



Holy Trinity Catholic Primary School

What have you done today to make you feel proud?



PE Progression of Skills Year 1

Games

- ❖ Children develop basic game-playing skills, in particular throwing and catching. They play games based on net games (like tennis) and games based on striking and fielding games (like rounders and cricket)
- ❖ They have an opportunity to play competitive sports one against one, one against two and one against three
- ❖ Children have the opportunity to be physically active for sustained periods of time.

Dance

- ❖ Children will focus on spatial awareness and being able to move confidently and safely in their own and general space whilst exploring basic agility, balance and coordination skills.
- ❖ They create and repeat a variety of short dances inspired by a range of stimuli.
- ❖ They work individually, in pairs, small groups and as a whole class.
- ❖ They will develop an awareness of different dances through a choice of themes. born. When my parents/carers were young

Gym

- ❖ Children investigate movement, stillness, and how to find and use space safely.
- ❖ They explore basic gymnastic actions on the floor and basic vault apparatus.
- ❖ They copy or create, remember and repeat, short movement phrases of 'like' linked actions, e.g. two jumps, or two rolls.

Athletics

- ❖ Children explore running, jumping and throwing activities, and take part in simple challenges and competitions.
- ❖ Children experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance.
- ❖ Children will be practising field events and different race types, specific to Year 1 in preparation for Sports Day.

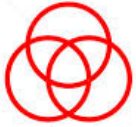


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PE Progression of Skills Year 2	
<u>Games</u> <ul style="list-style-type: none">❖ Children improve and apply their basic skills in games.❖ Children play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points.❖ Children play competitive sports and activities in small teams.	<u>Dance</u> <ul style="list-style-type: none">❖ To explore, remember, repeat and link a range of actions with coordination and control. Children compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings.❖ They work individually, in pairs, small groups and as a whole class.❖ They will develop an awareness of the historical and cultural origins of different dance through a choice of themes.
<u>Gym</u> <ul style="list-style-type: none">❖ Children focus on increasing their range of basic gymnastic skills using floor, vault and apparatus.❖ They create simple sequences of 'unlike' actions on the floor, e.g. a roll, jump and a shape.❖ They incorporate basic skills learnt into rhythmic gymnastics.	<u>Athletics</u> <ul style="list-style-type: none">❖ Children explore running, jumping and throwing activities, and take part in simple challenges and competitions.❖ Children experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance.❖ Children will be practising field events and different race types, specific to Year 2 in preparation for Sports Day
<u>Swimming</u> <ul style="list-style-type: none">❖ Children learn basic water confidence skills in preparation for lessons in Year 3.❖ Children will learn swimming is fun and enjoyable by using a games-led approach to learning to swim	



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PE Progression of Skills Year 3	
<p><u>Games</u></p> <ul style="list-style-type: none">❖ Children learn how to outwit their opponents and score when playing invasion games.❖ Children play competitive games, modified so appropriate for Year 3, for example tennis, netball and football.❖ They develop skills in finding and using space to keep the ball.❖ They play with the same basic court set-up and rules, but use a range of equipment and skills, including throwing, catching, kicking and striking skills.	<p><u>Dance</u></p> <ul style="list-style-type: none">❖ Children perform dances focusing on creating, adapting and linking a range of dance actions.❖ They will begin to demonstrate an awareness of the expressive qualities of dance. These are inspired by a range of stimuli.❖ They work individually, in pairs, small groups and as a whole class.
<p><u>Gym</u></p> <ul style="list-style-type: none">❖ Children focus on improving the quality of their movement, e.g. by stretching fingers and pointing toes, to help them produce tension and extension.❖ They plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed.❖ The children will learn more advanced moves including shoulder stand and arabesque.	<p><u>Athletics</u></p> <ul style="list-style-type: none">❖ Children concentrate on developing good basic running, jumping and throwing techniques.❖ They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.❖ Children will be practising field events and different race types, specific to Year 3 in preparation for Sports Day.
<p><u>Swimming</u></p> <ul style="list-style-type: none">❖ Children learn to pace themselves in floating and swimming challenges related to speed, distance and personal survival.❖ Children use recognised arm and leg actions, lying on their front and back.❖ Children learn to swim unaided for a sustained period of time over a distance of at least 25 metres.❖ Perform safe self-rescue in different water-based situations.	

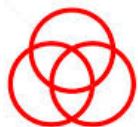


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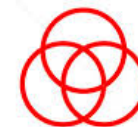


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PE Progression of Skills Year 4	
<p><u>Games</u></p> <ul style="list-style-type: none">❖ Children learn simple attacking tactics using a range of equipment and skills, and start to think about how to organise themselves to defend their goals.❖ Children play competitive games, modified so appropriate for Year 4, for example, basketball netball and tag rugby.❖ They start by playing small, uneven-sided games and move on to even-sided games.	<p><u>Dance</u></p> <ul style="list-style-type: none">❖ Children focus on creating characters and narrative through movement and gesture.❖ They gain inspiration from a range of stimuli.❖ Children will use movement to explore and communicate ideas and issues, and their own feelings and thoughts.❖ They will perform dances using a range of movement patterns.
<p><u>Gym</u></p> <ul style="list-style-type: none">❖ Children create sequences that include changes of level and speed, and focus on using different body shapes clearly.❖ They work mostly individually or with a partner.❖ The children will learn more advanced moves including cartwheels and backward roll to stand.	<p><u>Athletics</u></p> <ul style="list-style-type: none">❖ Children concentrate on developing good basic running, jumping and throwing techniques.❖ They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.❖ Children will be practising field events and different race types, specific to Year 4 in preparation for Sports Day.

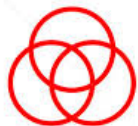


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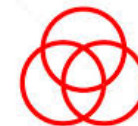


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PE Progression of Skills Year 5	
<p><u>Games</u></p> <ul style="list-style-type: none">❖ Children develop skilful attacking and team play.❖ They learn how to work well as a team when attacking, and explore a range of ways to defend.❖ Children have a good understanding of the rules played in each sport e.g. High 5 Netball, Tag rugby, Kwik Cricket and begin to apply tactics to outwit their opponents.❖ Children demonstrate a greater awareness of good sportsmanship, fairness and respect whilst playing sport.	<p><u>Sports leadership</u></p> <ul style="list-style-type: none">❖ Children learn the characteristics of being a good sports leader and how to apply these when leading a group of younger pupils.❖ Children will also learn how to plan, deliver and evaluate sports activities.
<p><u>Gym</u></p> <ul style="list-style-type: none">❖ Children create longer sequences to perform for an audience.❖ They learn a wider range of actions and explore more difficult ways to perform.❖ The children will learn more advanced moves including Y Balance and backward roll to straddle stand.❖ Children develop increasing flexibility, strength, technique, control and balance.	<p><u>Athletics</u></p> <ul style="list-style-type: none">❖ Children focus on developing their technical understanding of athletic activity.❖ They learn how to set targets and improve their performance in a range of running, jumping and throwing activities.❖ Children will be practising field events and different race types, specific to Year 5 in preparation for Sports Day



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PE Progression of Skills Year 6	
<p><u>Games</u></p> <ul style="list-style-type: none">❖ Children improve their defending and attacking play.❖ They start to play even-sided mini-versions of different games.❖ Children are able to play games like Tag Rugby, Quick sticks, Hockey and Kwik Cricket and can apply tactics and strategies to be successful in a team performance.❖ Good sportsmanship, fairness and respect is embedded in the way the children conduct themselves in sport.	<p><u>Outdoor adventurous activities</u></p> <ul style="list-style-type: none">❖ Children learn how to work with and communicate with others and are able to delegate roles within a team
<p><u>Gym</u></p> <ul style="list-style-type: none">❖ Children use their knowledge of compositional principles, e.g. how to use variations in speed, level and direction, how to combine and link actions, how to relate to partners and apparatus, to develop sequences that show an awareness of their audience.❖ Children demonstrate increased flexibility, strength, technique, control and balance.❖ The children will learn more advanced moves including bridge and round off	<p><u>Athletics</u></p> <ul style="list-style-type: none">❖ Children focus on developing their technical understanding of athletic activity.❖ They learn how to set targets and improve their performance in a range of running, jumping and throwing activities.❖ Children will be practising field events and different race types, specific to Year 6 in preparation for Sports Day.
<p><u>Swimming</u></p> <ul style="list-style-type: none">❖ Give the children opportunity to reach a distance of at least 25 metres by offering intensive catch up sessions.❖ Children use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.❖ Perform safe self-rescue in different water-based situations.	