



Physical Education Progression Of Skills (Games and Swimming)

Substantive knowledge in PE is based on deliberate practice and development of specific skills that can be used in a variety of disciplines, sports and games e.g.

- Running, jumping, throwing and catching
- Tactics within a team game e.g. strategies for attacking and defending
- Being able to perform specific actions, balances and movements in line with year group expectations
- Being able to swim confidently and competently over 25 metres
- Being able to perform a safe self-rescue in water.

Disciplinary knowledge in PE comes through opportunities for the children to choose and apply their own actions, balances, movements and skills. Once they have mastered the specific skills, they have opportunities to apply these within sports and games and therefore have to choose different strategies and the best way to approach different challenges. As they move through school, their skills and knowledge around tactics become more complex and they have to work collaboratively to make decisions. There are lots of opportunities for the children to evaluate their performances and reflect on how they will improve next time.

Year group and sports coverage	<p>Substantive Knowledge:</p> <ul style="list-style-type: none"> • To master basic movements including running, jumping, throwing and catching • To become more physically skilful and competent in games skills in invasion, net and striking & fielding • To develop attacking and defending tactics 	<p>Disciplinary Knowledge:</p> <ul style="list-style-type: none"> • To be able to peer and self-assess to bring about improvement in myself and others • To take part in a more physically active and healthy lifestyle including competitive games through increased health, fitness, confidence, motivation, knowledge and understanding • To become better at making decisions independently and with others about tactics and attacking and defending 																	
6	<p>I can combine and perform sport specific skills with control and greater speed, adapting them to meet the needs of the situation.</p> <p>I can use game specific attacking and defending skills appropriately in games, choosing when to pass or dribble or where to aim the ball</p> <p>I can choose and use different formations to suit the needs of the game.</p> <p>I can swim competently, confidently and proficiently using a range of strokes over a distance of at least 25 m</p> <p>I can perform safe self-rescue in water-based situations</p>	<p>I can recognise and describe the best points in an individual's and a team's performance.</p> <p>I can identify aspects of my own and others' performances that need improvement, and suggest how to improve them in a coaching role.</p> <p>I understand how playing games can contribute to a healthy lifestyle and know how to access opportunities beyond my PE lessons.</p>																	
Y6 Sports Coverage	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Football x6</td> <td style="width: 25%;">Indoor Athletics x 3</td> <td style="width: 25%;">Swimming x6</td> <td style="width: 25%;">Rounders x2</td> </tr> <tr> <td>Skipping x2</td> <td>Netball x 6</td> <td>Quidditch x2</td> <td>Cricket x 9</td> </tr> <tr> <td>Tennis x4</td> <td>Dodgeball x 1</td> <td>Athletics x4</td> <td>Sports Day</td> </tr> <tr> <td>Hockey x3</td> <td>Orienteering x2</td> <td>Tag Rugby x4</td> <td>Solent Pack</td> </tr> </table>			Football x6	Indoor Athletics x 3	Swimming x6	Rounders x2	Skipping x2	Netball x 6	Quidditch x2	Cricket x 9	Tennis x4	Dodgeball x 1	Athletics x4	Sports Day	Hockey x3	Orienteering x2	Tag Rugby x4	Solent Pack
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5	<p>I can perform skills with accuracy, confidence and control</p> <p>I know the difference between attacking skills and defending skills.</p> <p>I can find and use space to help my team and can use a variety of tactics to keep the ball.</p> <p>I can choose positions in my teams and know how to help when attacking and when defending.</p> <p>I can swim competently, confidently and proficiently using a range of strokes</p>	<p>I can suggest ideas for warming up, explaining my choice.</p> <p>I know and can lead warm up exercises and activities that help strength, speed and stamina.</p> <p>I can look for specific things in a game and explain how well they are being done.</p> <p>I can explain why a performance is good and can recognise parts of a performance that could be improved, and then identify practices that will help.</p>
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Y5 Sports Coverage	Football x4	Indoor Athletics x 4	Swimming x6	Basketball x2
	Skipping x3	Netball x 4	Quidditch x2	Cricket x 3
	Tennis x6	Dodgeball x 3	Athletics x4	Sports Day
	Hockey x6	Orienteering x2	Tag Rugby x4	Solent Pack

4	<p>I can use a range of techniques dependent on the game.</p> <p>I can change direction and speed when keeping possession, show growing consistency and control and play with greater speed and flow.</p> <p>I can keep and use rules given to me and suggest how rules could be changed to improve the game.</p> <p>I can adapt rules in agreement with others and, later, make rules for their own games, which they explain and teach to others.</p> <p>I can use a range of tactics to keep possession of the ball and get into positions to pass, shoot or score.</p> <p>I can swim competently, confidently and proficiently</p>	<p>I use the knowledge I am learning in PE to make up suitable warm-up activities for the games I am playing.</p> <p>I know and explain the tactics and skills that I am confident with and use well in games.</p> <p>I can describe the help I need to improve my play.</p>
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Y4 Sports Coverage	Football x6	Basketball x3	Swimming x5	Indoor Athletics x4
	Skipping x3	Netball x 6	Quidditch x3	Cricket x 2
	Tennis x3	Dodgeball x 2	Athletics x6	Sports Day
	Hockey x6	Orienteering x3	Tag Rugby x4	Solent Pack

3	<p>I can use a range of skills to help me keep possession and control of the ball.</p> <p>I can pass, receive and dribble the ball, keeping control and possession consistently.</p> <p>I can use a range of skills to keep possession and</p>	<p>I can recognise and describe what happens to my breathing and heart rate when I play games, and begin to link this to how warm I feel.</p> <p>I can describe and show how some games use short bursts of speed as well as needing stamina.</p> <p>I can explain how to keep possession and describe</p>
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	<p>make progress towards a goal, on my own and with others.</p> <p>I know how to use space in games.</p> <p>I can swim competently and confidently</p>	<p>how I and others have achieved it.</p> <p>I can identify what I do best and what I find most difficult.</p>																
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<p>2</p>	<p>I can perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control and accuracy.</p> <p>I can show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run.</p> <p>I can choose and use tactics to suit different situations.</p> <p>I can know how to score and keep the rules of the games that I am taught and those which I have made up.</p>	<p>I understand and describe changes to my heart rate when playing different games.</p> <p>I can begin to anticipate what I will feel like after playing games.</p> <p>I can watch and describe movements accurately.</p> <p>I recognise what is successful.</p>																
<p>Y2 Sports Coverage</p>	<table border="1"> <tr> <td data-bbox="395 1301 724 1368">Multiskills</td> <td data-bbox="724 1301 1053 1368">Orienteering (simple maps)</td> <td data-bbox="1053 1301 1410 1368">Skipping</td> </tr> <tr> <td data-bbox="395 1368 724 1435">Junior rounders</td> <td data-bbox="724 1368 1053 1435">Sports Day</td> <td data-bbox="1053 1368 1410 1435">Solent Pack</td> </tr> </table>		Multiskills	Orienteering (simple maps)	Skipping	Junior rounders	Sports Day	Solent Pack										
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<p>1</p>	<p>I can move fluently, changing direction and speed easily and avoiding collisions</p> <p>I can show the basic actions for rolling, underarm throwing, striking a ball and kicking etc</p> <p>I understand the concepts of aiming, hitting into space, and taking the ball to a good position for aiming.</p> <p>I can use skills in different ways, and try to win by changing the way I use skills in response to my opponent's actions.</p>	<p>I can describe what it feels like when I breathe faster during exercise and sustained physical activity.</p> <p>I can explain why running and playing games is good for me.</p> <p>I can watch others' movements carefully and can describe what I have done or seen others doing.</p> <p>I can copy what I see and say why it is good.</p>																
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EYFS	I can move in different ways.	I can notice when I'm out of breath.
	I can catch a large ball with both arms.	I can talk about what I'm doing and how it makes me feel.
	I can run safely in a space with other children.	I am beginning to talk about how I move my body.
	I am beginning to use age appropriate sports equipment (such as bean bags and soft balls) in my games with friends.	

YR Sports Coverage	Multiskills	Solent Pack	Children at the expected level of development in PD will: <ul style="list-style-type: none"> ▪ Negotiate space and obstacles safely, with consideration for themselves and others; ▪ Demonstrate strength, balance and coordination when playing; ▪ Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
	Team games	Sports Day	

Characteristics of Effective Learning

Playing and Exploring

ENGAGEMENT
 Finding out and exploring
 Playing with what they know
 Being willing to 'have a go'

Active Learning

MOTIVATION
 Being involved and concentrating
 Keep trying
 Enjoying achieving what they set out to do

Creative and Critical Thinking

THINKING
 Having their own ideas
 Making links
 Working with ideas