

Progression in P.E. at The Milford Academy

PE Skill/Strand	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamental Movement Skills	<p>Balance on large body parts with control.</p> <p>Roll equipment in a variety of ways.</p> <p>Throw underarm at a target.</p> <p>Explore jumping at different heights and 'small' or 'big' jumps</p>	<p>Balance on one leg, with support.</p> <p>Jump with both feet off the ground.</p> <p>Roll the ball accurately at a target.</p> <p>Catch and bounce a ball.</p> <p>Throw a ball underarm at a stationary target.</p> <p>Catch the ball when allowing it to bounce.</p> <p>Dodge objects in a large space.</p>	<p>Balance on one foot and be able to hold. Jump whilst changing direction, rotating.</p> <p>Roll the ball accurately at a target, varied distance.</p> <p>Throw, catch and bounce a ball with a partner.</p> <p>Vary throwing technique to reflect the distance to target.</p> <p>Use hand-eye coordination to control the ball and position your body.</p> <p>Throw a ball underarm at a stationary target, varied distance.</p> <p>Catch the ball when thrown to self.</p> <p>Change direction and target the space.</p>	<p>Balance on one foot and be able to hold this independently for a period.</p> <p>Hop, step/skip and jump.</p> <p>Roll a ball with accuracy and power.</p> <p>Throw and catch with greater control and accuracy.</p> <p>Practise the correct technique for throwing and catching a ball.</p> <p>Throw a ball at different speeds and heights.</p> <p>Develop a safe, accurate and effective overarm throw.</p> <p>Throw a ball underarm into a space and then retrieve it.</p> <p>Catch the ball when thrown by a peer.</p> <p>Change direction and target the space at speed.</p> <p>Use their feet and bodies to move in line with the travelling ball.</p>	<p>Develop technique and confidence in a range of different throwing and catching situations.</p> <p>Children can showcase different ways to jump, changing direction with control.</p> <p>Throw a ball underarm and overarm to a stationary target, varied distance and speed.</p> <p>Catch the ball, on the move, when thrown by a peer.</p> <p>Move into a space quickly and change direction whilst avoiding others.</p>	<p>Consolidate throwing, catching and striking techniques, know when to use different techniques.</p> <p>Develop an understanding of the different components of fitness.</p> <p>Throw a ball underarm and overarm to a moving target.</p>	<p>Throw, catch and strike an object under pressure in a game.</p> <p>Understand why the components of fitness can impact on performance.</p> <p>Apply effective, accurate throwing techniques to any given target.</p>

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<p>Games</p> <p>[for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]</p>	<p>Hit a ball with a racket or bat.</p> <p>Explore moving a ball in different way with different body parts (bouncing, kicking).</p> <p>Strike (kick, bat, racket) towards a target.</p> <p>Move safely around a space whilst using equipment and changing direction.</p> <p>Play chasing games.</p> <p>Follow simple rules.</p>	<p>Use hitting skills in a game (point scoring) situation.</p> <p>Practise striking, sending and receiving.</p> <p>Travel with a ball in different ways.</p> <p>Travel with a ball in different directions with control and fluency.</p> <p>Pass (hands and feet) or strike the ball towards a partner.</p> <p>Use the terms 'attackers' and 'defenders'.</p> <p>Use attacking terms (dodging).</p> <p>Use defensive terms (marking).</p>	<p>Strike or hit a ball with increasing control and improved technique.</p> <p>Position body, moving feet, to strike ball.</p> <p>Bounce and kick (dribble) a ball whilst moving at an increasing speed.</p> <p>Use dribbling and kicking skills in a game.</p> <p>Know different passing techniques.</p> <p>Show spatial awareness within a game.</p> <p>Discuss attacking and defending techniques to improve team performance.</p>	<p>Develop a range of striking and fielding skills.</p> <p>Practise the correcting striking and batting techniques.</p> <p>Move with a ball in a variety of ways and situations.</p> <p>Show a variety of passes, clear different techniques.</p> <p>Describe strategies to keep or regain possession.</p> <p>Find space to support your team.</p> <p>Use fielding/defensive techniques to prevent the ball passing them.</p> <p>Follow rules fairly. Understand and describe invasion games.</p>	<p>Use equipment (bat, racket, hockey stick) to hit or strike equipment with accuracy.</p> <p>Show control and fluency when moving with the ball.</p> <p>Pass the ball with increased speed, accuracy and success.</p> <p>Show in your performance and understanding of keeping or regaining possession.</p> <p>Make good use of space in a playing area.</p> <p>Use a range of attacking and defensive techniques.</p> <p>Adapt rules to alter and modify games.</p> <p>Feel confident in skill level to play competitive games.</p> <p>Evaluate team performance to enhance performance.</p>	<p>Use difference techniques to hit/strike and object depending on the situation.</p> <p>Develop both a controlled and accurate forehand and backhand technique.</p> <p>Develop technique of an overhead serve in tennis.</p> <p>Use a backhand shot in a game.</p> <p>Use a range of dribbling techniques within a game.</p> <p>Pass the ball with increased speed, accuracy and success over a variety of different techniques.</p> <p>Show an increasing awareness of utilising space.</p> <p>Choose the best attacking and defensive tactics based on situation.</p> <p>Use fielders effectively to prevent opponents scoring.</p> <p>Create your own game by devising and adapting rules.</p>	<p>Show confidence and effective dribbling technique.</p> <p>Select the most effective pass in a game situation.</p> <p>Keep and win back possession as part of a team effort.</p> <p>Develop serve technique to get an advantage at the start of a game.</p> <p>Good spatial awareness to enhance team performance.</p> <p>Plan tactics for attack and defence before play begins.</p> <p>Show effective communication and leadership skills.</p> <p>Take part in a range of competitive games with confidence and control.</p> <p>Evaluate your own and team performance to enhance performance.</p>

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Dance	<p>Replicate different movements and actions of a 'superhero'.</p> <p>Join a range of different movements together.</p> <p>Change the speed of their actions.</p> <p>Change the style of their movements.</p> <p>Create/develop different movements to a specific theme.</p> <p>Control my body when performing a sequence of movements.</p>	<p>Add dynamics to an action.</p> <p>Put a sequence of actions together to create a short routine.</p> <p>Vary speed of actions.</p> <p>Improvise independently to create a routine.</p> <p>Perform movements using a range of body parts with some coordination.</p> <p>Create a short sequence of actions and begin to perform with control.</p>	<p>Use more than one dynamic and speed for an action.</p> <p>Copy, remember, repeat and modify actions.</p> <p>Use different shapes to create an image.</p> <p>Use a combination of small and large space when dancing. Include expression in body language.</p> <p>Perform with control and confidence.</p> <p>Introduce simple choreographic phrases such as unison, cannon and mirroring.</p> <p>Work within a pair to create a sequence.</p>	<p>Begin to improvise with a partner to create a simple routine.</p> <p>Use different stimulus.</p> <p>Begin to compare and adapt movements to create a longer sequence.</p> <p>Develop awareness of rhythm and expression.</p> <p>Develop quality and control of actions and body control.</p>	<p>Vary dynamics within a dance according to stimulus.</p> <p>Children can follow and add to a ready-made dance routine.</p> <p>Recognise different dance styles and create routines.</p> <p>Demonstrate rhythm and special awareness.</p> <p>Children can show control and be expressive when dancing.</p> <p>Children can move in a unison and show emotion.</p>	<p>Work independently, in pairs or in groups to create a routine.</p> <p>Vary dynamics, paces and timing of movements and actions.</p> <p>Develop spatial awareness to utilise the space. Incorporate personal interpretation, imagination and creativity to devise a routine to stimulus.</p> <p>Explore different transitions to vary connections.</p> <p>Ensure rhythm is expressed in dance.</p> <p>Understand how important relationships are in dance.</p>	<p>Children explore dance and movement ideas imaginatively including actions, dynamics, space and relationships.</p> <p>Work creatively and imaginatively on their own, with a partner and in a group to compose structured, simple dances.</p> <p>Perform to an accompaniment expressively and sensitively.</p> <p>Move with accurate rhythm and fluency through movements and transitions.</p> <p>Use dance vocabulary accurately when reflecting upon performance and improving.</p> <p>Evaluate and improve own and others performance.</p>

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Flexibility, strength, technique, control and balance Gymnastics	<p>Showcase control and accuracy when rolling and 'rocking' their bodies (circled roll, log roll, teddy bear roll)</p> <p>Show all the diverse ways to travel.</p> <p>Create different shapes using their bodies, stretching and curling.</p> <p>Jump with control and timing from one space to another (straight jump, tuck jump, half turn jump).</p> <p>Children land with control, as well as it being safe and correctly timed.</p> <p>Begin to balance with control.</p> <p>Children move through, around, over and under and array of objects.</p>	<p>Create and perform a movement sequence, linking actions.</p> <p>Recognise and copy contrasting actions (small/tall, narrow/wide).</p> <p>Explore travelling in different ways and change direction (hopscotch, skipping galloping).</p> <p>Increase range of controlled jumps (straight jump off springboard).</p> <p>Movements show control, care and coordination.</p>	<p>Develop ways and control with transitioning between movements.</p> <p>Develop ways and control when travelling.</p> <p>Create different shapes on apparatus (pike, tuck, start, straight, straddle, mirroring and contrasting partner)</p> <p>Hold a balance on different parts of the body.</p> <p>Develop ways and increased control when jumping and landing travelling.</p>	<p>Develop sequences independently and in pairs.</p> <p>Incorporate changes of speed, direct, turns and level of actions within a sequence.</p> <p>Develop quality and control of body shapes and balances.</p> <p>Move with control, coordination and care in transitions.</p> <p>Transfer jumping and landing onto vaults.</p> <p>Show flexibility in controlled balances.</p> <p>Introduce handstands and cartwheels.</p>	<p>Use an increasing range of actions, directions and levels in a sequence.</p> <p>Move with control, clarity, fluency and expression.</p> <p>Improved placement and alignment of body parts.</p> <p>Develop ways in which children vault from a range of heights.</p> <p>Recognise centre of gravity and the impact this has on your ability to balance.</p> <p>Creatively explore 1, 2, 3 and 4 point balances.</p> <p>Balance on apparatus and with a partner.</p> <p>Show creativity of use of body when travelling, transition and balancing.</p>	<p>Adapt sequences to fit new criteria and to incorporate feedback.</p> <p>Show confidence in performance, recognising body placement, coordination and use of space.</p> <p>Apply control and accurate technique with increased frequency.</p> <p>Combine floor and equipment movements to create a sequence.</p>	<p>Demonstrate precise, controlled placement of body parts throughout a sequence.</p> <p>Apply skills and techniques consistently with precision.</p> <p>Develop strength, technique and flexibility to enhance performance.</p>

<p>Athletics</p>	<p>Run in a variety of ways for a variety of purposes.</p> <p>Jump in a range of ways, landing safely.</p>	<p>Develop variation of speed of running.</p> <p>Show an understanding of a good, basic running technique.</p> <p>Run/sprint in a straight line, down a track.</p> <p>Jump as high and as long as possible.</p> <p>Perform different jumps: two feet to two feet, two feet to one foot, one foot to opposite foot</p>	<p>Explore how stride length effects speed of running.</p> <p>Begin to choose the correct pace over a given distance.</p> <p>Complete obstacle races (over and around equipment).</p> <p>Combine different jumps (from Yr 1) into a routine, showing balance and coordination.</p> <p>Jump from a standing position with power and control.</p> <p>Know the importance of leg muscles to generate power to run and jump.</p> <p>Develop throwing technique to throw a greater distance.</p>	<p>Develop arm and leg technique to improve speed and sprint.</p> <p>Incorporate jumping over hurdles when running.</p> <p>Describe how running pace and speed changes depending on distance.</p> <p>Control jumping and landing with one and two feet.</p> <p>Develop a powerful take-off of a standing long jump.</p> <p>Develop a effective flight phase of a long jump.</p> <p>Throw overarm, explore a push technique.</p>	<p>Show improvement in sprinting technique.</p> <p>Explore an effective start and finish to sprinting technique.</p> <p>Show improved endurance when running over a distance.</p> <p>Perform a relay, including a baton changeover.</p> <p>Combine a hop, skip and a jump into a triple jump technique.</p> <p>Begin to measure distance jump, evaluate jump and improve performance.</p> <p>Begin to measure distance thrown, evaluate throw and improve performance.</p> <p>Understand the different throwing technique for a javelin and a shot put.</p>	<p>Refine start and finishing techniques to maximise power.</p> <p>Be able to describe technique and pace variation over a sprint and endurance race.</p> <p>Develop a fluent technique to jump over objects.</p> <p>Select an appropriate pace and technique depending on if sprinting or running and endurance race.</p> <p>Be able to describe the difference in a long jump and triple jump.</p> <p>Perform an effective long jump and triple jump.</p> <p>Develop throwing technique for a javelin and a shot put.</p>	<p>Practise and refine sprinting and endurance running technique.</p> <p>Build speed and power quickly in a sprint.</p> <p>Develop acceleration after jumping/hurdling to regain stride length and technique.</p> <p>Demonstrate a clear difference in running technique depending on if sprinting or running an endurance event.</p> <p>Develop and improve long jump and triple jump technique (including distance and height).</p> <p>Develop and improve long jump and triple jump technique (including distance and height).</p>
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<u>Outdoor and adventurous activity</u>				<p>Orienteate themselves with confidence and accuracy around a short trail.</p> <p>Identify and use effective communication in teams.</p> <p>Complete activities within a time restriction.</p> <p>Evaluate and improve independent and team activities.</p>	<p>Begin to recognise features of orienteering and following short trails.</p> <p>Experience a range of roles within a team, understanding how behaviours change based on role.</p> <p>Begin to practise map reading skills.</p> <p>Discuss strategies and tactics to improve orienteering and teamwork.</p>	<p>Orient themselves with increasing confidence and accuracy on a more challenging course.</p> <p>Design a trail/course for a different team.</p> <p>Ensure that an element of competition is supported by effective communication.</p> <p>Work quickly and efficiently in a team, applying tactics and strategies.</p> <p>Evaluate performance to improve.</p>	<p>Add elements of pressure to an orienteering course (time restraints, penalties etc).</p> <p>Delegate roles and responsibilities within a team based on individual strengths</p> <p>Understand how different communication techniques suit different situations.</p> <p>Give thoughtful and encouraging feedback to promote progress.</p>
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<u>Swimming and water safety</u>				<p>End of KS2 requirements (Y3 and Y5)</p> <ul style="list-style-type: none"> • Perform safe self-rescue in different water-based situations. • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke 			

