



Mugginton CE PE Skills Progression September 2021



		Y1	Y2	Y3	Y4	Y5	Y6
		Building understanding		Expand understanding		Refine and manipulate	
NC Aims		Develop competence to excel in a broad range of physical activities & are physically active for sustained periods of time Engage in competitive sports and activities & lead healthy, active lives.					
Gymnastics & Dance	Know	<p>Recognise and describe how the body feels before, during and after different areas of gymnastics.</p> <p>Understand key gymnastic terminology.</p> <p>Explain what they need to stay healthy and how activities can help with this.</p> <p><i>Recognise and describe how the body feels before, during and after different areas of dance.</i></p> <p><i>Begin to understand how music can help us dance in different styles and speed.</i></p>	<p>Recognise and describe the effects on the body before, during and after physical exercise. Describe how this effects performance within gymnastics.</p> <p>Explain key gymnastic terminology.</p> <p>Explain the importance of warming up and cooling down within gymnastics.</p> <p><i>Recognise and describe the effects on the body before, during and after physical exercise. Describe how this effects performance within dance.</i></p> <p><i>Be able to explain the key choreographic terms used in dance (unison and canon).</i></p>	<p>Carry out warm-ups and cool-downs safely and effectively as part of a group and individually.</p> <p>Understand why exercise is good for health, fitness and performance.</p> <p>Use knowledge built up to describe key gymnastic vocabulary in detail.</p> <p>Understand the importance of warming up and cooling down.</p> <p><i>Carry out warm-ups and cool-downs safely and effectively as part of a group and individually using various dance techniques.</i></p> <p><i>Be able to explain the key choreographic terms used in dance (unison and canon) in detail using examples.</i></p>			
	Skill	<p>Develop ABCs through a variety of movements.</p> <p>Skills covered include:</p> <ul style="list-style-type: none"> ● Jumps (pencil, tuck and star), ● Rolls (pencil, egg, rock and roll and teddy bear), ● Balances (point and patch), ● Travels (animal-based movements developing ABCs) <p>and performing a variety of simplistic shapes on the ground and in the air.</p> <p><i>Copy and repeat actions.</i></p> <p><i>Change the speed and level of their actions.</i></p> <p><i>Use simple choreographic devices such as unison, canon and mirroring.</i></p>	<p>Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p>Skills covered include:</p> <ul style="list-style-type: none"> ● Jumps (straddle, pike and half turn), ● Rolls (crouched forward roll, side roll and crouched backward roll), ● Balances (mirroring and matching partner, group and apparatus balances), ● Travels (animal-based movements individually, in pairs and groups) <p>and performing a variety of shapes on the ground and in the air.</p> <p><i>Identify and repeat the movement patterns and actions of a chosen dance style.</i></p> <p><i>Build upon previous knowledge in order to react and improvise to various genres of music.</i></p> <p><i>Use unison, canon and mirroring as part of a dance.</i></p>	<p>Create their own sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping and rolling.</p> <p>Skills covered include:</p> <ul style="list-style-type: none"> ● Jumps (full turn with shape, paired jumps), ● Rolls (forward roll from standing, forward roll to standing and backward roll), ● Balances (supported balances in pairs and groups, counter balances and complex 1, 2, 3 and 4+ point balances), ● Travels (link actions using a full range of movement that showcases different gymnastic elements performed in time to music) <p>and performing a variety of complex shapes.</p> <p><i>Repeat actions to a created dance individually, as a pair or a group.</i></p> <p><i>Move appropriately and with the required style in relation to the music, e.g. using various levels, ways of travelling showing change of pace and timing according to the music provided.</i></p> <p><i>Perform a dance using different dance techniques showing timing, fluency, control and consistency.</i></p>			

Invasion Games	Know	<p>Follow simple rules to play games, including team and invasion games.</p> <p>Understand the importance of rules within games and why they are used.</p>	<p>Follow and understand the rules of each invasion game played and able to help others understand the rules.</p> <p>Able to correctly apply the rules to the game played.</p> <p>Use tactics in order to find space and use teamwork to improve success rate.</p>	<p>Take part in invasion games with a strong understanding of the rules of each game.</p> <p>Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Use effective tactics to improve success rate in invasion games.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p> <p>Evaluate their own and others' work, suggesting improvements that could be made within different aspects of the invasion game being played.</p>
	Skill	<p>Begin to use the terms attacking and defending.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Use simple attacking skills such as passing and moving and finding good spaces to aid an attack.</p> <p>Skills covered include:</p> <ul style="list-style-type: none"> ● Throwing and catching skills showing improved control and accuracy ● Using different passing techniques ● Travelling in different ways ● Finding good spaces 	<p>Use and apply various attacking and defending principles.</p> <p>Use and apply good defensive skills working within a team environment.</p> <p>Use and apply good offensive skills working within a team environment.</p> <p>Use communication within an invasion game environment.</p> <p>Skills covered include:</p> <ul style="list-style-type: none"> ● Using and applying different throwing and catching skills showing greater control and accuracy ● Travelling in different ways to effect the game in a positive way ● Finding effective spaces ● Improving awareness during invasion games ● Improving reactions during invasion games 	<p>Use and apply more advanced attacking and defending principles.</p> <p>Choose the most effective tactics against different teams in order to improve defensive skills as a team.</p> <p>Choose the most effective tactics against different teams in order to improve attacking skills as a team.</p> <p>Communicate plans and tactics effectively before and during a game.</p> <p>Skills covered include:</p> <ul style="list-style-type: none"> ● Perform and apply a variety of throwing and catching skills and techniques confidently, consistently and with accuracy ● Travelling in different ways applying speed and change of direction to effect the game and build attacks ● Directing others to use effective spaces within an invasion game ● Showing effective awareness during invasion games ● Showing effective reactions during invasion games

Net, Striking & Fielding inc. Throwing and catching	Know	<p>Follow simple rules to play games, including tennis, cricket, rounders, etc.</p> <p>Understand the importance of rules within games and why they are used.</p>	<p>Follow and understand the rules of each game played and able to help others understand the rules.</p> <p>Able to correctly apply the rules to the game played.</p> <p>Use teamwork in order to improve success rate in getting people out.</p>	<p>Take part in games with a strong understanding of the rules of each game.</p> <p>Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Use effective tactics to improve success rate within the games.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p> <p>Evaluate their own and others' work, suggesting improvements that could be made within different aspects of the game being played.</p>
	Skill	<p>Practice basic striking skills.</p> <ul style="list-style-type: none"> ● Hand eye coordination ● Hitting into a space ● Making good contact with the ball ● Showing improved control of the shot ● Hitting to a partner <p>Practice basic fielding skills.</p> <ul style="list-style-type: none"> ● Hand eye coordination ● Throw the equipment in different ways, showing improvement in accuracy and distance. ● Throw to a target ● Show basic catching technique <p>Practice net game skills.</p> <ul style="list-style-type: none"> ● Hit with control using hand eye coordination ● Hit over a net ● Use the right grip on the racket ● Keep control of the ball 	<p>Demonstrate various striking shots.</p> <p>Use and apply good fielding skills working within a team environment.</p> <p>Use communication within a striking and fielding environment.</p> <p>Perform learnt skills and techniques with control and confidence</p> <p>Skills covered include:</p> <ul style="list-style-type: none"> ● Using and applying different throwing and catching skills showing greater control and accuracy ● Using effective shots in order to increase success rate ● Improving awareness during striking and fielding games ● Improving reactions during striking and fielding games ● Rally with a partner and maintain control (net) ● Hit a ball while on the move and stationary (net) 	<p>Use and apply more advanced striking shots.</p> <p>Consistently perform and apply skills and techniques with accuracy and control when striking and fielding.</p> <p>Use clear and effective communication within a striking and fielding environment.</p> <p>Skills covered include:</p> <ul style="list-style-type: none"> ● Work as a team to develop fielding strategies to prevent the opposition from scoring ● Throw and catch accurately and successfully when under pressure in a game situation. ● Showing effective awareness during striking and fielding games ● Showing effective reactions during striking and fielding games ● Practice different strokes when hitting a tennis ball (net) ● Make decisions on what shot to play based on factors within the game environment (net) ● Able to hit shots with various amounts of power

Athletics	Know	<p>Understand how fitness helps with athletics.</p> <p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Understand where power comes from when doing an athletics activity.</p> <p>Name the 3 main areas of athletics and list some events within each category.</p> <p>Running - Sprint, short distance, long distance, relay.</p> <p>Jumping - Standing jump, long jump, triple jump.</p> <p>Throwing - Javelin, shot put</p>	<p>Understand what effects exercise has on the body.</p> <p>Recognise and describe how strength and flexibility are key areas within the sport of athletics.</p> <p>Understand and describe where power comes from when doing an athletics activity.</p> <p>Describe the 3 main areas of athletics, name some events within each category with demonstrations of technique used.</p> <p>Running - Sprint, short distance, long distance, hurdles, relay.</p> <p>Jumping - Standing jump, long jump, triple jump.</p> <p>Throwing - Javelin, shot put</p>	<p>Understand why exercise is good for the body and explain some safety reasons as to why a warm up is needed, especially in a sport with the variety of athletics.</p> <p>Understand, describe and demonstrate where power comes from when doing an athletics activity.</p> <p>Recognise and describe in detail how strength and flexibility are key areas within the sport of athletics.</p> <p>Describe the 3 main areas of athletics, name the events within each category with demonstrations of technique used for each one.</p> <p>Running - Sprint, short distance, long distance, hurdles, relay.</p> <p>Jumping - Standing jump, long jump, triple jump.</p> <p>Throwing - Javelin, shot put, hammer throw</p>
	Skill	<p>Running</p> <ul style="list-style-type: none"> ● Vary their pace and speed when running ● Sprint using correct technique ● Start to understand what endurance is and how to keep a steady pace <p>Jumping</p> <ul style="list-style-type: none"> ● Perform different types of jumps: for example, two feet to two feet (standing jump), two feet to one foot, one foot to same or opposite foot ● Land safely and with control ● Use arms and legs to improve jump <p>Throwing</p> <ul style="list-style-type: none"> ● Throw different types of equipment using the correct technique ● Understand where the power comes from when throwing ● Investigate the best technique to achieve greater distance on the throw 	<p>Running</p> <ul style="list-style-type: none"> ● Understand the importance of adjusting running pace to suit the distance being run ● Sprint focusing on use of arms and legs to generate speed ● Be able to control speed and maintain it during longer distances <p>Jumping</p> <ul style="list-style-type: none"> ● Learn how to combine a hop, step and jump to perform the standing triple jump. ● Land safely and with control showing correct landing position ● Understand how to link arm and leg movement to improve jump <p>Throwing</p> <ul style="list-style-type: none"> ● Continue to develop techniques to throw for increased distance ● Measure the distance thrown accurately ● Use knowledge on power to increase distance 	<p>Running</p> <ul style="list-style-type: none"> ● Confidently and independently select the most appropriate pace for different distances and different parts of the run ● Practise an effective sprinting technique, including reaction time, in order to improve success over short distances ● Select a suitable pace for a long distance run based on stamina and fitness <p>Jumping</p> <ul style="list-style-type: none"> ● Maintain control and improve at each of the different stages of the triple jump ● Land safely and with control with developed flight and landing position ● Describe and demonstrate how to improve a jump to a partner ● Be able to measure a jump accurately <p>Throwing</p> <ul style="list-style-type: none"> ● Develop and refine techniques to throw for distance and accuracy ● Measure, record and improve on distance thrown ● Use knowledge on power to refine technique to increase distance
Vocabulary				