

PE at Rolvenden Primary School

Foundation Stage – Progression of PE Skills		
Skill Based Activities		
Running	Balance	Co-Ordination and Strength
<ul style="list-style-type: none"> • running vs. walking • direction change • acceleration/jogging vs. sprinting • negotiate space 	<ul style="list-style-type: none"> • Move in control • Walk along a line 	<ul style="list-style-type: none"> • Control arms carefully • Move fluidly • Imitate using body
Jumping	Catching	Throwing
<ul style="list-style-type: none"> • Bend knees & vertical jump • Jumps off an object and lands appropriately 	<ul style="list-style-type: none"> • Targets ready • Eyes on object at <u>all</u> times • Beanbag • Big ball 	<ul style="list-style-type: none"> • Finger-guns • Throwing with control • Working with a partner.
Striking		
<ul style="list-style-type: none"> • Pushing, Kicking, Patting 		
Tactic Based Activities		
Rule Synthesis	Tactics / Appropriate Techniques	Assessing Performance
<i>Not Applicable at Foundation Stage</i>		
Practice		
<i>Not Applicable at Foundation Stage</i>		
Knowledge Based Activities / Diet and Hygiene		
Recognising how our body feels	Warm Up and Down (Safety)	Why exercise is good for us.
<ul style="list-style-type: none"> • Knowing when we are out of breath & why. 	N/A	<ul style="list-style-type: none"> • Know the importance for good health of physical exercise.
Nutrition and PE		
<ul style="list-style-type: none"> • Know the importance for good health of a healthy diet. 		
Vocabulary		
Running; Walking; Space; Target; Healthy; Exercise; Diet.		

Year One – Progression of PE Skills		
Before embarking on this progression of skills, children should be secure with all of the expectations of the Foundation Stage.		
Skill Based Activities		
Running	Balance	Co-Ordination and Strength
<ul style="list-style-type: none"> direction change acceleration/jogging vs. sprinting 	<ul style="list-style-type: none"> changing direction spin w/ head up 	<ul style="list-style-type: none"> Make shapes with body Sit up without using arms Hold press-up position
Jumping	Catching	Throwing
<ul style="list-style-type: none"> Hop on spot Jump forwards 	<ul style="list-style-type: none"> Targets ready Eyes on object at <u>all</u> times Beanbag Big ball 	<ul style="list-style-type: none"> Finger-guns Accurate under-arm throw
Striking		
<ul style="list-style-type: none"> Look at object at <u>all</u> times 		
Tactic Based Activities		
Rule Synthesis	Tactics / Appropriate Techniques	Assessing Performance
<i>Not Applicable at Year One</i>		
Practice		
<i>Not Applicable at Year One</i>		
Knowledge Based Activities / Diet and Hygiene		
Recognising how our body feels	Warm Up and Down (Safety)	Why exercise is good for us.
<ul style="list-style-type: none"> Understand why our muscles ache/go wobbly 	<ul style="list-style-type: none"> Be aware that we should always warm up & down 	<ul style="list-style-type: none"> Know that exercise is good for our minds.
Nutrition and PE		
<ul style="list-style-type: none"> Group different foods into healthy and unhealthy groups. 		
Vocabulary		
Jogging; Sprinting; Acceleration; Accuracy; Muscles		

Year Two – Progression of PE Skills		
Before embarking on this progression of skills, children should be secure with all of the expectations of the Foundation Stage and Year One.		
Skill Based Activities		
Running	Balance	Co-Ordination and Strength
<ul style="list-style-type: none"> Cross Country <ul style="list-style-type: none"> Chest Open Sprinting <ul style="list-style-type: none"> Lean Forwards 	<ul style="list-style-type: none"> Bend knees Stand on one leg 	<ul style="list-style-type: none"> Hold v-sit Hold superman
Jumping	Catching	Throwing
<ul style="list-style-type: none"> Jump further/higher by bending knees & pushing harder Controlled landing 	<ul style="list-style-type: none"> Tennis ball Netball 	<ul style="list-style-type: none"> Accurate over-arm throw (beans off the shelf)
Striking		
<ul style="list-style-type: none"> Make contact consistently 		
Tactic Based Activities		
Rule Synthesis	Tactics / Appropriate Techniques	Assessing Performance
<ul style="list-style-type: none"> 3 rules 	N/A	N/A
Practice		
<ul style="list-style-type: none"> Set realistic goals 		
Knowledge Based Activities / Diet and Hygiene		
Recognising how our body feels	Warm Up and Down (Safety)	Why exercise is good for us.
<ul style="list-style-type: none"> Know why things hurt & how to help them 	N/A	<ul style="list-style-type: none"> Know that it helps our health
Nutrition and PE		
<ul style="list-style-type: none"> To know which types of food are high in energy. To know that exercise burns energy. 		
Vocabulary		
Power; Realistic; Goals; Energy; Sugar; Carbohydrates		

Year Three – Progression of PE Skills		
Before embarking on this progression of skills, children should be secure with all of the expectations of Key Stage 1.		
Skill Based Activities		
Running	Balance	Co-Ordination and Strength
<ul style="list-style-type: none"> Cross Country <ul style="list-style-type: none"> Mid foot strike. Arms (Thumb to Lim, Thumb to Hip) Sprinting <ul style="list-style-type: none"> Balls of Feet Arms chopping and correlate to leg speed. 	<ul style="list-style-type: none"> Use arms to help w/ direction change Sidestep 	<ul style="list-style-type: none"> Do 5 press-ups
Jumping	Catching	Throwing
<ul style="list-style-type: none"> Run & jump 	<i>No new skills introduced in Y3.</i>	<ul style="list-style-type: none"> Running & throwing
Striking		
<ul style="list-style-type: none"> Follow-through for power 		
Tactic Based Activities		
Rule Synthesis	Tactics / Appropriate Techniques	Assessing Performance
<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Use appropriate skills/techniques 	N/A
Practice		
<ul style="list-style-type: none"> Create a 'steps-to-success' for challenging goals 		
Knowledge Based Activities / Diet and Hygiene		
Recognising how our body feels	Warm Up and Down (Safety)	Why exercise is good for us.
N/A	<ul style="list-style-type: none"> Understand why warming up & down are important 	N/A
Nutrition and PE		
<ul style="list-style-type: none"> Identify/compare the energy in different foods by looking at the packaging. 		
Vocabulary		
Sidestep; Follow-through; Warming-up; Cooling-down; Stretching		

Year Four – Progression of PE Skills		
Before embarking on this progression of skills, children should be secure with all of the expectations of Key Stage 1 and Year Three.		
Skill Based Activities		
Running	Balance	Co-Ordination and Strength
No new skills introduced in Y4.	No new skills introduced in Y4.	No new skills introduced in Y4.
Jumping	Catching	Throwing
No new skills introduced in Y4.	No new skills introduced in Y4.	<ul style="list-style-type: none"> Jumping and throwing
Striking		
<ul style="list-style-type: none"> Start to direct using body orientation & follow-through 		
Tactic Based Activities		
Rule Synthesis	Tactics / Appropriate Techniques	Assessing Performance
<ul style="list-style-type: none"> 5 rules 	<ul style="list-style-type: none"> Develop a tactic/adopt a tactic (eg. Pass to space/man-mark) 	N/A
Practice		
<ul style="list-style-type: none"> Create a 'steps-to-success' for challenging goals 		
Knowledge Based Activities / Diet and Hygiene		
Recognising how our body feels	Warm Up and Down (Safety)	Why exercise is good for us.
N/A	<ul style="list-style-type: none"> Importance of sleep for a healthy body 	<ul style="list-style-type: none"> How it helps our health
Nutrition and PE		
<ul style="list-style-type: none"> Energy requires correct food and a balanced diet. Learn the difference between slow-energy and fast-energy foods. 		
Vocabulary		
Tactic; Calories; Slow-energy; Fast-energy		

Year Five – Progression of PE Skills		
Before embarking on this progression of skills, children should be secure with all of the expectations of Key Stage 1 and Year Three.		
Skill Based Activities		
Running	Balance	Co-Ordination and Strength
<i>No new skills introduced in Y5.</i>	<i>No new skills introduced in Y5.</i>	<i>No new skills introduced in Y5.</i>
Jumping	Catching	Throwing
<i>No new skills introduced in Y5.</i>	<i>No new skills introduced in Y5.</i>	<i>No new skills introduced in Y5.</i>
Striking		
<ul style="list-style-type: none"> Change power for distance/accuracy 		
Tactic Based Activities		
Rule Synthesis	Tactics / Appropriate Techniques	Assessing Performance
N/A	<ul style="list-style-type: none"> Adjust tactics 	Analyse own performance(1+ve,1-ve) Analyse others' performance(1+ve,1-ve) Identify key practises (why did they win?) How could you/they improve next time?
Practice		
<ul style="list-style-type: none"> Understand why practising is important Identify an area of your play which needs improving 		
Knowledge Based Activities / Diet and Hygiene		
Recognising how our body feels	Warm Up and Down (Safety)	Why exercise is good for us.
<ul style="list-style-type: none"> Value of sleep for our health and possible side effects from lack of sleep/what can cause it. 	N/A	<ul style="list-style-type: none"> Importance of exercise on sleeping patterns.
Nutrition and PE		
<ul style="list-style-type: none"> To know the role of the main food groups in the body. 		
Vocabulary		
Analyse; Identify; Salt; Protein; Fat		

Year Six – Progression of PE Skills		
Before embarking on this progression of skills, children should be secure with all of the expectations of Key Stage 1 and Year Three.		
Skill Based Activities		
Running	Balance	Co-Ordination and Strength
<i>No new skills introduced in Y6.</i>	<i>No new skills introduced in Y6.</i>	<i>No new skills introduced in Y6.</i>
Jumping	Catching	Throwing
<i>No new skills introduced in Y6.</i>	<i>No new skills introduced in Y6.</i>	<i>No new skills introduced in Y6.</i>
Striking		
<ul style="list-style-type: none"> Drop-kick/half-volley 		
Tactic Based Activities		
Rule Synthesis	Tactics / Appropriate Techniques	Assessing Performance
<ul style="list-style-type: none"> 2 teams, 3 rules 	<ul style="list-style-type: none"> Identify other team's tactic Adapt to overcome opposition's tactic 	<ul style="list-style-type: none"> Understand how confidence affects performance
Practice		
<ul style="list-style-type: none"> Develop a practice to solve this 		
Knowledge Based Activities / Diet and Hygiene		
Recognising how our body feels	Warm Up and Down (Safety)	Why exercise is good for us.
N/A	N/A	<ul style="list-style-type: none"> Understand how & why exercise helps our wellbeing (mental health) – link to endorphins. Know that 'being healthy' refers to a healthy body and mind together To understand levels of confidence and the effect of confidence on life
Nutrition and PE		
<ul style="list-style-type: none"> Understand the long-term effects obesity has on the body. Explain the effect high cholesterol has on the body and the possible dangers this may cause. 		
Vocabulary		
Adapt; Confidence; Wellbeing; Obesity; Cholesterol		