

# St John & St James' C of E Primary School

## PE Skills Progression Map



	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Nursery	<b>Fundamental skills &amp; movements</b> <ul style="list-style-type: none"> <li>Exploring movement on feet (jumping, running and walking)</li> <li>Exploring shapes</li> <li>Finding space</li> <li>Responding to verbal instructions</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Stillness</li> <li>Ribbon play</li> <li>Rolling</li> <li>Balancing</li> </ul>	<b>Sending and receiving</b> <ul style="list-style-type: none"> <li>catching a large ball</li> <li>Sending an object (rolling)</li> <li>Stopping a ball with feet</li> </ul>	<b>Tagging games</b> <ul style="list-style-type: none"> <li>Identifying taggers</li> <li>Navigating space safely with others</li> <li>Identifying "safe spaces"</li> </ul>	<b>Sports day Prep</b> <ul style="list-style-type: none"> <li>Pupils will learn each event individually</li> <li>Practice transitions</li> <li>Experience listening with music and other distractions</li> </ul>	<b>Circle Games</b> <ul style="list-style-type: none"> <li>Understanding rules</li> <li>Taking turns</li> <li>Following 2 &amp; 3 step instructions</li> </ul>
	<b>Key vocabulary:</b> safe, stop, go, copy, space, run, walk	<b>Key vocabulary:</b> Still, ribbon, roll	<b>Key vocabulary:</b> Ball, catch, hands, feet	<b>Key vocabulary:</b> Catcher, space	<b>Key vocabulary:</b> Sports day, throw, race	<b>Key vocabulary:</b> Turns, waiting
Reception	<b>Fundamental skills &amp; movements 1</b> <ul style="list-style-type: none"> <li>Exploring movement on feet (jumping, running, walking and hopping)</li> <li>Exploring shapes</li> <li>Finding space</li> <li>Exploring on with obstacles</li> </ul>	<b>Sending and receiving (hands)</b> <ul style="list-style-type: none"> <li>Catching a large ball</li> <li>Sending an object (rolling)</li> <li>Sending an object (throwing)</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Static and dynamic balances on obstacles</li> <li>Pencil roll</li> <li>Linking basic movements</li> <li>Introducing gymnastics shapes (pike and tuck)</li> </ul>	<b>Fundamental skills and movements 2</b> <ul style="list-style-type: none"> <li>Kicking a ball towards a target</li> <li>Stopping the ball with the foot</li> <li>Dribbling a ball using the foot</li> </ul>	<b>Sports day Prep</b> <ul style="list-style-type: none"> <li>Pupils will learn each event individually</li> <li>Practice transitions</li> <li>Experience listening with music and other distractions</li> </ul>	<b>Tagging Games</b> <ul style="list-style-type: none"> <li>Identify taggers</li> <li>Learn how to release/ free someone who has been caught</li> <li>Remember rules</li> <li>Understand winning and losing</li> </ul>

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	Key vocabulary: Walk, run, jump, hop, march, freeze, obstacle	Key vocabulary: Catch, throw, object, ball, waist, control	Key vocabulary: Gymnastics, balance, shape, roll	Key vocabulary: Kick, stop, target	Key vocabulary: Sports day, race, event, win, lose	Key vocabulary: Tag, role, rules
Year 1	<b>Movement Skills</b> <ul style="list-style-type: none"> <li>Exploring movement on feet (jumping, running, walking and hopping)</li> <li>Exploring shapes</li> <li>Finding space</li> <li>Agility in games</li> </ul>	<b>Sending and receiving skills with a large ball</b> <ul style="list-style-type: none"> <li>Dribbling with hands and feet</li> <li>Basic attacking &amp; defensive principles</li> <li>Catching a large ball that has been thrown</li> <li></li> </ul>	<b>Dance (Penguin small)</b> <ul style="list-style-type: none"> <li>Linking movements</li> <li>Changing speed</li> <li>Role-playing</li> <li>Improvisation</li> </ul>	<b>Tagging games</b> <ul style="list-style-type: none"> <li>Using agility to evade opponents</li> <li>Remembering rules</li> <li>Playing different roles</li> <li>Adapting to new rules</li> <li>Learning to tag safely</li> <li>Applying basic attacking and defensive principles</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>Standing Long Jump</li> <li>Running technique</li> <li>Relay activities</li> <li>Overarm throwing</li> </ul>	<b>Football</b> <ul style="list-style-type: none"> <li>Sending and receiving skills in a game using hands</li> <li>Dribbling skills in a game using feet</li> <li>Stopping a ball using feet</li> <li>How to communicate in a team</li> <li>Staying within the playing area</li> </ul>
	Key vocabulary: Agility, movement	Key vocabulary: Defend, attack, dribble	Key vocabulary: Dance, movement, improvise	Key vocabulary: Agility, rules, tag, attack, defend, area	Key vocabulary: Long jump, relay, overarm throw	Key vocabulary: Sole, team, area, football, pass

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Year 2	<b>Fundamentals</b> <ul style="list-style-type: none"> <li>Exploring movement on feet (jumping, running, walking and hopping)</li> <li>Exploring shapes</li> <li>Finding space</li> <li>Agility ladders two feet in forwards)</li> <li>Tagging games</li> </ul>	<b>Advanced ball skills</b> <ul style="list-style-type: none"> <li><b>(Rugby, Basketball/ Netball &amp; Football)</b></li> <li>Passing to a partner</li> <li>Dribble opposed</li> <li>Shoot using the feet opposed</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Pencil Roll &amp; Egg roll</li> <li>Straight Jump &amp; Star jump</li> <li>Linking basic movements</li> <li>Composing a routine</li> <li>Leaping</li> </ul>	<b>Short tennis</b> <ul style="list-style-type: none"> <li>Underarm serve</li> <li>Forehand return</li> <li>Ready position</li> <li>Sending an object over the net</li> </ul>	<b>Athletics/Sport day Prep</b> <ul style="list-style-type: none"> <li>Standing Long Jump</li> <li>Jumps in combination</li> <li>Overarm throwing</li> <li>Running technique</li> <li>Start position</li> <li>Relay activities</li> <li>Vertical jump</li> </ul>	<b>Invasion games SSG</b> <ul style="list-style-type: none"> <li>Sending and receiving skills in a game using hands</li> <li>Dribbling skills in a game using feet</li> <li>Stopping a ball using feet</li> <li>How to communicate in a team</li> <li>Staying within the playing area</li> </ul>
	<b>Key vocabulary:</b> Agility, tagging, tagger	<b>Key vocabulary:</b> Teammate, shoot, skill, Dribble, Opponent	<b>Key vocabulary:</b> Gymnastics, straight jump, star jump, routine	<b>Key vocabulary:</b> Short tennis, ready position, return, Forehand return	<b>Key vocabulary:</b> Athletics, combine, technique, relay	<b>Key vocabulary:</b> Communicate, team, dribble, invasion game
Year 3	<b>Basketball</b> <ul style="list-style-type: none"> <li>Dribbling for control</li> <li>Basic handling</li> <li>Shooting technique</li> <li>What is travelling?</li> <li>How are points scored</li> <li>How to pass (in isolation)</li> <li>Introducing defensive body shape</li> </ul>	<b>Tag rugby</b> <ul style="list-style-type: none"> <li>Sending and receiving a flat pass</li> <li>Tagging an opponent</li> <li>Putting on a belt</li> <li>Staying within the boundaries</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Star jump</li> <li>Straight jump</li> <li>Tuck jump (from obstacle)</li> <li>Forward roll</li> <li>Pencil roll</li> <li>Egg roll</li> </ul>	<b>Short tennis</b> <ul style="list-style-type: none"> <li>Underarm serve</li> <li>Forehand return</li> <li>Officiating</li> <li>Ready position</li> <li>Backhand return</li> <li>Rallying</li> </ul>	<b>Personal best/ Athletics</b> <ul style="list-style-type: none"> <li>Standing Long Jump</li> <li>Chest push</li> <li>Agility run</li> <li>Shuttle run</li> </ul>	<b>Rounders</b> <ul style="list-style-type: none"> <li>Sending (rolling, underarm and overarm) and receiving (cupped hands)</li> <li>Underarm bowling</li> <li>Strike a rolling ball with feet</li> <li>Understand basic rules of kick rounders</li> </ul>

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	<b>Key vocabulary:</b> Travel, defensive body shape, handling	<b>Key vocabulary:</b> Boundary, flat pass, opponent, try line, try	<b>Key vocabulary:</b> Star jump, straight jump, tuck jump, forward roll, pencil roll, egg roll, routine, Element	<b>Key vocabulary:</b> Serve, Forehand return, official, backhand return, rally, Second serve	<b>Key vocabulary:</b> Standing long jump, chest push, agility run, shuttle run, Personal best	<b>Key vocabulary:</b> Rounders, bowl, base, rounder, half rounder, fielder, batter, bowler
<b>Year 4</b>	<b>Basketball</b> <ul style="list-style-type: none"> <li>• Dribbling to beat an opponent</li> <li>• What is travelling?</li> <li>• How are points scored</li> <li>• How to pass in-play</li> <li>• Jump shot</li> <li>• Defending</li> </ul>	<b>Tag rugby</b> <ul style="list-style-type: none"> <li>• Sending and receiving a flat pass</li> <li>• Tagging a moving opponent</li> <li>• Putting on a belt</li> <li>• Staying within the boundaries</li> <li>• Consistently retreating after tagging</li> <li>• Using agility to evade an opponent</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>• Star jump</li> <li>• Straight jump</li> <li>• Straight jump ½ turn</li> <li>• Tuck jump from obstacle</li> <li>• Forward roll</li> <li>• Pencil roll</li> <li>• Egg roll</li> <li>• Tuck jump</li> <li>• Cracked egg roll</li> <li>• Routine composition</li> </ul>	<b>Hockey</b> <ul style="list-style-type: none"> <li>• Straight dribble</li> <li>• Indian dribble</li> <li>• Passing skills</li> <li>• Receiving skills</li> <li>• Shooting skills</li> <li>• Tackling (body position and safety)</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• Baton changes</li> <li>• Sprinting technique</li> <li>• Sprint phases</li> <li>• Vortex howler throw</li> <li>• Triple jump</li> <li>• Vertical jump</li> </ul>	<b>Rounders</b> <ul style="list-style-type: none"> <li>• Sending (rolling, underarm and overarm) and receiving (cupped hands)</li> <li>• Underarm bowling</li> <li>• Strike a ball with feet</li> <li>• Strike a ball with a bat or racquet</li> <li>• Understand basic rules of rounders</li> </ul>
	<b>Key vocabulary:</b> Defending, position, jump shot, free throw, baseline	<b>Key vocabulary:</b> Retreat, try, touchline, evade, try, opponent	<b>Key vocabulary:</b> Compose, routine, mirror, unison	<b>Key vocabulary:</b> Straight dribble, Indian dribble, slap shot, hockey, position	<b>Key vocabulary:</b> Sprint, Drive, flight, triple jump	<b>Key vocabulary:</b> back stop, deep fielder, bowling square, batting square

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Year 5	<b>Netball</b> <ul style="list-style-type: none"> <li>• Chest pass</li> <li>• Bounce pass</li> <li>• Positions &amp; roles (HI-5)</li> <li>• Shooting technique</li> <li>• How to mark</li> <li>• How to pivot</li> <li>• What is travelling (Netball)</li> <li>• Basic rules (HI-5)</li> </ul>	<b>Tag Rugby</b> <ul style="list-style-type: none"> <li>• Sending and receiving a flat pass</li> <li>• Sending and receiving a spin pass</li> <li>• Officiating</li> <li>• Consistently retreating</li> <li>• Maintaining a good support position</li> </ul>	<b>Volleyball</b> <ul style="list-style-type: none"> <li>• Basic positioning</li> <li>• How to serve (underarm)</li> <li>• How to "dig"</li> <li>• How to "set"</li> <li>• How scoring works</li> </ul>	<b>Orienteering &amp; teamwork activities</b> <ul style="list-style-type: none"> <li>• How to orientate a map</li> <li>• Understand how to use a key</li> <li>• How to use a compass</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• Sprint start (2 T's)</li> <li>• Sprint phases</li> <li>• Shot-put</li> <li>• Baton change</li> <li>• Moving</li> <li>• High jump</li> <li>• Triple jump (moving)</li> </ul>	<b>Kwik Cricket</b> <ul style="list-style-type: none"> <li>• Sending (rolling, underarm and overarm) and receiving (cupped hands)</li> <li>• Underarm bowling</li> <li>• Strike a ball with feet</li> <li>• Strike a ball with a bat or racquet</li> <li>• Understand basic rule of Kwik cricket</li> </ul>
	<b>Key vocabulary:</b>  Netball, position, attacking third, defensive third, central third, traveling, mark, possession, shoulder pass, overhead pass	<b>Key vocabulary:</b>  Retreat, position, spin pass, pop pass	<b>Key vocabulary:</b>  Volleyball, position, serve, set, dig		<b>Key vocabulary:</b>  Baton change, Shot-put, foul throw	<b>Key vocabulary:</b>  Kwik cricket, wicket, batter, bowler, overarm bowl, underarm bowl

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Year 6	<b>Netball</b> <ul style="list-style-type: none"> <li>• Passing to maintain possession</li> <li>• Create angles to receive the ball</li> <li>• Positions &amp; roles (hi-5)</li> <li>• Shooting technique</li> <li>• How to mark</li> <li>• Set plays</li> </ul>	<b>Tag Rugby</b> <ul style="list-style-type: none"> <li>• Sending and receiving a flat pass</li> <li>• Sending and receiving a spin pass</li> <li>• Sending and receiving a pop pass</li> <li>• Officiating</li> <li>• Consistently retreating</li> <li>• Maintaining a good support position</li> <li>• Maintaining a good defensive line</li> </ul>	<b>Parkour</b> <ul style="list-style-type: none"> <li>• Dynamic balances</li> <li>• How to vault over small obstacles</li> <li>• How to land safely</li> <li>• Quadrupedal</li> <li>• How to combine movements</li> <li>• How to explore safely</li> </ul>	<b>Volleyball</b> <ul style="list-style-type: none"> <li>• Positioning &amp; rotation</li> <li>• How to serve (underarm)</li> <li>• How to "dig"</li> <li>• How to "set"</li> <li>• How scoring works</li> <li>• How to spike</li> </ul>	<b>Athletics/ Fitness testing</b> <ul style="list-style-type: none"> <li>• Broad jump</li> <li>• Vertical jump</li> <li>• Grip strength</li> <li>• Illinois agility test</li> <li>• How to partake</li> <li>• How to score a peer</li> </ul>	<b>Kwik Cricket</b> <ul style="list-style-type: none"> <li>• Sending (rolling, underarm and overarm) and receiving (cupped hands)</li> <li>• Overarm bowling</li> <li>• Strike a ball with feet</li> <li>• Strike a ball with a bat or racquet</li> <li>• Greater understanding of Rules</li> <li>• Learning how to umpire</li> <li>• Decision making skills</li> </ul>
	<b>Key vocabulary:</b>  Netball, position, attacking third, defensive third, central third, traveling, mark, possession, shoulder pass, set play, tactics	<b>Key vocabulary:</b>  retreat, position, spin pass, pop pass, defensive line, support position	<b>Key vocabulary:</b>  Parkour, obstacle, vault, quadruple, dynamic balance	<b>Key vocabulary:</b>  Volleyball, position, serve, set, dig, spike, middle blocker, server, libero	<b>Key vocabulary:</b>  Fitness testing, power, agility, broad jump, technique	<b>Key vocabulary:</b>  Kwik cricket, wicket, batter, bowler, overarm bowl, underarm bowl, umpire, crease, over