



Hale CE Primary

Progression of skills PE



PE Progression of Skills

Please take a look at our progression statements in relation to our Christian Values.

Here, you can see where we strive to incorporate our Christian Values into specific subjects.

This is a brief overview, however, where possible, staff will make further links to our Christian Values.

We also enhance our Christian Values through our subjects during assemblies such as Picture News, these are often linked to current affairs.

Friendship

Hope

Peace

Truthfulness

Thankfulness

Courage



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EYFS						
Reception						
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Intro to PE	Fundamentals	Gymnastics	Dance	Games	Ball Skills	
<ul style="list-style-type: none"> Physical: moving safely, running, jumping, throwing, catching, following a path Social: sharing, leadership Emotional: perseverance, confidence Thinking: decision making, selecting and applying actions 	<ul style="list-style-type: none"> Physical: balancing, running, jumping, changing direction, hopping, travelling Social: working safely, responsibility, helping others Emotional: honesty, challenging myself, determination Thinking: decision making, selecting and applying actions, using tactics 	<ul style="list-style-type: none"> Physical: shapes, balances, jumps, rocking, rolling, travelling Social: taking turns, co-operation, communication Emotional: confidence, determination Thinking: selecting and applying skills, creating sequences 	<ul style="list-style-type: none"> Physical: travelling, copying and performing actions, co-ordination Social: respect, co-operating with others Emotional: working independently, confidence Thinking: counting, observing and providing feedback, selecting and applying actions 	<ul style="list-style-type: none"> Physical: running, balancing, changing direction, striking a ball, throwing Social: communication, co-operation, taking turns, supporting and encouraging others Emotional: honesty and fair play, managing emotions Thinking: using tactics, decision making 	<ul style="list-style-type: none"> Physical: rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Social: co-operation, supporting others Emotional: honesty, perseverance Thinking: using tactics, decision making 	

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Year 1

Autumn 1		Autumn 2		Spring 1	Spring 2	Summer 1	Summer 2
Fundamental Skills	Ball Skills	Gymnastics	Dance	Sending and Receiving	Invasion Games	Net and Wall	Athletics
<ul style="list-style-type: none"> Physical: balancing, sprinting, jogging, dodging, jumping, hopping, skipping Social: taking turns, supporting and encouraging others, working safely, communication Emotional: challenging myself, perseverance, honesty Thinking: selecting and applying, 	<ul style="list-style-type: none"> Physical: rolling, kicking, throwing, catching, bouncing, dribbling, tracking Social: co-operation, communication, leadership, supporting others Emotional: honesty, perseverance, challenging myself Thinking: using tactics, exploring actions, comprehension 	<ul style="list-style-type: none"> Physical: travelling actions, shapes, balances, jumps, barrel roll, straight roll, forward roll progressions Social: sharing, working safely Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions 	<ul style="list-style-type: none"> Physical: travel, copying and performing actions, using shape, balance, coordination Social: co-operation, communication, coming to decisions with a partner, respect Emotional: confidence, acceptance Thinking: counting, observing and providing feedback, selecting and 	<ul style="list-style-type: none"> Physical: throwing, catching, retrieving a ball, tracking a ball, striking a ball Social: communication, supporting and encouraging others, consideration of others Emotional: perseverance, honesty and fair play Thinking: using tactics, selecting and applying skills, decision making 	<ul style="list-style-type: none"> Physical: throwing and catching, kicking, dribbling with hands and feet, dodging, finding space Social: co-operation, communication, supporting and encouraging others, respect and kindness towards others Emotional: honesty and fair play, managing emotions Thinking: connecting information, decision 	<ul style="list-style-type: none"> Physical: throwing, catching, hitting a ball, tracking a ball Social: respect, communication Emotional: honesty and fair play, determination Thinking: decision making, using simple tactics, recalling information, comprehension 	<ul style="list-style-type: none"> Physical: running at varying speeds, agility, balance, jumping, hopping and leaping in combination and for distance, throwing for distance Social: working safely, collaborating with others Emotional: working independently, honesty and playing to the rules, determination



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	identifying strengths, listening and following instructions			applying actions		making, recalling information		• Thinking: exploring ideas
	Fundamental Skills	Ball Skills	Gymnastics	Dance	Invasion Games	Net and Wall	Striking and Fielding	Athletics
Year 2	<ul style="list-style-type: none"> Physical: balancing, sprinting, jogging, dodging, jumping, hopping, skipping Social: taking turns, supporting and encouraging others, respect, communication Emotional: challenging myself, perseverance, honesty 	<ul style="list-style-type: none"> Physical: rolling, kicking, Physical: throwing, catching, bouncing, dribbling Social: co-operation, communication, leadership, supporting others Emotional: honesty, perseverance, challenging myself Thinking: using tactics, 	<ul style="list-style-type: none"> Physical: shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll Social: sharing, working safely Emotional: confidence, independence Thinking: observing and providing feedback, selecting and applying actions 	<ul style="list-style-type: none"> Physical: travel, copying and performing actions, using dynamics, pathway, expression and speed, balance, coordination Social: respect, consideration, sharing ideas, decision making with others Emotional: acceptance, confidence 	<ul style="list-style-type: none"> Physical: throwing and catching, kicking, dribbling with hands and feet, dodging, finding space Social: communication, respect, co-operation, kindness Emotional: empathy, integrity, independence, determination, perseverance Thinking: creativity, reflection, decision 	<ul style="list-style-type: none"> Physical: throwing, catching, racket skills, ready position, hitting a ball Social: support, co-operation, respect, communication Emotional: perseverance, honesty Thinking: decision making, reflection, comprehension, selecting and applying 	<ul style="list-style-type: none"> Physical: throwing and catching, tracking a ball, bowling, batting Social: communication, collaboration Emotional: honesty, acceptance, controlling emotions Thinking: select and apply, using tactics, decision making 	<ul style="list-style-type: none"> Physical: running at different speeds, jumping for distance, throwing for distance Social: working safely, collaborating with others Emotional: working independently, determination Thinking: observing and providing feedback,



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	<ul style="list-style-type: none">Thinking: selecting and applying, identifying strengths	exploring actions		<ul style="list-style-type: none">Thinking: selecting and applying actions, counting, observing and providing feedback, creating	making, comprehension			exploring ideas
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Year 3

Autumn 1		Autumn 2		Spring 1	Spring 2	Summer 1	Summer 2
Fundamental Skills	Ball Skills	Gymnastics	Dance	Swimming	Handball	Tennis	Athletics
<ul style="list-style-type: none"> Physical: balancing, running, hopping, jumping, dodging, skipping Social: supporting and encouraging others, respect, communication, taking turns Emotional: challenging myself, perseverance, honesty Thinking: selecting and applying skills, observing others and providing feedback, identifying 	<ul style="list-style-type: none"> Physical: tracking a ball, throwing, catching, dribbling Social: supporting others, co-operation, communication, managing games Emotional: perseverance, honesty, respect, challenging self Thinking: decision making, developing tactics, creativity 	<ul style="list-style-type: none"> Physical: individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics Social: collaboration, communication, respect Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving 	<ul style="list-style-type: none"> Physical: using canon, unison, formation, dynamics, pathways, direction, copying and performing actions, control, balance Social: sharing ideas, respect, inclusion of others, leadership, working safely Emotional: confidence, acceptance Thinking: selecting and applying actions, creating, observing and providing feedback 	<ul style="list-style-type: none"> Physical: submersion, floating, gliding, front crawl, backstroke, breaststroke, rotation, sculling, treading water, handstands, surface dives, H.E.L.P and huddle position Social: communication, supporting and encouraging others, keeping myself and others safe Emotional: confidence Thinking: comprehension 	<ul style="list-style-type: none"> Physical: ball control, throwing and catching, moving with the ball, dribbling, shooting Social: working safely, communication, respect Emotional: honesty and fair play, perseverance Thinking: planning strategies, observing and providing feedback 	<ul style="list-style-type: none"> Physical: forehand, backhand, throwing, catching, ready position Social: collaboration, respect, supporting others Emotional: honesty, perseverance Thinking: decision making, understanding rules, using tactics 	<ul style="list-style-type: none"> Physical: sprinting, jumping for distance, push and pull throwing for distance Social: working collaboratively, working safely Emotional: perseverance, determination Thinking: observing and providing feedback



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	strengths and areas for development				, planning tactics			
Year 4	OAA	Football	Gymnastics	Dance	Rounders	Tag Rugby	Athletics	Swimming
	<ul style="list-style-type: none"> Physical: balance, dodging, running Social: communication, teamwork, trust, inclusion, listening Emotional: confidence, resilience, determination, honesty, integrity Thinking: planning, map reading, decision making, tactics, problem solving 	<ul style="list-style-type: none"> Physical: dribbling, passing, ball control, tracking/jockeying, turning, receiving Social: communication, collaboration, cooperation Emotional: honesty, perseverance Thinking: selecting and applying tactics, 	<ul style="list-style-type: none"> Physical: individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand Social: responsibility, collaboration, communication, respect Emotional: confidence Thinking: observing and providing feedback, 	<ul style="list-style-type: none"> Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, balance, control, technique Social: collaboration, consideration, inclusion, respect Emotional: empathy, confidence Thinking: observing and providing feedback, 	<ul style="list-style-type: none"> Physical: underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting Social: collaboration and communication, respect, supporting and encouraging others Emotional: honesty and fair play, confident to take risks, managing emotions 	<ul style="list-style-type: none"> Physical: passing, catching, dodging, tagging, scoring Social: communication, collaboration, inclusion Emotional: honesty and fair play, perseverance, confidence Thinking: planning strategies and using tactics, observing and providing feedback 	<ul style="list-style-type: none"> Physical: pacing, sprinting technique, jumping for distance, throwing for distance Social: working collaboratively, working safely Emotional: perseverance, determination Thinking: observing and providing feedback, 	<ul style="list-style-type: none"> Physical: submersion, floating, gliding, front crawl, backstroke, breaststroke, rotation, sculling, treading water, handstands, surface dives, H.E.L.P and huddle position Social: communication, supporting and encouraging others, keeping



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	decision making	selecting and applying actions, evaluating and improving sequences	selecting and applying skills	<ul style="list-style-type: none"> Thinking: observing and providing feedback, using tactics, decision making 	exploring ideas	<ul style="list-style-type: none"> myself and others safe Emotional: confidence Thinking: comprehension, planning tactics 		
Year 5	Tennis	OAA	Gymnastics	Dance	Swimming	Football	Cricket	Athletics
	<ul style="list-style-type: none"> Physical: forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve Social: collaboration, communication, respect Emotional: honesty 	<ul style="list-style-type: none"> Physical: stamina, running Social: communication, teamwork, negotiation, empathy, inclusion, listening Emotional: confidence Thinking: planning, map reading, 	<ul style="list-style-type: none"> Physical: symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand Social: responsibility, collaboration, communication, respect 	<ul style="list-style-type: none"> Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions Social: collaboration, consideration and awareness of others, inclusion, 	<ul style="list-style-type: none"> Physical: rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, huddle and H.E.L.P. position Social: communication, supporting and encouraging others 	<ul style="list-style-type: none"> Physical: dribbling, passing, ball control, tracking / jockeying, turning, goalkeeping, receiving Social: communication, collaboration, cooperation, respect Emotional: honesty, perseverance 	<ul style="list-style-type: none"> Physical: underarm and overarm throwing, catching, over and underarm bowling, long and short barrier, batting Social: collaboration and communication, respect 	<ul style="list-style-type: none"> Physical: pacing, sprinting technique, relay changeovers, jumping for distance, push and pull throwing for distance Social: collaborating with others, supporting others



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Year 6	<ul style="list-style-type: none"> Thinking: decision making, selecting and applying tactics 	<p>decision making, problem solving</p>	<ul style="list-style-type: none"> Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving sequences 	<ul style="list-style-type: none"> Emotional: respect, leadership Emotional: empathy, confidence Thinking: creating, observing and providing feedback, using feedback to improve, selecting and applying skills 	<ul style="list-style-type: none"> Emotional: determination Thinking: creating, decision making, using tactics 	<ul style="list-style-type: none"> Thinking: selecting and applying tactics, decision making 	<ul style="list-style-type: none"> Emotional: honesty Thinking: observing and providing feedback, selecting and applying strategies 	<ul style="list-style-type: none"> Emotional: perseverance, determination Thinking: observing and providing feedback
	Basket ball	Fitness	Gymnastics	Dance	Volley Ball	Hockey	Athletics	Swimming
	<ul style="list-style-type: none"> Physical: throwing and catching, dribbling, intercepting, shooting Social: communication, collaboration Emotional: perseverance, honesty and fair play 	<ul style="list-style-type: none"> Physical: strength, speed, power, agility, coordination, balance, stamina Social: supporting and encouraging others, working 	<ul style="list-style-type: none"> Physical: straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, vault 	<ul style="list-style-type: none"> Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, emotion, transitions, matching & mirroring Social: sharing ideas, 	<ul style="list-style-type: none"> Physical: volley, set, dig, serve, ready position Social: communication, respect, supporting and encouraging others Emotional: confidence, perseverance, honesty 	<ul style="list-style-type: none"> Physical: dribbling, passing, receiving, tackling, creating and using space, shooting Social: communication, collaboration Emotional: perseverance, 	<ul style="list-style-type: none"> Physical: pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance Social: negotiating, collaborating 	<ul style="list-style-type: none"> Physical: rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, huddle and H.E.L.P. position



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	<ul style="list-style-type: none"> Thinking: planning strategies and using tactics, observing and providing feedback 	<ul style="list-style-type: none"> Emotional: perseverance, determination Thinking: analysing scores 	<ul style="list-style-type: none"> Social: responsibility, collaboration, communication, respect Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving sequences 	<ul style="list-style-type: none"> consideration of others, inclusion, respect, leadership, supporting others Emotional: empathy, confidence Thinking: observing & providing feedback, using feedback to improve, selecting & applying skills 	<ul style="list-style-type: none"> Thinking: using tactics, selecting and applying skills, identifying strengths and areas for development 	<ul style="list-style-type: none"> honesty and fair play Thinking: planning strategies and using tactics, observing and providing feedback, selecting and applying skills 	<ul style="list-style-type: none"> g with others Emotional: perseverance, determination Thinking: observing and providing feedback 	<ul style="list-style-type: none"> Social: communication, supporting and encouraging others Emotional: determination Thinking: creating, decision making, using tactics
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