



## Esher Church School – Progression of skills in Physical Education

<b>EYFS</b>	<ul style="list-style-type: none"> <li>* To introduce skills of travel, send, chase, receive, avoid, control, awareness of space and individual actions, stillness, jumping, timing, changing shape, size and direction</li> <li>* To experience a variety of game(s) equipment, practicing alone, competition, simple rules, indoor/outdoor areas</li> <li>* To experience different moods and feelings; a range of stimuli, performing movements from existing dance traditions</li> <li>* To develop simple games, playing games alone and in pairs</li> <li>* To develop making dances, control and using rhythm</li> </ul>
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	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<b>Multi-skills</b>	<ul style="list-style-type: none"> <li>*Explore the use of accuracy, control, jumping, running, and throwing in a variety of indoor and outdoor areas</li> <li>*Use equipment to stimulate skills and development of an understand of safe practice</li> </ul>	<ul style="list-style-type: none"> <li>*Explore the use of travel and control to develop an awareness of other players</li> <li>*Gain experience within a variety of games using equipment to send, chase, receive, avoid and dodge</li> <li>*Develop an understanding of simple rules and tactics for attacking and defending.</li> <li>*Begin making up simple games to play alone, in pairs or groups</li> </ul>	<ul style="list-style-type: none"> <li>*Continue to improve skills of travel, send, chase, receive, dodge, accuracy whilst moving into and out of space</li> <li>*Introduce skills to attack, defend avoid and control</li> <li>*Experience small sided and simplified versions of different types of games</li> <li>*Develop a variety of common skills and game principles to include; team work; working towards tasks set by themselves and the teacher and competition</li> <li>*Develop team games by making up games with an understanding of game principles</li> </ul>	<ul style="list-style-type: none"> <li>*Further improve skills of travel, send, chase, receive, dodge, avoid, attack, defend, control and accuracy</li> <li>*Develop skills of moving into and out of space. Build teamwork skills</li> <li>*Continue to experience small sided and simplified versions of different types of games</li> <li>*Continue to develop team games, imaginative games, whilst furthering understanding of game principles</li> <li>*Experience of competitive games</li> </ul>	<ul style="list-style-type: none"> <li>*Consolidate skills of travel, send, chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</li> <li>*Experience a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher</li> <li>*Increasing experience of competitive games.</li> <li>*Further develop team games to work within prescribed areas, considering and developing rules and scoring systems</li> </ul>	<ul style="list-style-type: none"> <li>*Reinforce skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</li> <li>*Experience a variety of common skills and game principles linked to attacking &amp; defending play; team work; refining their own games</li> <li>Ample opportunities for competition</li> <li>*Consolidate team games to work within prescribed areas, considering and developing rules, roles and scoring systems</li> </ul>

	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<b>Gymnastics</b>	<p>*Explore skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping</p> <p>*Introduce co-ordination of body parts</p> <p>Experience using floor and apparatus, using/finding space,</p> <p>*Use different body parts to create shape levels &amp; direction and improve actions, making up a sequence</p> <p>*Understand the importance of safe lifting and carrying</p> <p>*Develop working together, body control, planning/practicing simple actions alone using correct language for actions and apparatus</p>	<p>*Further develop skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping</p> <p>*Experience consolidating work from Y1 and adapting and improving control of actions</p> <p>*Develop and consolidate work identified in Y1 with emphasis in repeating sequences of movements, linking activities on floor/apparatus, using pupils' own choices to link skills and actions in short movement phrases</p>	<p>*Improve skills of rolling, jumping, swinging, balancing, taking weight on hands</p> <p>*Develop skills around changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner</p> <p>*Experience performing and remembering sequences, with control; responding to set tasks, short sequences, selecting apparatus</p> <p>*Develop an understanding of actions ending one movement – starts next; making decisions to affect their actions</p>	<p>*Improve skills of shape levels; using different combinations of floor and apparatus, working alone &amp; with partner</p> <p>*Practice, adapt and refine actions; perform with whole/part body control; explore and select actions which can be developed within sequences, practiced and repeated through gymnastic actions</p> <p>*Experience sequences which they remember and repeat, respond to a variety of tasks, longer sequences, apparatus choice</p> <p>*Develop an understanding of selecting more relevant actions, continuity when linking movement actions</p>	<p>*Consolidate skills of balancing, taking weight on hands; changing speed, direction, shape, levels; using different combinations of floor and apparatus, working alone/with partner</p> <p>*Practice adapt and refine actions; perform with whole/part body control; explore and select actions that can be developed within sequences, practiced and repeated through gymnastic actions</p> <p>*Experience working within prescribed areas, considering and developing rules and scoring systems</p> <p>*Develop an understanding of selecting more relevant actions, continuity when linking movement actions</p>	<p>*Solidify skills of balancing, taking weight on hands; changing speed, direction, shape, levels; using different combinations of floor and apparatus, working alone/with partner</p> <p>*Continue to practice adapt and refine actions; perform with whole/part body control; explore and select actions that can be developed within sequences, practiced and repeated through gymnastic actions</p> <p>*Experience performing and practicing sequences alone with others; responding to own/partner task; complex sequences, planning apparatus, layouts</p> <p>*Develop selecting own ideas and relevant apparatus to develop more complex sequences</p>

	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<b>Invasion games</b>	<p>*Improve skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>*Continue to experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>*Continue to develop simple games, playing these games alone and with a partner</p>	<p>*Develop skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> <p>*Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending</p> <p>*Develop making up simple games, playing these games alone, pairs and in groups</p>	<p>*Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>*Experience small sided and simplified versions of different types of games; a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>*Develop team games through own game practices and understanding of game principles</p>	<p>*Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>*Experience small sided and simplified versions of different types of games; a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>*Continue to develop team games through own game practices and understanding of game principles</p>	<p>*Further improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>*Continue to experience small sided and simplified versions of different types of games, a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition</p> <p>*Develop team games working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles</p>	<p>*Consolidate skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>*Experience small sided and modified competitive versions of different types games, a variety of common skills and game principles linked to attacking &amp; defending play; team work; refining their own games, competition</p> <p>*Continue to develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles</p>

	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<b>Althetics</b>	<p>*Improve skills of running, throwing, jumping, direction, control, accuracy Have increased opportunity to experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development *Develop an understanding of safe practice linked to the activities</p>	<p>*To enhance skills of running, throwing, jumping, direction, control, accuracy and distance *To continue enabling to experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development *Continue to develop an understanding of safe practice linked to the activities</p>	<p>*To develop skills of running, throwing, jumping; refine basic technique by emphasis on accuracy, time, measurement, length, distance *To experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques *Develop understanding of safe practice linked to activities, comparing and improvement of own performance</p>	<p>*To improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance *Experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques *Further develop understanding of safe practice linked to activities, comparing and improvement of own performance</p>	<p>To consolidate skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance, speed *Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques *Consolidate understanding of safe practice linked to activities, comparing and improving own performance</p>	<p>*Refine skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, power, length, distance, speed *Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques *Refine understanding of safe practice linked to activities, comparing and improving own performance</p>
<b>Swimming</b>	<p>To use a range of strokes effectively to develop competent, confident and proficient swimming over a distance of at least 25 metres. To ensure a safe self-rescue in different water-based situations.</p>					