

THRUSSINGTON PE SKILLS PROGRESSION YEAR A

Class 1 - Year A			
Term	DF	NC objectives	Knowledge
1	Ball Skills Unit One Basic Ball Handling Skills.	<p>PE1.6 know how to throw underarm towards a target</p> <p>PE1.7 know how to throw in different ways using different objects</p> <p>PE1.8 know how to coordinate their body with control</p>	<ul style="list-style-type: none"> • Understanding the context of rolling a ball. • Developing their ability to bounce a basketball on the ground. • Demonstrating catching and throwing to a partner. • Showing quick passing at different levels. • Reflecting on which throwing technique suits them. • Explaining what has helped them to improve their throwing skills.
	Boccia Knowing the skills in order to play the game	PE2.8 know how to throw towards a target with moderate accuracy	<ul style="list-style-type: none"> • Understanding how the Sport of Boccia is played. • Knowing how they can aim at targets from a variety of distances. • Demonstrating landing a ball on a target that is further away from them. • Aiming a ball with control • Reflecting on what tactics they used to defend in a game. • Explaining what they feel they have done well at over the term.

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<p>2</p>	<p>Gymnastics Unit One Balance, Jumping and Spatial Awareness, using the Apparatus.</p>	<p>PE1.9 know how to move around an area, with agility, without collision and stop in a space</p> <p>PE1.1 know how to copy sequences and repeat them</p> <p>PE1.2 know how to make their body curled, tense, stretched and relaxed</p> <p>PE1.3 know how to control their body when travelling and balancing</p> <p>PE1.4 know how to roll, curl, travel and balance in different ways</p> <p>PE1.5 know how to use under and over to move differently</p> <p>PE2.5 know how to improve a sequence based on feedback</p>	<ul style="list-style-type: none"> • Developing travelling in different ways. • Knowing how they can balance on small parts of the body (Hands and Feet) • Demonstrating naming different apparatus in each session. • Observing others and magpieing ideas. • Reflecting on how they collected the apparatus and moved them safely. • Explaining the importance of warming up and cooling down in Gymnastics.
	<p>Multi-Skills Theme: Freddy Future and the Pirates</p>	<p>PE1.7 know how to throw in different ways using different objects</p> <p>PE1.8 know how to coordinate their body with control</p> <p>PE2.8 know how to throw towards a target with moderate accuracy</p> <p>PE1.13 know how to jump and land with control</p> <p>PE1.19 know how to improve an action such as throwing, catching or striking</p>	<ul style="list-style-type: none"> • Understanding how they can balance along a line with control. • Developing their ability to balance equipment (Beanbags, Balls) • Demonstrating quick reactions to change their direction. • Balancing objects with control and co-ordination. • Reflecting on what's important to remember when throwing an object at a target. • Explaining what they have enjoyed about their pirate adventure.

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<p>3</p>	<p>Dance Theme: People Who Help Us</p>	<p>PE1.15 know how to start and stop movement using music</p> <p>PE1.16 know how to copy or make up a short dance using simple movement patterns</p> <p>PE2.17 know how to use dance to show a mood or feeling</p>	<ul style="list-style-type: none"> • Understanding the different dancing terms that they might hear in a routine. • Know how they can movements need to be dynamic to suit the character off the dance. • Demonstrating performing in unison and canon when working in groups. • Putting together a short sequence together • Reflecting on what they have enjoyed doing the dance.
	<p>Playground Games Developing knowledge of games that are played on the playground</p>	<p>PE1.10 know how to listen and follow a set of simple instructions in a game</p> <p>PE2.11 know how to follow rules</p> <p>PE2.12 know how to show fairness and respect to others</p> <p>PE1.20 know how to regulate own behaviour when playing team games, with adult support</p> <p>PE2.21 know how to regulate own behaviour when playing team games</p>	<ul style="list-style-type: none"> • Understanding games that require various rules and teamwork • Knowing how to work together to have fun in a session. • Demonstrating listening to commands that follow in different games. • Showing respect and sportsmanship towards others. • Reflecting on what they have enjoyed over the unit.

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<p>4</p>	<p>Fundamentals Unit One: Balance and Controlled Movement</p>	<p>PE1.14 know how to move safely in a space</p> <p>PE1.13 know how to jump and land with control</p>	<ul style="list-style-type: none"> • Understanding how they can do different balances on one foot. • Developing their speed when running. • Applying control when galloping at a distance. • Demonstrating control and safety when jumping. • Reflecting on the four things to remember when hopping • Reflecting on what they have enjoyed over the term
	<p>Receiving and Sending Incorporating ball skills from different sports.</p>	<p>PE1.8 know how to coordinate their body with control</p> <p>PE1.8 know how to coordinate their body with control</p> <p>PE1.19 know how to improve an action such as throwing, catching or striking</p>	<ul style="list-style-type: none"> • Understanding how they can pass in different ways using their feet. • Knowing what ways, they can catch and stop the ball. • Demonstrating dribbling a ball using their feet. • Passing the ball back and forth using their feet. • Reflecting on the safety rules, using a hockey stick. • Explaining on what skills they feel they have improved on.

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<p>5</p>	<p>Invasion Games Unit One: Knowing the skills that are needed to play invasion games.</p>	<p>PE2.10 know how to change direction at speed, with agility, to avoid chasers</p> <p>PE1.11 know how to change direction on command while running</p>	<ul style="list-style-type: none"> • Understanding how they can travel in different ways in an invasion game. • Knowing how they can travel in ways with the ball. • Demonstrating keeping control of a ball as they follow a path. • Using their hands and feet to change direction. • Reflect on their passing skills and what they need to improve. • Explain where they can use the skills again of what they have been taught.
	<p>Striking and Fielding Unit One: Developing control and Co-Ordination skills.</p>	<p>PE2.11 know how to follow rules</p> <p>PE2.6 know how to use hitting, kicking, throwing and/or rolling in a game</p> <p>PE1.6 know how to throw underarm towards a target</p> <p>PE1.7 know how to throw in different ways using different objects</p>	<ul style="list-style-type: none"> • Understanding how they can hold a racket correctly. • Knowing how they can hit the ball, using their racket. • Demonstrating applying tactics that they have practiced into a game. • Holding a cricket bat, using the correct stance and technique. • Reflect on what skills they feel they need to improve on. • Explain what skills they feel they are getting better at.

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<p>6</p>	<p>Athletics Unit One: Knowing the three main skills used in the sport of Athletics.</p>	<p>PE1.7 know how to throw in different ways using different objects</p> <p>PE1.8 know how to coordinate their body with control</p> <p>PE2.8 know how to throw towards a target with moderate accuracy</p> <p>PE1.13 know how to jump and land with control</p> <p>PE1.19 know how to improve an action such as throwing, catching or striking</p>	<ul style="list-style-type: none"> • Understanding how to do the Standing Start position. • Knowing how to pass a baton effectively in a relay race. • Demonstrating jumping with safety. • Jumping for height and distance. • Reflecting on which throwing positions they find comfortable. • Explaining on which of the three skills they feel they have improved on.
	<p>Attacking and Defending Knowing the skills in order to play team games.</p>	<p>PE2.12 know how to show fairness and respect to others</p> <p>PE1.20 know how to regulate own behaviour when playing team games, with adult support</p> <p>PE2.21 know how to regulate own behaviour when playing team games</p>	<ul style="list-style-type: none"> • Understanding how they can use space in a team game. • Knowing how they can mark another player. • Demonstrating stopping players from passing the ball to each other. • Looking for space to get into and receive the ball. • Reflecting on what skills they feel they have achieved in relation to attacking and defending.

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Class 2 - Year A			
Term	DF	NC objectives	Knowledge
1	Fitness Knowing the effects of Upper, Core and Lower body exercise.	PE3.2 know how strength and suppleness/ flexibility affect performance PE4.2 know how to move in a controlled and challenging way PE3.21 know how to identify how their body has changed as a result of exercise	<ul style="list-style-type: none"> Understanding how their body reacts to different exercises. Identifying the upper body parts and performing various exercises that focus on the upper body. Recognizing the lower body parts and performing numerous exercises that focus on the lower body. Classifying the core body muscles and performing exercises that focus on the main muscles. Setting themselves targets for them to reach to achieve their personal best.
	Ball Sports Developing the fundamental skills in sports	E4.5 know how to strike a ball accurately with control and direction in a team game PE3.5 know how to use rules fairly PE3.6 know how to apply basic rules PE4.4 know how to throw and catch accurately in a team game	<ul style="list-style-type: none"> Understanding the terms accuracy and aiming Know how you can use accuracy and aiming in a game. Demonstrate catching and throwing with a partner. Work as a team to catch and throw towards a target. Reflect on the key aspects of Dribbling and Shooting. Explain what skills they feel they have improved on.

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<p>2</p>	<p>Dance Theme: The Rainforest</p>	<p>PE3.11 know how to share and create phrases with a partner and small group</p> <p>PE3.12 know how to remember and repeat a range of movement patterns</p> <p>PE3.13 know how to improvise freely and translate ideas from a stimulus into movement</p> <p>PE4.11 know how to use a theme as a stimulus to create ideas</p>	<ul style="list-style-type: none"> • Understand how they can create a dance inspired by the rainforest. • Know how they can adapt their movement to suit the length of their dance. • Demonstrate using different speeds in their dance routine. • Combine movements together, to create a deforestation dance. • Reflect on their dance sequence so far as a group. • Explain, using vocabulary, too evaluate their performance.
	<p>Swimming Year 3: Exploring the water.</p> <p>Year 4: Developing the use of arms and legs.</p>	<p>PE3.22 know how to swim competently and confidently to 25 metres</p> <p>PE4.21 know how to swim competently, confidently and proficiently to 25 metres</p> <p>PE3.23 know how to begin to use a range of strokes effectively such as front crawl, backstroke and breaststroke</p> <p>PE4.22 know how to use a range of strokes effectively such as front crawl, backstroke and breaststroke</p> <p>PE3.24 know and demonstrate how to stay safe in the water</p> <p>PE4.23 know, and demonstrate the importance of staying safe in the water</p>	<p>Year 3</p> <ul style="list-style-type: none"> • To understand what they can do in the water. • Know how to push and glide in the water. • Demonstrate the Front Paddle technique. • To be confident in using their arms and legs in the water. • To reflect on the key aspects of the back-paddle technique. • To reflect on what they feel they have achieved in the water. <p>Year 4</p> <ul style="list-style-type: none"> • Understand and develop their confidence in the water. • Know how they can use their hands and feet in different ways. • Demonstrating using their own method of using their legs and feet in the water. • Swim using the front paddle technique without using a noodle. • Reflect on the two strokes (Front Paddle & Back Paddle) and their key aspects. • Explain how confident they feel in the water.

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<p>3</p>	<p>Dodgeball Knowing the five skills in order to play the game.</p>	<p>PE3.5 know how to use rules fairly PE3.6 know how to apply basic rules</p>	<ul style="list-style-type: none"> • Understand what are the core skills you use in the game. • Know what are the key aspects of catching in the game. • Demonstrating throwing a ball at a moving target. • Blocking an oncoming ball whilst holding a ball. • Reflect on what skills they feel they have improved on through the game.
	<p>Gymnastics Developing balance, movement and shape.</p>	<p>PE3.3 know how to work collaboratively to produce a routine PE4.1 know how to include a change of height and direction in a sequence PE4.2 know how to move in a controlled and challenging way</p>	<ul style="list-style-type: none"> • Understand and explore using 2-point balances. • Know how to spin on different body parts. • Demonstrate select, link and perform two tuck and pin shapes. • Explore ways of travelling and turning. • Reflect on what they have learnt in each session. • Explain what they feel they need to improve on in Gymnastics.

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<p>4</p>	<p>Swimming Year 3: Knowing the Strokes</p> <p>Year 4: The Four Strokes</p>	<p>PE3.22 know how to swim competently and confidently to 25 metres</p> <p>PE4.21 know how to swim competently, confidently and proficiently to 25 metres</p> <p>PE3.23 know how to begin to use a range of strokes effectively such as front crawl, backstroke and breaststroke</p> <p>PE4.22 know how to use a range of strokes effectively such as front crawl, backstroke and breaststroke</p> <p>PE3.24 know and demonstrate how to stay safe in the water</p> <p>PE4.23 know, and demonstrate the importance of staying safe in the water</p>	<p>Year 3</p> <ul style="list-style-type: none"> • To understand and recap the key aspects of the strokes that they have been taught. • To know how to float in the water in different ways. • To demonstrate swimming with a float. • To develop confidence, using a float. • To reflect on water safety techniques that they have learnt. • To explain what they have enjoyed about swimming. <p>Year 4</p> <ul style="list-style-type: none"> • Understand and recap the techniques that they have learnt. • Recap the key aspects of the front crawl • Demonstrate swimming, side by side, with another. • Swim the four strokes with confidence. • Reflect on the different self-recue techniques. • Explain what they have enjoyed about doing swimming this term.
	<p>Football Acquiring the knowledge of the three skills to play the game</p>	<p>E4.5 know how to strike a ball accurately with control and direction in a team game</p>	<ul style="list-style-type: none"> • Understand why movement is important in a game. • Know what a ground pass is and how it is used in a game. • Demonstrate tackling someone to get the ball. • Reflect on what skill they feel they have improved on. • Explain how they worked as a team in a game.

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5	<p>Athletics Developing existing jumping, running and throwing skills.</p>	<p>PE3.9 know how to take part in a relay, remembering when to run and what to do</p> <p>PE3.10 know how to identify different ways to jump linked to athletics</p>	<ul style="list-style-type: none"> • Understand how they can sprint effectively. • Know how they can run fluently over hurdles. • Demonstrating jumping as far as possible. • Throwing underarm and overarm. • Reflecting on what they feel they have done well at in Athletics.
	<p>Basketball Knowing the skills to play defensively, and offensively.</p>	<p>PE4.4 know how to throw and catch accurately in a team game</p> <p>PE3.4 know how to be aware of space and use it to support team-mates and to cause problems for the opposition</p>	<ul style="list-style-type: none"> • Understand how they can dribble a basketball with control. • Know how to use a range of passes in a game. • Demonstrate the pivoting technique. • Shielding the ball using their body. • Reflect on what they know about marking in a game. • Explain on what qualities make a good team.

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<p>6</p>	<p>Tennis Knowing the basics of hitting and positioning.</p>	<p>PE4.4 know how to throw and catch accurately in a team game</p> <p>PE4.5 know how to strike a ball accurately with control and direction in a team game</p>	<ul style="list-style-type: none"> • Understand the ready position. • Know what a rally is in tennis. • Demonstrate getting ready in position to receive the ball. • Moving around on the court, ready to receive the ball. • Reflect on how quickly they can tell which direction the ball is going in. • Explain on how to keep a good rally.
	<p>Cricket Knowing the skills in order to play a game of Kwik Cricket.</p>	<p>PE4.4 know how to throw and catch accurately in a team game</p> <p>PE4.5 know how to strike a ball accurately with control and direction in a team game</p>	<ul style="list-style-type: none"> • Understand on how to use the correct techniques when catching a ball. • Know how to use the long barrier, to stop the ball. • Demonstrate holding a cricket bat correctly. • Hitting the ball in different directions. • Reflect on tips bowling Overarm. • Explaining on what skills they feel they have improved on.

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Class 3 - Year A			
Term	DF	NC objectives	Knowledge
1	Athletics Developing Endurance, Speed and Technique.	<p>PE5.9 know how to breakdown the technique of different jumping events, develop each area to provide an overall improvement</p> <p>PE5.10 know how to throw with increasing distance</p> <p>PE6.9 know how to identify the attributes required for various events and be able to improve in different physical activities and sports</p> <p>PE6.10 know how to measure and record results, link to personal best and aiming to improve</p>	<ul style="list-style-type: none"> To understand, practice and refine a good running stance. Know how to use an effective running technique. Demonstrate controlling their own pace. Using power taking off in jumping. Reflect and describe the fling throw technique. Evaluate their performance in an Athletics event.
	<p>Swimming Year 5: Advanced and Artistic Swimming.</p> <p>Year 6: Four Stroke Development</p>	<p>PE5.22 know how to swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>PE6.21 know how to swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>PE5.23 know how to use a range of strokes effectively such as front crawl, backstroke and breaststroke</p> <p>PE6.22 know how to use a range of strokes effectively such as front crawl, backstroke and breaststroke</p> <p>PE5.24 know how to begin to perform safe self-rescue in different water-based situations</p> <p>PE6.23 know how to perform safe self-rescue in different water-based situations</p>	<p>Year 5</p> <ul style="list-style-type: none"> Recapping the knowledge of the strokes that they have learnt. Know the key aspects of the Breaststroke technique. Demonstrate the backstroke whilst holding a float. Swim the Breaststroke technique, using a float and a noodle. Reflect on how confident they feel in the water. Explain on what they feel they have improved on. <p>Year 6</p> <ul style="list-style-type: none"> Understanding the safety aspects when it comes to Swimming. Know how they can swim in different ways. Demonstrate the Breaststroke technique with the least amount of kicks. Swim the different parts of the Butterfly step by step. Reflecting on different water safety techniques that they have been taught. Explaining on which stroke suits them in the water.

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<p>2</p>	<p>Gymnastics Acquiring Partnerships and teamwork to develop movement</p>	<p>PE5.1 know how to make complex extended sequences</p> <p>PE5.2 know how to combine action, balance and shape</p> <p>PE6.3 know how to combine own work with that of others to produce a routine</p>	<ul style="list-style-type: none"> • Understanding and exploring balances, using twisted shapes. • Know how to mirror a partner, applying different actions. • Demonstrating performing set actions, using various pathways. • Exploring, linking and selecting different balances and positions, with travelling actions. • Reflect on their knowledge in each session. • Explain what they feel they have done well at in Gymnastics.
	<p>Badminton Acquiring the knowledge of different Net and Wall techniques.</p>	<p>PE6.6 know how to show competency in a range of sports</p> <p>PE6.16 know which sports they are good at and find out how to improve further</p>	<ul style="list-style-type: none"> • Understand how to use a badminton racket, to control an object. • Know how to strike a shuttlecock to with control and accuracy. • Demonstrate using the ready position and know how to adapt it. • Perform an attacking technique to win points. • Reflect on what they need to improve on in order to improve their performance. • Explain what they feel they have achieved this term.

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4	<p>Leadership in PE Knowing the different leadership skills needed to lead a session.</p>	<p>PE6.14 know how to plan with others, taking account of safety and danger PE6.18 know how to modify and adapt games with their own ideas and teach this to others PE6.17 know how to identify activities to help improve performance</p>	<ul style="list-style-type: none"> • Understand what a Leader is, and what it involves. • Know how they can use confidence and positivity when leading an activity. • Demonstrate adapting their own game when needed. • Show resilience when leading different circuits. • Reflect on how they felt they did as a leader in the session. • Explain what they could have done differently when leading a station.
	<p>Tag Rugby Developing the skills in order to play as an attacker and a defender.</p>	<p>PE5.8 know how to gain possession by working collaboratively and competitively as a team and pass in different ways PE6.4 know how to work as a team and communicate a plan PE6.6 know how to show competency in a range of sports PE6.16 know which sports they are good at and find out how to improve further</p>	<ul style="list-style-type: none"> • Understand and develop their knowledge of evading and tagging opponents. • Develop their knowledge of passing and receiving the ball. • Demonstrate opening up their hands to give the passer a target. • Use decision making and tactical awareness in the game. • Reflect on different scenarios and what tactics they would use. • Explain what went well for their team in a competitive game.

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5	<p>Tennis Acquiring footwork, Serving and Technique</p>	<p>PE5.5 know how to strike a ball, using a varied piece of equipment, into a space</p> <p>PE6.6 know how to show competency in a range of sports</p> <p>PE6.16 know which sports they are good at and find out how to improve further</p>	<ul style="list-style-type: none"> • Understanding and developing their knowledge of controlling the ball. • Developing the underarm serve. • Demonstrating returning a serve with confidence. • Hitting the ball towards a target. • Reflect on the different points of recovering after a shot. • Explain on what they have enjoyed about doing Tennis.
	<p>Netball Knowing the skills to play in Attack and Defence</p>	<p>PE5.6 know how to use a number of techniques to pass, dribble and shoot</p> <p>PE6.6 know how to show competency in a range of sports</p> <p>PE6.16 know which sports they are good at and find out how to improve further</p>	<ul style="list-style-type: none"> • Understand how they can refine catching and passing. • Know how they can use a range of passes in a game. • Demonstrate combining pivoting with other netball skills. • Know different movements skills in order to evade the defender. • Reflect on what skills they feel they need to improve • Explain and evaluate their own and their team's performance.

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<p>6</p>	<p>OAA Problem Solving and challenges.</p>	<p>PE5.14 know how to follow a map into an unknown location, individually and within a team</p> <p>PE5.15 know how to use clues and a compass to navigate a route</p> <p>PE5.16 know how to use new information to change route</p> <p>PE5.17 know how to change route to overcome a problem</p> <p>PE5.18 know how to explain to others how their map is providing help</p> <p>PE6.13 know how to plan a route and a series of clues for someone else, individually and within a team</p> <p>PE6.14 know how to plan with others, taking account of safety and danger</p> <p>PE6.15 know how to apply a strategy, work efficiently and effectively with the help of a map</p>	<ul style="list-style-type: none"> • Understand how they can work as a team to solve a range of problems. • Know how they can show positivity and perseverance when completing challenges. • Demonstrate different types of communication to send and receive information. • Leading a warm up and cool down in small groups. • Reflect on a game plan that they had as a group. • Explain on what they have enjoyed about doing OAA.
	<p>Rounders Knowing a range of skills to equip them to play a full Rounders game</p>	<p>PE5.5 know how to strike a ball, using a varied piece of equipment, into a space</p> <p>PE6.5 know how to agree and explain rules to others</p> <p>PE6.6 know how to show competency in a range of sports</p> <p>PE6.16 know which sports they are good at and find out how to improve further</p>	<ul style="list-style-type: none"> • Understand how to bat and bowl, using the correct technique. • Know how to use the correct techniques to field the ball. • Demonstrating fielding with skill and technique when on the bases. • Stopping a moving ball using the appropriate method. • Reflect on tactics that they used as a team in a full game. • Explain how they felt they worked as a team.