



	Fundamental Movement/ Multi Skills	Invasion Games	Gymnastics	Dance	Athletics
EYFS	<p>Run and stop, showing some control of direction and stopping.</p> <p>Jump with bent knees, avoiding falling over</p> <p>Throw different balls and beanbags into space, aiming for large targets but expecting minimal success</p> <p>Balance in a stationary position, and while moving</p> <p>Explore the co-ordination of different limbs, in a free play environment.</p>	<p>Collect and control a ball with two hands.</p> <p>Move a ball with feet, with minimal control.</p> <p>Throw and roll a variety of beanbags to space.</p> <p>Throw a beanbag with minimal direction or control.</p> <p>Attempt to stop a large ball sent to them using feet.</p> <p>Run and stop when instructed with minimal balance or control.</p> <p>Travel around an area showing awareness of others.</p> <p>Make simple decisions in a response to a situation.</p>	<p>-Perform different shapes showing a basic level of stillness using various parts of their bodies</p> <p>Begin to take weight on different body parts.</p> <p>Understand which movements stretch different parts of their bodies</p> <p>Link different action and movement together.</p>	<p>-Copy basic body actions and rhythms.</p> <p>Choose and use travelling actions, shapes and balances.</p> <p>Travel in different pathways using the space around them.</p> <p>Begin to use dynamics and expression with guidance.</p> <p>Begin to count music.</p>	<p>- Run and stop, showing some control of direction and stopping.</p> <p>Jump with bent knees, avoiding falling over</p> <p>Throw a beanbag with minimal direction or control.</p> <p>Travel around an area showing awareness of others.</p>



	Fundamental Movement and Multi Skills	Invasion Games	Gymnastics	Dance	Net + Wall	Striking and Fielding	Athletics
Year 1	<p>Attempt to run at different speeds, showing an awareness of peers and technique.</p> <p>Attempt to run at different speeds, showing an awareness of peers and technique.</p> <p>Throw towards a large target with some success.</p> <p>Show some control and balance when travelling at different speeds.</p> <p>Show a basic understanding of balance and co-ordination when changing direction.</p> <p>Explore the co-ordination of different limb, in fun activities with basic challenges.</p>	<p>-Change direction and speed.</p> <p>-Send and receive equipment with control</p> <p>-Underarm throw towards a target.</p> <p>-Learn and develop techniques of sending different equipment.</p> <p>-Trap equipment with control and various body parts.</p> <p>-Develop catching skills with learning aids.</p> <p>-Begin blocking by using their bodies.</p>	<p>-Can travel with control and co-ordination.</p> <p>-Use imagination to travel like various animals on different body parts.</p> <p>-Perform simple shapes; Tuck, Pike, Straddle, Pencil, Star.</p> <p>-Perform controlled 1-4 point balances and different body parts.</p> <p>-Perform basic gym rolls; Pencil, Egg, Forward.</p> <p>-Can use shape top aid jumps to a safe landing.</p> <p>-Begin combing Jumps and balances.</p> <p>-Perform simple balance and jump on apparatus.</p>	<p>-To explore basic body patterns and movements to music.</p> <p>-To use a variety of moves that change speed and direction.</p> <p>-To link together dance moves with gestures.</p> <p>-To practise taking off from different positions.</p>	<p>-Handle equipment with more dominant hand.</p> <p>-Strike a static ball with two hands.</p> <p>-Strike static ball towards a target.</p> <p>-Strike a rolling ball with control.</p> <p>-Able to stand in correct form of being side on.</p> <p>-Step into shots to increase power.</p> <p>-Return a ball to a partner which is coming towards them.</p> <p>-Begin to place shots with control of power and direction.</p> <p>-Travel towards a moving ball to return to a partner.</p> <p>-Introduce points for accurate shots.</p>	<p>-Can travel at different speeds to chase equipment.</p> <p>-Trap equipment with use of their bodies.</p> <p>-Throw equipment underarm whilst aiming towards a target.</p> <p>-Begin to judge use of power accurately whilst throwing.</p> <p>-Standing side on to a ball before striking with two hands on equipment.</p> <p>-Understand a sideways, step, strike technique when striking a ball.</p> <p>-Can strike a static ball towards a partner.</p> <p>-Strike a static ball away from a partner.</p> <p>-Can return a ball quickly after a partner has hit it.</p> <p>-Discuss how to handle equipment safely.</p>	<p>-Run at different speeds and distances.</p> <p>-Change direction whilst running, up and down a lane.</p> <p>- Perform basic jump patterns 1-1, 1-2, 2-2, and 2-1 for height and distance.</p> <p>-Engage different body parts to increase height and distance.</p> <p>-Perform different throwing techniques of overarm and underarm both thrown for distance.</p> <p>-Introduce different body parts to increase power.</p>



Long Mead Community Primary School – Progression of Skills 2022-23.

	Fundamental Movement and Multi Skills	Invasion Games	Gymnastics	Dance	Net + Wall	Striking and Fielding	Athletics
Year 2	<p>Show balance and coordination when running at different speeds, regularly avoiding peers and using effect techniques. Connect running and jumping movements with control and balance.</p> <p>Show hopping and jumping movements with some control and balance, demonstrating an awareness of technique.</p> <p>Show some understanding of different throws.</p> <p>Show control and balance when travelling at different speeds.</p> <p>Demonstrate balance and coordination when changing direction.</p> <p>Demonstrate coordination with increased control, with and without equipment.</p>	<ul style="list-style-type: none"> -Change speed and direction with control and co-ordination. -Send and receive equipment whilst controlling accuracy and power. -Correct form for both overarm and underarm throwing. -Send equipment in various ways using different body parts. -Develop understand of aiming and power when throwing. -Throw and catch at close range. - Develop passing and moving skills in pairs or small teams. 	<ul style="list-style-type: none"> - Travel with control and creativity. -Perform dynamic movements in pairs. -Remember and repeat shapes with control and correct form (Tuck, Pike, Pencil, Straddle, and Star.) -Perform Controlled safe jumps from a small height to safe landing. - Roll with control and correct form (Pencil, Egg, Forward.) -Hold balances on varied body parts. -Combine simple skills together with smooth transitions between each skills. -Copy and mirror a partner’s short combination of skills. -Apply skills to apparatus with control. 	<ul style="list-style-type: none"> -Can link moves together. -Can use a variety of moves. -Can explore basic body patterns and movements to music. -Can use a variety of moves that change speed and direction. -Can link together dance moves with gestures and changing direction in time to music. -Can develop taking off from different positions. -Can demonstrate and explore different levels and speeds of movement. -Can perform simple dance phrases. -Can develop a range of dance movements and improve timing. -To work to music, creating movements that show rhythm and control. 	<ul style="list-style-type: none"> -Confidently strike a static ball using correct form. -Strike equipment with accuracy and control. -Judge distances before swing. -Return a bouncing ball to partner with control. -Strike using both sides of a racket. -Become accurate with forehand and back hand shots. -Move their bodies to correct positions to play forehand and backhand shots. -Begin playing floor rally’s with a partner. -Strike over a net to a safe zone. -Move confidently whilst handling the equipment. 	<ul style="list-style-type: none"> -Can travel at speed to return equipment. -Identify space and move into it. -Confidently trap equipment with their hand before returning it to the batsmen. -Accurately throw equipment underarm towards a target whilst aiming. -Follow and adapt the sideways, step, strike technique with control. - Strike a ball which is rolling towards them confidently. -Strike equipment in different directions with power. -Begin action towards striking a bouncing ball with control. -Discuss how they are using their bodies. 	<ul style="list-style-type: none"> -Run at different speeds dependant on how much the distance they are cover. - Change directions with ease. -Perform standing long jumps with correct form and use of arms. -Confident when performing basic jumping sequences. -Change jumping technique to jump for height or distance. -Follow simple steps towards a pushed shotput throw. -Take steps towards a javelin throw. -Show understand personal best distances and or times. -Can describe how they are using their body parts and why.



	Fundamental Movement and Multi Skills	Invasion Games	Gymnastics	Dance	Net + Wall	Striking and Fielding	Athletics
Year 3	<p>Show balance, coordination and technique when running at different speeds, stopping with control and consistently avoiding peers. Show hopping and jumping actions, attempting different take offs and landings, while generally maintaining control. Jump for distance and height with an awareness of technique balance and coordination. Throw a variety of shapes and size balls or beanbags, at a target or for distance, changing action for accuracy or distance.</p> <p>Show coordination of their body with increased consistency in a variety of activities.</p>	<ul style="list-style-type: none"> -Learn and perform passing and moving skills in pairs or small groups. -Develop knowledge and skills in keeping possession in teams. -Find space to move into to receive a pass. - Learn basic shooting techniques. - Apply skills in small game based activities. - Develop team skills of communication and fair play. -Basic defending and tackling skills in possession based games. -Game related rules applied in matches. 	<ul style="list-style-type: none"> -Travel and change direction of both hand at feet with control. -Can perform all shapes with correct form and consistency. - Able to travel into and come out of 1-4 point balances smoothly. -Combine 3-5 skills with smooth transitions between each skill. -Perform quality (shape) jumps from apparatus into safe landing. -Can create short sequences in pairs to be perform with control. - Able to mirror skills in small groups. -Describe their actions and how they could improve their short sequences. 	<ul style="list-style-type: none"> -To explore dance movements and create patterns of movement. -To work with a partner to create dance patterns. -To perform a dance with rhythm and expression. -To use knowledge of dance to create a story in small groups. -To develop precision of movement. -To work co-operatively with a group to create a dance piece. -To perform in front of others with confidence. 	<ul style="list-style-type: none"> -Handle equipment with correct form for both forehand and back hand shots. -Gain confidence in using backhand shots for both static and moving balls. -Strike a moving ball confidently to a partner. -Look at the beginning actions for a serve to a partner. -Move left and right to return a ball to the other side. - Accurately place shots into a space. - Begin steps to playing rally’s with a partner. - Start serving underarm to a partner over a net. - Return shots with both backhand and forehand techniques. 	<ul style="list-style-type: none"> -Begin understanding the two roles of batting team and fielding team. -Identify space and return equipment quickly. -Confidently trap a ball coming towards them with speed (short and long barrier.) -Use correct form when attempting to catch balls after being struck. -Striking static balls accurately with power and control. -Strike moving balls into space to score points. -Continue to step into shots and strike with power and accuracy. - protect a stump/wicket when striking a ball. -Begin making decision to help them score highly. 	<ul style="list-style-type: none"> -Can run with speed whilst showing control of body and direction, can confidently change speed and direction consistently. -Understand running techniques such as right angle arms, straight hands, and lean forward on toes. -Able to run further distances without stopping (pacing the run) -Perform correct handovers during relay races. -Can perform a standing long jump with power and control in the take-off and landing. -Use both upper and lower body to enhance jumping distance and height. -Throw shotput and javelin equipment with correct form and accuracy.



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Year 4	<p>Consistently show balance, coordination and technique when running at different speeds, stopping with control and consistently avoiding peers.</p> <p>Show hopping and jumping actions, including running as a transition in-between, attempting different take offs and landings, while maintaining balance.</p> <p>Jump for distance and height showing balance and control.</p> <p>Throw with some accuracy and power towards a target area.</p> <p>Demonstrate good balance when performing other fundamental skills.</p> <p>Show balance when changing direction at speed in combination with other skills.</p> <p>Begin to co-ordinate their body at speed in response to a task.</p>	<ul style="list-style-type: none"> -Change direction and speed easily. -Identify space and move into it. -Pass and move effectively in pairs or small teams. - Develop simple transferable attack and defending skills. -Begin traveling with equipment into spaces. -Show strong teamwork within match play. -Begin marking the opposition to prevent. - Uses the full range of passes at the right time. - Simple tactic and strategy skills. -Begin shooting from different distances. -Identify their own strength and weakness in performance. -Abide and adhere to rules during match play. 	<ul style="list-style-type: none"> -Manipulate movements across floor or on apparatus with control. -Confidently perform shapes at different heights with correct form and posture. -Begin looking into actions of counter balancing. -Execute jumps with Precision and safe landing. -Combine series of skills together in pairs and small groups. - Perform both floor sequences and sequence on apparatus both individually and in pairs. -Improve quality and control between rolls. - Begin backwards roll actions. - Self/peer assess sequences. -Critical feedback given to groups. 	<ul style="list-style-type: none"> -To identify and practise the patterns and actions of chosen dance style. -To demonstrate an awareness of the music's rhythm and phrasing when improvising. -To create an individual dance that reflects the chosen dancing style. -To create partnered dances that reflect the dancing style and apply the key components of dance. -To perform dance using a range of movement patterns. -To perform and evaluate own and others' work. 	<ul style="list-style-type: none"> -Strike back hand and forehand shots to a partner confidently. -Play short rally's with a partner over a net. -Serve underarm away from partners with power. -Begin serving actions for overarm serve. -Travel across the court whilst showing agility when changing directions and speeds. -Begin playing shots to move your opponent around the court. -Play small 1vs 1 to match rules. -Play manipulate matches in pairs against other pairs. - Review own performance, recommend steps to improve. 	<ul style="list-style-type: none"> - Clear understand of two roles of batting and fielding teams. -Begin bowling towards a target from a close distance underarm. -Confidently trap and return equipment at speed. -Become more consistent when catch balls out the air. -Work more effectively as a fielding team. -Strike a moving ball confidently into space with power and accuracy. -Begin positioning shots to create chances to run and score points. -Work in batting pairs to score highly for their teams. -Make more correct decisions when to or not to run. -Communicating clearly as a team. 	<ul style="list-style-type: none"> -Clearer understanding of techniques to use in long or short distance running events. -Beginning actions of starting a sprinting event. -Pace accurately during long distance runs. -Can participate in team events such a relay race and understand the teamwork involved. -Can utilised their body part to enhance jump distances and heights. -Can begin performing a hop, skip and jump for distance. - Can clearly demonstrate the difference in throwing events and techniques used. -Explain techniques use and why they are effective. -Can identify errors in others techniques and correct form.



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	Fundamental Movement and Multi Skills	Invasion Games	Gymnastics	Dance	Net + Wall	Striking and Fielding	Athletics
Year 5	<p>Run at speed over longer distances or for longer periods of time. Demonstrate an understanding of agility & evasion, running in different directions at speed and attempting changes of speed and changes of direction to avoid peers. Show control at take-off and landing in more complex jumping activities, with running transitions in-between. Show accuracy and power when throwing for distance, often hitting the target. Demonstrate good balance and control when performing other fundamental skills. Can coordinate a range of body parts at increased speed.</p>	<ul style="list-style-type: none"> -Change speed and direction in order to outwit their opponent. -Pass and move with attacking intent (directional.) -Choose the right type of pass to play at the right time. -Defend against an overload. -Show accuracy when shooting from different distances and angles. -Develop strong tactic and strategy knowledge to implement in games. -Begin making regular correct decisions in a match. -Recognise own and other strengths and weaknesses. -Identify/explain and review their team’s performance. 	<ul style="list-style-type: none"> -Perform symmetrical and asymmetrical shapes and balances using different body parts. -Match and mirror a partner’s short sequence. - Perform counter balances in pairs and small groups with body parts on the floor. -Combine a number of rolls together with control including a backwards roll. -Vaulting onto small apparatus with legs straight. -Perform jumps from high apparatus, show correct form in air and land safely. -Perform longer sequences of contrasting speeds and heights. -Identify areas of improvement in own performance. 	<ul style="list-style-type: none"> -To identify and practise the patterns and actions of the chosen dance style. -To demonstrate an awareness of the music’s rhythm and phrasing when improvising. -To create and perform an individual dance that reflects the chosen dance style. -To create partnered dances that reflect the chosen dancing style and apply the key components of dance. -To create group dances that reflect the dance style. -To perform a dance using a range of movement patterns. -To perform and evaluate own and others’ work. -To add depth to dance routines and performances by adding elements such as cannons/unison/mirror. 	<ul style="list-style-type: none"> -Agile movement in all directions when striking and returning shots. -Play 1 vs 1’s and 2 vs 2’s to match rules. -Strike with power and accuracy to score highly. -Serve accurately underarm to a partner to start a game. - Serve confidently overarm to begin a match. -Begin officiating others matches and abide by match rules. -Self and peer assess performance in competitive environments. - Identify and exploit opposition’s weakness. -Work co-operatively to compete in doubles matches. 	<ul style="list-style-type: none"> -Can describe what make a good batting or fielding team, what skills that team possess. -Begin following simple steps to an overarm bowl towards a stump or wicket. -Consistently catch and trap balls from different distances. -Work effectively in teams to field and bat, understand what make an effective team. -Strike a moving ball to any direction they please in order to score runs. -Work closely in batting pairs to become successful in scoring highly. -Begin officiating small games by abiding by match rules. -Develop knowledge of the transferable skills between cricket and rounder’s. 	<ul style="list-style-type: none"> -Can understand and explain importance of pacing during longer runs. -Can explain the most effectively technique during a sprint and why. -Show efficient teamwork during relay races. -Sprint then jump over hurdles with control on take-off and landing. -Begin to measure own jumping distances and understand importance of controlled landings. -Triple jump sequences become more controlled and are travelling further. -Can throw with greater power and accuracy. - Understands what makes a good performance in each event. -Can identify others strengths.



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	Fundamental Movement and Multi Skills	Invasion Games	Gymnastics	Dance	Net + Wall	Striking and Fielding	Athletics
Year 6	<p>Demonstrate a controlled running technique over longer distances or for longer periods of time.</p> <p>Show a clear understanding of agility & evasion, running in different directions at speed and changes of speed and changes of direction to avoid peers.</p> <p>Transition between running, jumping and hopping actions with greater control and coordination.</p> <p>Consistently show control at take-off and landing in more complex jumping activities, with running transitions in-between.</p> <p>Show accuracy and good technique when throwing for distance, regularly hitting the target.</p> <p>Change direction with a fluent action, transitioning smoothly between varying speeds and directions.</p> <p>Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.</p>	<ul style="list-style-type: none"> -Change direction and speed with equipment in order to outwit opposing team. -Begin making impactful movements during game based activities. -Consistently accurate passes within a team to retain possession. -Accurately shoot from different distances. -Develop stronger defensive skills (player, Space, Ball, Goal) - Attack with pace, power and precision. -Strong understanding of tactics and effective strategies. -Review personal + team performance and suggest ways in which to improve. -Begin working to others strengths and weaknesses. 	<ul style="list-style-type: none"> -Synchronise movements in pairs, use both symmetrical and asymmetrical shapes to assist. -Improve quality of rolls (Forwards, Backwards, and Teddy bear.) during longer sequences to combine skills. -Vaulting onto and over apparatus, perform jumps from height with correct shape mid-air. -Create contrasting sequences to perform in small groups. -Improved sequence fluidity and pace individually and in pairs. -Describe planning and preparation that went into making the sequence. -Evaluate own and others performances using correct terminology to describe technique. 	<ul style="list-style-type: none"> -To demonstrate an awareness of the music’s rhythm and phrasing when improvising. -To create a dance that represents a specific theme or style. -To create a dance as a group, using moves that link to a specific theme. -To distinguish the difference between a dance routine and an act/play. EG use of repetition/cannons etc. -To create a dance with limited teacher support that works to the timing/rhythm, uses components of dance. -To perform and analyse own and others performance. -To add depth to dance routines and performances by adding elements such as cannons/unison/mirror. 	<ul style="list-style-type: none"> -Agile movement in all directions when striking and returning shots. -Compete fairly in both 1 vs 1’s and 2 vs 2’s. -Strike with power accuracy and control consistently. -Begin playing more sport specific shots in game based situations. -Serve with power, accuracy and control both over and underarm. -Officiate matches pricelessly whilst abiding by match rules. - Identify and exploit opposition’s weakness. -Reflect on performance and adapt match plan to score highly. 	<ul style="list-style-type: none"> -Demonstrate good to outstanding teamwork as both a member of a fielding team and a batting team. -Bowl overarm both accurately and confidently towards a wicket/stump. - Catch consistently from different distances and heights. -Field and return rapidly as a team. -Strike with accuracy and consistency to scoring highly in pairs and individually. -Understand batting and bowling order and the impact they can have. -Develop strong understand of officiating larger games and how to abide by all rules. -Can clearly identify own teams and oppositions strengths and weaknesses to exploit during batting and fielding. 	<ul style="list-style-type: none"> -Can identify running lines when taking part in long distance events. -Can effectively use a sprint start position to affect their power on take-off. -Consistently pass baton with correct form and control. -Show speed and rhythm throughout a hurdle race. -Use body effectively to generate maximum power when jumping for height and distance. -Record times and scores in each event accurately. -Can triple jump confidently ensuring distance is main priority. -Can throw javelin and shotput with maximum power and accuracy using correct form and showing control throughout.