

Progression in key skills.



Hurst Hill Primary School

Progression through the Hurst Hill Primary School PE curriculum 2021- 2022.

gymnastics

Progression in key skills.

<u>Year group</u>	<u>Key skills taught</u>
EYFS	Shapes, balances, jumps, rocking, rolling, travelling
Year 1	Travelling, shapes, balances, shape jumps, take-off and landing, barrel roll, straight roll, introduction to a forwards roll.
Year 2	Shapes, balances, shape jumps, travelling movements, take-off and landing, straight roll, forwards roll.
Year 3	Individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics using a hoop.
Year 4	Individual and partner balances, jumps using rotation, straight roll, forward roll, straddle roll, bridge, shoulder stand.
Year 5	Symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand, handstand.
Year 6	Straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, and vault.

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Net and wall games:

<u>Year group</u>	<u>Key skills taught</u>
EYFS	Ball skills – rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet and kicking a ball.
Year 1	Rolling, kicking throwing, catching, bouncing and dribbling.
Year 2	Throwing, catching, racket skills, ready position and hitting a ball.
Year 3	Ready position, forehand, backhand, rallying, throwing and catching.
Year 4	Passing, dribbling, receiving, attacking, defending, intercepting and tackling.
Year 5	Forehand volley, backhand volley, underarm serve, dribbling and passing.
Year 6	Forehand volley, backhand volley, underarm serve, dribbling, passing, creating and using space and shooting.

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Invasion games:

<u>Year group</u>	<u>Key skills taught</u>
EYFS	Running, balancing, changing direction, scoring, tagging, striking a ball, throwing.
Year 1	Beginning to dribble a ball with hands/feet, know who is on your team, send and receive a ball, stay with another play to defend, dodge, help to score and find a clear space.
Year 2	Sometimes dribble a ball with hands/feet, attempt to send the ball to my team, move with the ball towards the goal, dodge and find space during a game, prevent another player getting the ball, know how to score points and remember the score.
Year 3	Dribble, pass, receive and shoot the ball with some control, understand rules of the game and use them, help my team to keep possession, delay and prevent the opposition scoring goals, use simple tactics and identify what was successful in the game and why.
Year 4	Dribble, pass, receive and shoot the ball with increasing control, understand and use the rules of the game, help my team to keep possession, delay and prevent the opposition scoring goals, use tactics to win and identify when I was successful and what I need to do to improve.
Year 5	Dribble, pass, receive and shoot the ball with increasing control, understand and use the rules of the game, help my team to keep possession, understand that there are different skills for different situations and begin to use them, move into space to help the team, lead a partner through a short warm up.
Year 6	Dribble, pass, receive and shoot the ball with increasing control, understand and use the rules of the game, help my team to keep possession, understand that there are different skills for different situations and use them appropriately, use a variety of tactics, creating space for the team, different movements to lose a defender, lead a small group through a warm up, use marking, tackling and/or interception to improve defence.

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Dance:

<u>Year group</u>	<u>Key skills taught</u>
EYFS	Travel, action, shape, space, perform, level, copy, counts, direction.
Year 1	Travel, action, shape, space, perform, level, copy, counts.
Year 2	Travel, action, shape, space, perform, level, copy, counts, dynamics, expressions, speed, pathway, direction.
Year 3	Canon, unison, formations, phrase, motif, stimulus, dynamics, pathways, direction.
Year 4	Stimulus, dynamics, formations, canon, unison, space, character, motif, phrase, structure, form.
Year 5	Stimulus, dynamics, formations, canon, unison, emotion, space, character, motif, phrase, matching, mirroring, transitions.
Year 6	Stimulus, dynamics, formations, canon, unison, emotion, space, character, motif, phrase, structure, form.

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Athletics:

<u>Year group</u>	<u>Key skills taught</u>
EYFS	Hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running.
Year 1	Running at varying speed, agility, balance, running over obstacles, jumping, hopping and leaping for distance, jumping combinations, throwing for distance, throwing for accuracy.
Year 2	Running at different speeds, running over obstacles, agility and coordination, jumping for distance, jumping for height, throwing for distance, throwing for accuracy.
Year 3	Sprinting, running over obstacles, jumping for distance, jumping for height, push throwing for distance, pull throwing for distance.
Year 4	Pacing, sprinting, jumping for distance, jumping for height, throw, heave, launch for distance.
Year 5	Pacing, sprinting, relay changeovers, jumping for distance, jumping for height, push throwing for distance, pull throwing for distance.
Year 6	Pacing, sprinting, jumping for distance, jumping for height, push throwing for distance, fling throwing for distance.