



The Wider Curriculum at St Alban's

PE: Progression of skills



Intent: Our wider curriculum enables each child to be a curious, enthusiastic and confident learner for life and an active and caring member of our school family and wider society.

	Invasion Games	Gymnastics	Striking And Fielding	Dance	Athletics/Sports Day Activities
Reception	<ul style="list-style-type: none"> Recognise different ways to move to find space in a safe manner Identify one way to send and receive a ball with a partner Explore different ways to move and stop with control before changing direction 	<ul style="list-style-type: none"> Use different types of movements to explore spaces Able to recognise 1/2/3 3-point balances for at least 3 seconds Explore different ways to create shapes with different parts of the body Identify three shapes and hold for 3 seconds, Tuck/Pike/Straddle Identify different ways to travel across a bench safely 	<ul style="list-style-type: none"> Identify different ways of holding a ball and racket Able to apply the correct body stance to strike a ball (two feet in line with shoulders) Understand how to send and ball/beanbag underarm Able to receive a bean bag or ball safely in two hands 	<ul style="list-style-type: none"> Able to perform basic movements copy them Identify how the body moves to music in small spaces 	<ul style="list-style-type: none"> Able to travel with control and balance inside a designated area Able to throw a beanbag towards a target with control Demonstrate basic sprint start position

Year 1	<ul style="list-style-type: none"> Identify and apply basic hand-eye coordination when sending a ball over different distances Receive a ball with control when working with a partner in different ways Apply simple tactics when working in team activities Explore different ways of sending the ball when working in a team 	<ul style="list-style-type: none"> Able to demonstrate 1,2- and 3-point balances for at least 5 seconds on different apparatus Able to use a range of movements to travel along a bench with control and jump and land safely Identify and link different movements when moving around an area with control and fluency Able to demonstrate control and balance when performing the tuck jump to complete a sequence on benches Explore different ways of rolling with control 	<ul style="list-style-type: none"> Develop receiving a bean bag or ball with two hands over different distances Introduce body stance to strike a ball to partner using hands Be confident in sending a bean bag or ball using underarm technique over different distances 	<ul style="list-style-type: none"> Develops and explore basic movements with control in a short sequence Remembers simple movement and dance steps Identifies how to perform different movements to sounds Able to apply basic movements using three Dance principles Jump, Turn, Travel to a beat of four 	<ul style="list-style-type: none"> Able to throw a ball/beanbag into a target over different distances accurately Able to run at different speeds depending on event Demonstrate basic standing jump and land safely
Year 2	<ul style="list-style-type: none"> Identify and apply different ways to send a ball to a partner in 	<ul style="list-style-type: none"> Recognise different ways to perform shapes on different 	<ul style="list-style-type: none"> Be able to strike a moving ball with hand to 	<ul style="list-style-type: none"> Link and demonstrate control when 	<ul style="list-style-type: none"> Identify how body changes when exercising

	<ul style="list-style-type: none"> groups of three • Demonstrate a good understanding of travelling in to spaces at different speeds with control and balance • Able to apply basic understanding of attacking and defending principles • Understand basic rules and tactics applying them in game situations 	<ul style="list-style-type: none"> apparatus • Explore jumping from different heights using a variety of jumps (Tuck/Straddle) • Identify and apply different shapes within a sequence on different apparatus • Introduce different shapes when jumping from different levels (Tables & Bench) • Able to demonstrate control and balance when performing different rolls 	<ul style="list-style-type: none"> partner using the correct body stance • Identify control and balance required using hand eye coordination to strike a ball with hand to partner • Identify over arm throwing technique to send ball to partner over different distances 	<ul style="list-style-type: none"> performing five Dance principles Jump, Turn, Travel, Gesture and Stillness to the beat of four • Link basic movements at different speeds and levels within a sequence • Use music and sounds to respond imaginatively 	<ul style="list-style-type: none"> over different distances • Perform a standing long jump with some accuracy and control increasing distance • Perform different throwing techniques using different equipment
Year 3	<ul style="list-style-type: none"> • Use skills with coordination and control • Able to provide solutions with a variety of skills in game related activities using the attacking and defending principles 	<ul style="list-style-type: none"> • Recognise different ways to balance with partner a variety of apparatus • Explore counter balances with a partner demonstrating control and balance • Begin to create a sequence of balances 	<ul style="list-style-type: none"> • Introduce striking a ball with tennis racket working with partner showing control of the ball • Identify different ways of moving before striking a 	<ul style="list-style-type: none"> • Introduce individual improvisation to create a simple sequences of movements / dance steps • Introduce partner 	<ul style="list-style-type: none"> • Able to link start position showing control and balance when transferring to upright position • Apply correct running technique

	<ul style="list-style-type: none"> Identify and apply different ways of communicating within a team during matches 	<p>and shapes with a partner on different apparatus</p> <ul style="list-style-type: none"> Able to perform shapes (tuck/pike/straddle in a variety of different ways using apparatus) Able to perform different jumps (tuck/straddle/pike) from different heights 	<p>moving ball using a tennis racket</p> <ul style="list-style-type: none"> Explore and apply different positions selecting the correct techniques when fielding 	<p>improvisation to create a simple sequence in a group using different formations</p> <ul style="list-style-type: none"> Use basic dance vocabulary to compare and review performances 	<p>linking each element (head/arms to generate power)</p> <ul style="list-style-type: none"> Able to jump while travelling with control and balance Demonstrate a good understanding of the required speed to run over a long distance and how breathing assist performance
Year 4	<ul style="list-style-type: none"> Identify a variety of skills to provide solutions as an individual/ team in isolation and combination Show confidence in basic skills and combine them within 	<ul style="list-style-type: none"> Explore different partner sequences using a variety of apparatus Develop linking sequences using handstands and cartwheels when 	<ul style="list-style-type: none"> Identify different ways of striking a moving ball with different bats to a partner Continue to develop the overarm throw 	<ul style="list-style-type: none"> Identify and apply good understanding when performing with a partner unison, cannon and imaging within a 	<ul style="list-style-type: none"> Able to perform a running jump applicable to the activity Able to improve and evaluate performance when sprinting over different

	<p>(i.e. dribbling, passing, shooting scenarios)</p> <ul style="list-style-type: none"> • Demonstrate a good understanding of the tactics required in defending and attacking situations within a game 	<p>working on mats</p> <ul style="list-style-type: none"> • Able to link a variety of shapes and balances using counterbalance and counter tension techniques in a group 	<p>and apply in game situations</p> <ul style="list-style-type: none"> • Recognise different ways of fielding in game situations showing good decision making • Introduce ways of bowling depending on the activity 	<p>sequence with a partner</p> <ul style="list-style-type: none"> • Able to link and perform a variety of stimuli within a sequence in time with the music • Create choreography in a group applying a variety of Dance stimuli using different props related to topic 	<p>distances</p> <ul style="list-style-type: none"> • Identify correct technique for using a range of equipment for Sports Day
Year 5	<ul style="list-style-type: none"> • Recognises different attacking strategies during transition and apply them within game situations • Understand role and responsibilities within attacking/defending/transition principles • Apply different 	<ul style="list-style-type: none"> • Able to perform a variety of balance combinations on different apparatus at various heights while working in a group • Identify different ways to jump over and off apparatus laid out in different formats to 	<ul style="list-style-type: none"> • Able to apply knowledge and different skills for fielding when in different positions • Begin to show correct attacking technique when 	<ul style="list-style-type: none"> • Identify variation in levels, size, directions, pathways, movements, and stimuli, when preparing a 	<ul style="list-style-type: none"> • Record individual / partners results, to analyse and evaluate results • Able to demonstrate correct handover of relay baton with

	defending tactics in 1v1 and overload situations within a game	<p>challenge balance and landing</p> <ul style="list-style-type: none"> • Work in groups to perform shapes and balances in a sequence on the apparatus and able to explore different ways of safely coming of the apparatus 	<p>striking a ball with different bats showing control and balance</p> <ul style="list-style-type: none"> • Demonstrate confidence when sending a ball under arm and over arm with control, accuracy and technique over different distances when fielding in game situations • Able to bowl over arm showing control and some accuracy 	<p>performance</p> <ul style="list-style-type: none"> • Able to work through a rehearsal process receiving feedback to improve performance • Perform an end of term dance with confidence whilst demonstrating all aspects of dance performance using props, formation, levels and shapes.in time with the music 	<p>partner</p> <ul style="list-style-type: none"> • Apply correct running and throwing technique in a variety of activities
Year 6	<ul style="list-style-type: none"> • Demonstrate a good understanding of rules and laws and able to feedback to peers within game 	<ul style="list-style-type: none"> • Able to link and perform sequences involving different balances, shapes and ways to travel across all 	<ul style="list-style-type: none"> • Demonstrate a good understanding of the communication 	<ul style="list-style-type: none"> • Apply expression and exaggeration within a sequence 	<ul style="list-style-type: none"> • Able to peer and self-evaluate performance in a variety of

	<p>situations</p> <ul style="list-style-type: none"> • Identify different ways of sending a ball to partner in game situations in a variety of scenarios • Able to communicate effectively with team mates within attacking and defending scenarios • Identify different strategies and solutions within defending and transition scenarios when outnumbered 	<p>apparatus</p> <ul style="list-style-type: none"> • Able to peer and self-evaluate performances to support group work on different apparatus • Demonstrate control and balance through each stage of the sequence using a variety of apparatus at different heights 	<p>required when working in a team during game situations in</p> <ul style="list-style-type: none"> • Identify a good understanding of the defending and attacking principles when playing in a game • Be able to bowl over arm with control and accuracy and apply accordingly depending on the activity 	<p>using different props</p> <ul style="list-style-type: none"> • Perform end of term Dance with confidence applying all stimuli to a variety of music speeds • Create a variety of choreography in a creative way to improve performance 	<p>events</p> <ul style="list-style-type: none"> • Demonstrate a good understanding of how different techniques improve performance in a variety of events
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