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 |
| **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 |
| **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 |

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 |

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 |

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 |
| **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 |

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 |