Nunnery Wood Primary School – PE Progression of Skills

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| EARLY LEARNING GOALS |
| • 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. |
| KEY STAGE ONE |
| Pupils should be taught: Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.  |
| KEY STAGE TWO |
| Pupils should be taught: Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.  |

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|  **Knowledge and Skills** |
|  | **EYFS** |
|  | • Revise and refine the fundamental movement skills they have  already acquired: - rolling - running - crawling - hopping - walking - skipping - jumping - climbing • Progress towards a more fluent style of moving, with developing control and grace. • Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming. • Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. • Combine different movements with ease and fluency. • Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. • Develop overall body strength, balance, coordination and agility.  • Know and talk about the different factors that support overall  health and wellbeing: - regular physical activity |
|  | **KS1** |
| Dance (1 3)Gymnastics (1)Athletics (1)Team Games (1 2)Multi-skills (1 2) | 1 master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 2 participate in team games, developing simple tactics for attacking and defending.3perform dances using simple movement patterns.  |
|  |  **KS** |
| Dance & Gymnastics (1 3 4 6)Athletics (1 3 6)OAA (5)Orienteering (5)Outdoor Pursuits (5)Hockey (1 2) Football (1 2) Tennis(1 2)Cricket (1 2)Tag rugby (1 2) Pop Lacrosse (1 2) Swimming (6 7)Tri-golf (1 2)Netball (1 2)Rounders (1 2)Dodgeball (1 2) | 1 use running, jumping, throwing and catching in isolation and in combination 2 play competitive games, modified where appropriate [for example, pop lacrosse, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending 3 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 4 perform dances using a range of movement patterns 5 take part in outdoor and adventurous activity challenges both individually and within a team 6 compare their performances with previous ones and demonstrate improvement to achieve their personal best. **7 Swimming and water safety** All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:  swim competently, confidently and proficiently over a distance of at least 25 metres  use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]  perform safe self-rescue in different water-based situations. |