique.</li> <li>▪ To communicate clearly with partners &amp; team mates.</li> </ul>	<p>Fielding – (Strike and Field)</p> <ul style="list-style-type: none"> <li>▪ Throw an object with varying speed and accuracy.</li> <li>▪ Throw an object or ball overarm .</li> <li>▪ Choose appropriate positioning when fielding.</li> <li>▪ Intercept an object or ball.</li> </ul>

		<ul style="list-style-type: none"> <li>To locate some of the major muscles in the body.</li> </ul>	<ul style="list-style-type: none"> <li>Work collaboratively in small teams.</li> </ul>
Year 5	<p>Invasion in a Team (Hockey and Ball Skills)</p> <ul style="list-style-type: none"> <li>To develop team work through communication.</li> <li>To play games competitively.</li> <li>To pass a ball towards a space for a team mate to receive.</li> <li>To apply a range of tactics and strategies for defence and attack .</li> <li>To understand how it feels to win and lose.</li> </ul>	<p>Olympic Training (Athletics)</p> <ul style="list-style-type: none"> <li>To develop knowledge of the triple jump technique.</li> <li>To begin a sprint in the crouching position.</li> <li>To throw a discus with developing technique.</li> <li>Develop the basic skills for acceleration.</li> <li>To develop knowledge of how to gain &amp; maintain fitness.</li> </ul>	<p>Exploring, Striking and Fielding</p> <ul style="list-style-type: none"> <li>To explore the use of space during games.</li> <li>Choose appropriate positioning when fielding.</li> <li>To strike a ball/object using both hands and feet.</li> <li>To retrieve, intercept and stop a ball when fielding.</li> <li>To develop the range and consistency of their skills.</li> </ul>
Year 6	<p>Net Games for Points (Net Games)</p> <ul style="list-style-type: none"> <li>To develop aerobic fitness.</li> <li>To develop overall volleyball skills: set, forearm, serve &amp; spike.</li> <li>To develop overall badminton skills: serve and smash.</li> </ul>	<p>Going for Gold – (Athletics)</p> <ul style="list-style-type: none"> <li>To develop the technique in order to race walk.</li> <li>Learn to measure &amp; record performance.</li> </ul>	<p>Striking and Fielding – (Teamwork)</p> <ul style="list-style-type: none"> <li>To field as a collaborative team unit.</li> </ul>

	<ul style="list-style-type: none"><li>▪ To develop overall tennis skills: fore/backhand, service and lob.</li><li>▪ To play competitively and evaluate performance.</li></ul>	<ul style="list-style-type: none"><li>▪ To train the body to run for a longer duration.</li><li>▪ To sustain pace over longer distances.</li><li>▪ To choose appropriate techniques for specific events.</li></ul>	<ul style="list-style-type: none"><li>▪ To strike a ball or object 'cleanly' using different equipment.</li><li>▪ To retrieve, intercept and stop a ball when fielding.</li><li>▪ To strike a ball or object using both sides of the body.</li><li>▪ Recognise their own and other's strengths.</li></ul>
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