Area: ***Games***

**North Duffield Community Primary School**

**Progression of Skills**

**Physical Education**

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|  | EYFS | Year One | Year Two |
| **Ball Skills Hands 1** | * Explore pushing
* Explore rolling
* Explore bouncing
* Explore bouncing into space
* Combine pushing and rolling
* Combine rolling, pushing and bouncing
 | * Introduce sending (bouncing) with control
* Introduce aiming with accuracy Introduce power and speed when sending a ball
* Introduce/develop stopping, combining sending skills Combine sending and receiving skills
 | * Develop dribbling/passing and receiving
* Combine dribbling, passing and receiving, keeping possession
* Develop dribbling/passing and receiving to score a point
* Combine dribbling, passing and receiving to score a point
 |
| **Ball Skills Hands 2** | * Explore throwing overarm
* Explore throwing underarm
* Explore rolling Explore stopping a ball Explore catching
 | * Introduce throwing with accuracy
* Apply throwing with accuracy in a team
* Introduce stopping a ball Develop sending (rolling) skills to score a point
* Consolidate sending and stopping to win a game
 | * Consolidate pupils application and understanding of underarm throwing
* Applying the underarm and overarm throw to win a game
* Applying the underarm throw to beat an opponent
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| **Games For Understanding** | * Taking turns/keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring Applying attacking and defending into a game
 | * Understanding the principles of attack/defence
* Applying attacking/ defending principles into a game
* Consolidate attacking/defending
 | * Attacking/defending as a team
* Understanding the transition between defence and attack
* Create and apply attacking/ defensive tactics
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| **Ball Skills Feet** | * Explore moving with a ball using our feet
* Develop moving with a ball using our feet
* Understand dribbling
* Develop dribbling against an opponent
 | * Develop moving the ball using the feet
* Apply dribbling into games Consolidate dribbling Explore kicking (passing)
* Apply kicking (passing) to score a point
 | * Develop dribbling/passing/ receiving, keeping possession
* Combine dribbling, passing and receiving, keeping possession/to score a point
* Apply dribbling, passing and receiving as a team to score a point
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Area: ***Gymnastics***

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|  | EYFS | Year One | Year Two |
|  | **High, Low, Over,** * Under Introduction to high, low, over and under
* Introduction to the apparatus
* Applying high and low on apparatus
 | **Wide, Narrow, Curled** * Introduction to wide, narrow and curled
* Exploring the difference between wide, narrow and curled
* Transitioning between wide, narrow and curled movements
* Linking two movements together
 | **Linking** * Developing linking
* Linking on apparatus Jump, roll, balance sequences/on apparatus
* Creation of sequences
* Completion of sequences and performance
 |
|  | **Moving** * Explore moving and making shapes using different body parts
* Explore moving in different directions
* Explore big and small ways of moving and making shapes
* Moving in pairs Creating shapes in pairs
 | **Body Parts** * Introduction to big/small body parts
* Combining big and small with wide, narrow and curled
* Transition between wide narrow and curled using big and small body parts
* Adding (linking) movements together
 | **Pathways** * Explore/develop zig-zag pathways/on apparatus
* Explore/develop curved pathways/ on apparatus
* Creation of pathway sequences
* Completion of pathways sequences and performance
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Area: ***Dance***

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|  | EYFS | Year One | Year Two |
|  | **Nursery Rhymes** * Moving in sequence
* Creating our own movements
* Creating simple movement sequences
* Responding in movement to words and music
* Exploring contrasting tempos
* Exploring character movements
 | **The Zoo** * Exploring expression
* Developing our movements, adding movements together
* Responding to a rhythm:
* Introducing partner work
* Creating an animal sequence motifs
* Exploring relationships within our motifs
 | **Exploring** * Responding to stimuli
* Developing our motif with expression and emotion
* Applying choreography in our motifs
* Extending our motifs Sequences, relationships and performance
 |
|  | **Ourselves** * Moving in sequence
* Responding in movement to words and music
* Moving with props and contrasting tempos
* Creating their own movements
* Exploring opposites and creating simple movement sequences
 | **Growing** * Responding to rhythm
* Developing the growing plant 'dance’
* Introduction to motifs Creating motifs
* Creating movement sequences
* Relationships and performance
 | **Water** * Responding to stimuli
* Developing whole group movement
* Improvisation and physical descriptions
* Creating contrasting movement sequences
* Sequences, relationships and performance
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Area: ***Athletics***

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|  | EYFS | Year One | Year Two |
| **Locomotion:** |  **Walking Explore/develop walking** * Explore walking in different pathways Sustain walking
* Explore marching Apply walking into a game
 | **Running** * Explore running
* Apply running into a game
* Explore running at different speeds
* Running for speed: Acceleration
* Explore running in a team
* Consolidate running, apply running into a competitive game
 | **Dodging** * Explore dodging
* Develop dodging
* Apply dodging: Explore attacking and defending
* Apply dodging in teams
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| **Health and Wellbeing** |  | * Introduce and explore agility
* Introduce and explore balance
* Introduce and explore coordination:
* Bouncing, rolling and throwing
 | * Consolidate agility
* Consolidate balancing:
* Explore balancing on apparatus
* Introduce and explore coordination:
* Dribbling and kicking
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Area: ***OAA***

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|  | EYFS | Year One | Year Two |
| Team Building |  | * Introducing teamwork
* Develop teamwork
* Building trust and developing communication
* Cooperation and communication
* Explore simple strategies
* Problem solving: Consolidate teamwork
 | * Introducing teamwork
* Develop teamwork
* Building trust and developing communication
* Cooperation and communication
* Explore simple strategies
* Problem solving: Consolidate teamwork
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