**Charing CEP School**

**Living and learning with faith, friendship and fun**

Charing School is an inclusive family, proud of our faith in God and our friendship with our community. We develop respect, aspiration, curiosity, tolerance and determination. We are a creative, compassionate and confident team.



Progression of Skills Document

**Progression of Skills in Physical Education**

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| **Skills** | **Year R** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Games** **(Invasion Games, Strike/Field Games and Net/Wall Games.)** | Physical Development: Moving and Handling/ Health and Self- care  | - Move freely using suitable spaces and speed. - Know equipment needs to be used safely.- Demonstrate increasing control over objects. - Move confidently. - Use safety measures without direct supervision.- Demonstrate good control and co-ordination in large and small movement. - Move freely in a variety of different ways. - Show a dominant hand.- Make anticlockwise movement.  - Stand on one foot. - Catch a ball. - Experiment moving in different ways on equipment and jump landing safely. - Manage own risk assessment. - Help to put away equipment correctly- Participate in Sports day and physical activities that are included within this using a variety of equipment, taking turns and celebrating other’s successes.- Write some letters and copy their name.- Understand the need for varied and healthy food.- Use scissors and other tools safely. - Draw lines and circles. Hold a pen correctly. - Understand their own needs hunger/toilet/personal hygiene. -Dress with support. - Use tools to change to materials.   | - I can throw underarm - I hit a ball with a bat. - I move and stop safely. - I throw and catch with both hands. - I throw and kick in different ways.  | - I use hitting, kicking, and/or rolling in a game. - I decide the best space to be in during a game. - I use a tactic in a game. - I follow rules.  | - I throw and catch with control. - I am aware of space and use it to support team-mates and to cause problems for the opposition. - I know and use rules fairly.  | - I catch with one hand. - I throw and catch accurately. - I hit a ball accurately with control. - I keep possession of the ball. - I vary tactics and adapt skills depending on what is happening in a game.  | - I gain possession by working a team.- I pass in different ways. - I use forehand and backhand with a racket. - I can field. - I choose a tactic for defending and attacking. - I choose a tactic for defending and attacking. - I use a number of techniques to pass, dribble and shoot.  | - I play to agreed rules. - I explain rules to others. - I can umpire. - I make a team and communicate a plan. - I lead others in a team situation.  |
| **Gymnastics**  | - I can make my body curled, tense, stretched and relaxed. - I control my body when travelling and balancing. - I copy sequences and repeat them. I roll, curl, travel and balance in different ways.  | - I plan and perform a sequence of movements. - I improve my sequence based on feedback. - I think of more than one way to create a sequence which follows some ‘rules.’- I work on my own and with a partner.   | - I adapt sequences to suit different types of apparatus and criteria. - I explain how strength and suppleness affect performances. - I compare and contrast gymnastic sequences.  | - I work in a controlled way. - I include change of speed and direction.- I include a range of shapes. - I work with a partner to create, repeat and improve a sequence with at least three phases.  | - I make complex extended sequences.- I combine action, balance and shape. - I perform consistently to different audiences.  | - I combine my own work with that of others. - I choose my own music and style.  |
| **Dance**  | - I move to music. - I copy dance moves. - I perform my own dance moves. - I make up a short dance. - I move safely in a space.  | - I change my rhythm, speed, level and direction in my dance. - I dance with control and coordination. - I make a sequence by linking sections together. - I use dance to show a mood or feeling.  | - I improvise freely and translate ideas from a stimulus into movement. - I share and create phrases with a partner and small group. - I repeat, remember and perform phrases.  | - I take the lead when working with a partner or group. - I use dance to communicate and idea.  | - I compose my own dances in a creative way. - I perform to an accompaniment. - My dance shows clarity, fluency, accuracy and consistency.  | - I develop sequences in a specific style. - I choose my own music and style.  |
| **Athletics** | - Participate in Sports day and physical activities that are included within this using a variety of equipment, taking turns and celebrating other’s successes. | - Participate in Sports day and physical activities that are included within this using a variety of equipment, taking turns and celebrating other’s successes. | - I run at fast, medium and slow speeds: changing speed and direction. - I take part in a relay, remembering when to run and what to do.  | - I run over a long distance. - I sprint over a short distance. - I throw in different ways. - I hit a target. - I jump in different ways.  | - I am controlled when taking off and landing. - I throw with accuracy. - I combine running and jumping.  | - I demonstrate stamina.  |