

## PE Progression of skills

| National Curriculum objectives: KS1.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <p>All pupils should:</p> <ul style="list-style-type: none"> <li>• Have opportunities to become physically confident in a way which supports their health and fitness.</li> <li>• Have opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.</li> <li>• develop competence to excel in a broad range of physical activities</li> <li>• be physically active for sustained periods of time</li> <li>• engage in competitive sports and activities</li> <li>• lead healthy, active lives.</li> </ul> | <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• develop fundamental movement skills,</li> <li>• become increasingly competent and confident in accessing a broad range of opportunities to extend their agility, balance and coordination,</li> <li>• work individually and with others.</li> <li>• engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</li> <li>• master basic movements including running, jumping, throwing and catching,</li> <li>• develop balance, agility and co-ordination, and begin to apply these in a range of activities,</li> <li>• participate in team games, developing simple tactics for attacking and defending,</li> <li>• perform dances using simple movement patterns.</li> </ul> <p>Examples of Key Skills/ Concepts:</p> <ul style="list-style-type: none"> <li>• basic gymnastic skills including running, hopping, jumping, twisting, changing direction, balancing etc.</li> <li>• evaluate and improve own performance and that of others.</li> <li>• Bat and ball skills, throwing and catching, dribbling and shooting,</li> <li>• Basic athletic skills,</li> <li>• Target games, beanbags, hoops and quoits,</li> <li>• Simple dance moves and routines,</li> <li>• Simple outdoor and adventurous activities eg simple map reading, basic orienteering.</li> </ul> |

## PE Progression of skills

| National Curriculum objectives: KS2.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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|  | <ul style="list-style-type: none"> <li>• evaluate and improve own performance and that of others.</li> <li>• Striking and fielding skills, throwing and catching, dribbling and shooting,</li> <li>• Net/ wall games and related skills,</li> <li>• Athletic skills and abilities eg running longer distances, throwing further and with greater accuracy,</li> <li>• Invasion games and related skills,</li> <li>• Dance moves and routines with increasing complexity,</li> <li>• A range of outdoor and adventurous activities, simple map reading, basic orienteering, residential visit.</li> </ul> <p><b>Swimming and water safety</b><br/>Our school provides swimming instruction in key stage 2.</p> <p>In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• swim competently, confidently and proficiently over a distance of at least 25 metres,</li> <li>• use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>• perform safe self-rescue in different water-based situations.</li> </ul> |
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