

Guardian Angels' RCPS
PE Progression of Procedural Skills

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
SPEED, AGILITY, QUICKNESS (SAQs) / AGILITY, BALANCE, CO-ORDINATION (ABCs)							
Fundamental Movements / Understanding Space							
Begin to negotiate space and obstacles safely. Begin to move at different speeds safely. Working co-operatively and safely. Begin to improve own goals to improve speed, agility, balance, co-ordination, strength.	Negotiate space and obstacles safely. Move at different speeds in space safely. Move using different body parts. Demonstrate strength, balance, coordination. Work with others. Improve own goals for physical fitness.	Begin to use balls of feet to travel through equipment. Look forward. Use good body mechanics (change of direction/not stopping) with and without equipment. Agility, balance & coordination through basic ladder drills, moving at different speeds. Improved spatial awareness.	Use balls on feet to travel through equipment, able to change direction and balance. Complete ladder drills without slowing. Improved spatial awareness. Apply running technique in travel.	Show good body mechanics when travelling through equipment. Change direction at speed (bend of knee) and with good balance. Show own ideas travelling through ladders. Pass and receive with control and communication. Learn dodge technique.	Select correct body parts to travel on. Recognise space. Time runs-refine and improve flow/change of direction. Move in to positions to attack and defend-understand timings and triggers. Travel with awareness of others when at speed. Demonstrate body control and co-ordination.	Increase foot speed-hurdles and ladders. Change of direction at speed over increased distance-strength, stamina, power. Develop good body mechanism; balance, linking to sports. Use space when facing opponents (open the court). Apply dodging skills maintaining control and balance.	Refine foot speed-hurdles and ladders. Land on balls of feet to change direction. Increase explosive speed over short distance. Balance and body mechanics control. Apply skills to off balance defenders. Adapt and react when attacking. Use controlling dribbling. Demonstrate fast reactions when travelling at speed.

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NETBALL

		Know types of pass; chest, bounce, roll. Can aim and throw a ball accurately. Understand scoring. Apply types of movement – attack and defend. Play in modified games with simple rules.	Control ball whilst moving (footwork and pivot.) Throw and catch with control, at different speeds. Know court position zones (high fives positions) and understand game rotation order. Begin to understand basic rules (held ball, replay footwork, distance.) Try to win games with tactics and strategies.	Improve successful passes with control (overhead). Revise shooting technique. Defend by moving in front to intercept. Play team games with rules, rotations and penalties. Discuss and use tactics to improve.	Send a ball with increased accuracy and appropriate pace. Find and use space to keep possession. Understand side line throw in / backline pass formations. Find ways to help attack. Use tactics in matches.	Defend against an attacking player to keep possession. Find ways to help attack/drive. Work as a team-flow of movement of ball through court.	Take a standing shot (footwork). Pass the ball in a variety of ways with confidence and control. Move with purpose to attack and defend-choose when to mark a player and when to cover space. Play in mini tournament.
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TENNIS (TABLE TENNIS AND BADMINTON)

		Table Tennis; Hit a forehand, backhand, simple serve. Play simple games using hand/eye coordination for accuracy. Scores points against opposition over a line/net. Identify space in which a ball could be hit in order to win	Tables Tennis; Serve and return a serve (forehand/backhand). Learn the term 'rally' and how to keep a rally going. Play games. Develop fundamental movements and use them when following and return and ball. Tennis; Grip a racquet correctly.	Short tennis with soft balls- aim for a target. Hit a backhand at a target in tennis and table tennis. Hit a volley. Hit a serve (experimenting with overhand, underarm) Play in a rally / continuous game using throwing and catching or some simple hitting. Move	Transferring Skills Badminton; Hold and use a badminton racquet. Complete a badminton backhand. Learn how to score points in badminton. Table Tennis; Revise techniques, play small games and learn how score points. Able	Tennis; With a tennis ball, complete- Forehand and backhand, volley, serve, lob. Apply skills in a rally using different shots/move feet to hit ball (return a served ball). Recognise where they should stand on the court when playing on their own and with others.	Technical improvements and refinements Table Tennis; Revise and refine strokes, apply skills to play in a rally. Able to score and track points. Badminton; Use correct forehand and backhand grip. Use correct footwork to get in to position to hit a shot. Play in doubles games.
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		point against an opponent.	Hit a forehand. Remain balanced when swinging a racquet. Hit a single and double handed backhand. Demonstrates basic sending skills in isolation and small games. Can track the path of a ball over a net and line.	towards a ball to return over a line/net. Keep scores of game- both playing and umpiring. Keep to the boundaries of different courts.	to defend shots and return.	Able to hit a winning point with a variety of shots. Badminton; Complete forehands / backhands. Complete a flick serve. Complete a lob and smash. Apply skills to play in a rally. Can umpire different games and understand the scoring systems. Starting to evaluate shots and performances.	Tennis; Improve quality of ground strokes. Play drop shots. Improve serves. Play doubles. Makes appropriate choices in games about the best shot to use. Begin to use full scoring systems. Apply tactics in games effectively.
ROUNDERS							
				Throwing and Catching Focus; controlling, stopping, catching and throwing. Catch and stop a ball. Use an underarm throwing technique and apply this to bowling. Aiming - throwing the ball in the correct direction. Accuracy - throwing the ball as close as possible to the intended target.	Know how to hold a rounders bat. Hit a ball with increasing accuracy and technique towards a target by directing the swing of the bat (striking). Catch a ball with increasing accuracy and control.	Revise different ways of throwing the ball – underarm to bowl and overarm to field. Hold and swing a rounders bat and pitch a ball with some accuracy. Run between bases. Use tactics in a game. Stop a ball when fielding. Know how to score.	Bowl effectively (reducing no ball calls). Retrieve, catch, intercept and stop a ball when fielding. Use skills and tactics to outwit opponents when fielding. Use skills and tactics to outwit opponents when batting. Play shots which allow the ball to be hit to different

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				Recognise space- strike a ball into space. Follow simple rules of the game. Try and find ways to win games when competing with others.	Use effective positions and space when fielding to make it difficult for opponents. Wicket keep / back stop. Understand the rules of rounders. Play in modified competitive games with teamwork values.		areas of the field into open spaces. Participate in competitive games with clear understanding of skills and knowledge of rules.
CRICKET (FIELD – EYFS)							
Focus; Developing accuracy when hitting, directing and controlling types of ball with a focus on movement (spatial awareness) in preparation for 'striking and fielding' games. Begin to control a ball with my feet. Begin to develop some control with kicking a ball. Begin to know how to stop a rolling ball. Throw and catch different types of	Control a ball with my feet. Kick a ball with some control. Stop a rolling ball. Control the weight of a kicked ball. Control the weight of a thrown ball. Push a ball with a hockey stick around a course.			Learn about the game of cricket; how to catch a cricket and a tennis ball. Throw a cricket and a tennis ball. Bowl a cricket ball. Hold a cricket bat correctly and bat a ball. Bowl overarm. Play in a small, sided game of Kwik cricket.	Bowl at a wicket. Bat in cricket. Score runs in cricket. Apply skills so far in small, sided cricket games.	Refine and improve bowling actions. Get batters 'out' when playing cricket. Improve their batting stroke. Apply to play in cricket games.	Retrieve, catch, intercept, and stop a ball when fielding. Play shots that allow the ball to be hit to different areas of the field into spaces. Bowl overarm with increased accuracy. Use skills and tactics to outwit opponents when fielding. Use skills and tactics to outwit opponents when batting. Participate in competitive games.

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balls.							
Begin to know how to control the weight of a thrown ball.							
FOOTBALL (EYFS Multiskills / Ball Skills)							
Multi Ball Skills Develop movement skills; moving with a ball, passing with a ball, catching a ball. Using equipment, begin to show control with a ball; throw, roll and catch a ball. Explore using a bat and ball. Begin to follow simple rules; play simple games (including chasing games), throwing and catching, rolling and bouncing, travelling with a ball. Begin to play fairly in a group, taking turns and sharing.	Multi Ball Skills Show some control in movement skills. Ball Skills; Roll equipment in different ways. Throw underarm. Throw an object at a target. Catch equipment with 2 hands. Kick an object at a target. Move a ball in different ways including bouncing and kicking. Use equipment to control a ball. Hit a ball with a bat / racquet. Show basic control when striking.	Ball control. Stop a moving football. Dribble a ball. Play games; dribble and stop a ball round obstacles.	Score a goal. Work cleverly with team members to score or defend the goal. Play small, sided games of modified football, applying skills.	Pass a football. Dribble and then pass a football. Play team games; attack and defend, pass, dribble, score.	Know / show which zones there are in football. Be able to show and explain free kicks and penalties. Stop the ball. Play modified small-sided games.	Tackle the ball off someone. Work with team mates to go around defenders. Use tactics of defence and attack. Play football mini-tournament games.	Improve ball control. Improve spatial awareness. Work as a team to attack and to defend in football. Play competitive football games.

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Follow simple rules. Participate in simple games. Play a range of chasing games. Apply simple tactics in a game, beginning to play fairly in a group, take turns and share resources.

BASKETBALL

Pass/ send a ball with increasing accuracy; ball awareness – moving the ball on the ground.

Move with the ball keeping it under control; experiment with bouncing and dribbling a ball with one hand.
Pass the ball in different ways. To learn how to score; chest pass W to send and receive. Scoring – throwing into a target / hoop / net.

Move with purpose. Footwork focus– not running with the ball.

Move into space in a game.

Following an opponent-dodge to get space.

Pass/send a ball in different ways and speeds. Ball awareness – moving the ball round different body parts. Move into space to receive. Pass the ball to someone in a space.

Move with the ball keeping it under control whilst changing direction. Bouncing and dribbling with both left and right hands. Perform a jump and stride stop with a pivot.

Work well as part of a team. Catching from a partner; Pass and receive, stepping into the pass (chest and bounce pass).

Find and use space well to keep possession.

Confidently pass the ball with accuracy. Ball Awareness-copying a partner and moving with the ball. Pass, receive and move with the ball (chest and bounce pass.)

To move with the ball at speed. Dribbling the ball, changing direction, and turning, using either hand - push not pat. Perform the correct footwork when stopping.

Mark, track and cover when defending. Keep possession of the ball when faced with opponents. Offensive play in a conditioned, game, beating your partner when dribbling a ball.

To revise and apply shooting technique. To

Pass the ball and move in a variety of different ways with confidence and control. Ball Awareness-copying a partner and keeping control while moving the ball. Dribbling the ball in various directions at speed.

Pass the ball and move in a variety of different ways at speed. Perform a variety of passes within a game with precision and control. Dribble the ball and perform the correct footwork when stopping in a competitive game situation.

Defend appropriately depending on the situation. Offensive play using your team member to screen the ball in combination. Apply

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				Begin to think about tactics in games. Protect the ball. Play adapted games – learn tip off and key rules.	Follow an opponent to try to intercept the ball- dodging around a player with the ball, focus on dodging into a space. Protect the ball - using the pivot to protect the ball. Begin to apply basic principles suitable for defending. Shoot and score with some success. Apply the BEEF technique when shooting in isolation and begin to use in a game situation. (Balance, Elbow in, Eyes on target, Follow through.) Participate in games recognising good performances. Small-sided games – develop tactics for attack and defend- Introduce 4v4 or adapted game. Begin to use some additional rules e.g double dribble, travelling.	work together as a team, showing good awareness of others. Revise the BEEF technique when shooting in isolation and begin to use in a game situation. Apply some basic principles for attacking and defending in game situations. Begin to use techniques learned in a game situation and to have an understanding of key rules.	basic principles for attacking. Keep possession of the ball when faced with opponents. Apply defensive techniques in a competitive game situation. Apply basic principles for defending. Use techniques learned and apply in a game situation. Able to officiate.
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HOCKEY

				Learn how to hold a 'Quicksticks' hockey stick correctly and safely. Dribble a ball with a stick. Use a push pass. Stop the ball with a hockey stick. Make a standing tackle. Keep control of the ball when moving. Demonstrate the Indian dribble. (Continuous pushing of the ball from left to right and back in a rapid fashion.) To play hockey games against others – defence and scoring.	Collaborate with others in team games. Use a push pass accurately. Get in a low position when dribbling and/or passing. Dribble a ball whilst changing direction. Use a slap pass (stronger and faster.) Employ simple tactics in games.	Confidently pass accurately. Choose when to dribble, when to pass and when to shoot. Defend in a team. Compete in small-sided games. Mark a player to stop them getting the ball. Decide on ways to defend in games.	Pass the ball to keep possession in game situations. Dribble the ball whilst under pressure. Apply defending principles in games. Compete in games. Apply attacking principles in games which change of speed and direction. Understand positions and roles of individuals in team games.
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DODGEBALL

Throw something in a set direction. Throw something at a target. Throw a ball. Catch a large ball.	Throw, catch and pass a soft ball from a short distance. Throw, pass and catch a ball from a 2m away overarm and underarm. Throw a ball aiming	Increase accuracy when throwing using underarm and overarm technique. Move quickly. To dodge. Send a ball at different speed and develop striking skills. Catch a ball. To aim.				
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	Apply skills in mini games.	for someone's feet. Score a goal in modified benchball. Defend in modified bench ball.	Compete in a mini tournament using tactics to win.				
ATHLETICS							
Races, Relays, Run, Throw, Jump, Distance, Speed							
Begin to run in space, avoiding others. Begin to cross an obstacle course. Adjust speed to compete. Prepare to compete in Sports Day.	Run confidently in space, avoiding others. Know how to cross an obstacle course. Chase others changing speed and direction (relay). Show good control and coordination in large and small movements. Move confidently in a range of games and activities at Sports Day.	Jog, run, sprint (varied distances). Jump in different ways (measure length). Land safely with control. Throw in different ways (overarm / underarm). Experiment with pace and speed. Practise and refine to make improvements. Show good posture, control and balance. Take part in a variety of races using a variety of equipment.	(Long) Jump with increasing accuracy and distance. Sprint with speed. Throw with accuracy, technique and distance. Run, throw, jump as long/far/fast as you can. Compete in a range of team events.	Use arms and knee lifts in sprint. Show how to begin a sprint start. Run up to take off in a long jump (sink slightly left before the jump). Use glide and rotation to throw a ball (soft shot) Practise to extend distance in throw, jump, sprint speed/pace. Take part in relay activities knowing when to run and what to do. Focus on baton changeover technique.	Perform different types of jumps. Long jump- produce a hitch kick and hang when landing Triple jump; combine a hop step / jump. High jump. Combine running with jumping over hurdles; focus on trail leg. Complete a series of athletic jumping events.	Learn the technique to throw a javelin (foam/turbo.) Learn the technique to throw a discus. Refine the technique to throw a shot putt. Compete in athletic throwing events. Measure the distance of throw. Throw with accuracy and power into a target area.	Refine the exchange of a relay baton. Demonstrate endurance and stamina over longer distances in order to maintain a sustained run. Recap, practise and refine; how to high jump/standing vertical jump, throw balls, javelin, hammer and discus. Compete in a modified decathlon.

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GYMNASTICS

Roll in different ways with control. Start to travel in different ways in space. Start to stretch in different ways. Start to show some balance with control. Move around, under, over and through different objects and equipment. Start to show an awareness of space, apparatus and the actions of others.	Create different shapes with the body. Roll in different ways with control. Jump and land appropriately. Move confidently in different ways. Stretch in different ways. Move and balance around, under, over, and through different objects and equipment. Show a good awareness of space, apparatus and the actions of others.	Mirror moves from someone else. Sequence simple moves. Learn extension and tension in balance. Show flight and synchronicity (direction and speed). Be able to show shape; tuck, pike, straddle. Carry out simple stretches.	Roll in different ways. Create simple hopping and jumping sequence. Maintain balance. Copy, explore and remember actions and movements to create their own sequence (Pike). Move with flight and synchronicity (direction and speed). Create and perform a sequence including rolls, jumps and balance with control, safety and care.	Balance in different ways. Complete leaps and jumps. Show a variety of rolls. Show a range of balances in sequence with rolls and jumps. Compose and perform a sequence with rolls, leaps and balances, developing the quality of their actions. Choose ideas to compose a movement sequence independently and with others. Link combinations of actions with increasing confidence, including changes of direction, speed or level. Move with coordination, control and care.			
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DANCE							
Follow a sequence and moves and experiment to different ways of moving.	Follow a sequence of moves. Learn how to bounce motion.	Use basic travelling actions for effect, jumps, leaps and gestures.	Use moves to depict emotions. Copy, remember and repeat actions with timing.	Dance to set movement patterns (popular routines).	Perform basic sequence of steps of Scottish Country dancing.	Dance fusion – draw on different dance genres and styles to perform.	Perform line dances (Tudor Links). Perform square dances.
Start to move to music.	Change the style of their movements.	Copy and repeat actions.	Improve moves through practise, trial and error, discussion, watching back.	Use dynamic movement to capture character and narrative.	Learn a spreng and a reel.	Replicate dance in small groups; bhangra style and kathak style.	Capoeira – learn ginga step. Combine flexibility, techniques and movements to create a fluent sequence.
Start to copy actions.	Change the speed of their actions.	Put a sequence of actions together to create a motif.	Use gestures to convey meaning.	Use arm gesture in storytelling.	Contemporary dance – replicate and perform steps of old and new (a more complex movement phase).	Recognise and dance in ballet style.	Rotate body and arms in dance. Move in to and out of the floor.
Create own actions.	Show an understanding and awareness of space.	Vary the speed of their actions.	Leap (speed and direction)	Use whole body to depict a character.	Use ABA structure and motifs.	Fuse dances to create own piece, demonstrating imagination and creativity in movements.	Co-ordinate moves with a partner. Show a change of pace and timing in their movements. Improvise with confidence, still demonstrating fluency across their sequence.
Begin to use space.		Use simple choreographic devices.	Dance in a narrative linear form.	Use duets to perform a story-improvisation.	Jump from one foot to another.	Show a change of pace and timing in their movements.	
		Perform a jump and bounce.	Use different transitions within a dance motif.	Use simple dance vocabulary to compare and improve work.	Develop and dance in pathways whilst moving, mindful of others' space.	Develop an awareness of their use of space.	Learn set routines to traditional English dances; Morris, May Pole, English Country.
				Perform with some awareness of rhythm and expression.	Use simple dance vocabulary when comparing and improving work.	Use transitions to link motifs smoothly together.	
						Modify parts of a sequence as a result of self and peer evaluation.	

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OUTDOOR ADVENTUROUS ACTIVITIES (OAA)

				Orientate around a short trail. Follow a map in a familiar context (around school). Use clues/symbols to follow a route. Working as a team, follow a route accurately, safely and within a time limit.	Use clues to orientate themselves with increasing confidence accurately, safely and within a time limit around a short trail. Improving decision making. Follow a map in a more demanding familiar context. Move from one location to another following a map.	Orientate themselves using a map to identify a position. Follow a map in an unknown location to find orienteering points. Use clues and compass directions to navigate a route. Change my route if there is a problem. Change my plan if I get new information.	Measure distance on a track. Orientate themselves with confidence around an orienteering course when under pressure using a map, grid references and compass points in a familiar and non-familiar place. Plan a route and series of clues for someone else. Plan with others taking account of safety and danger.
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SWIMMING

Block 1

- Water confidence- jumping in, swivel enter the pool, blow bubbles at the surface.
- Safety eg not running poolside
- Float – with an aid and kick
- Strokes; use arms and legs in motion to perform strokes-front crawl, back stroke, breast stroke
- Swim 25 – front crawl and back stroke

Block 2

Swim 25 meters unaided

Improving / refining strokes with increased water safety (aim without float aid).

- Front crawl kick technique with arm crawl motion and breathwork focus so not interrupted
- Backstroke; head back, eyes up, kick, arms behind to draw water
- Breaststroke; combine leg kicks with timings and use of arms
- Suggest activities and practices to help improve my own performance and review that of others

Safety

- Tread water and use floatation device
- Pull someone front the side from a lying position poolside
- Brick work – from the pool floor