

THRUSSINGTON PE SKILLS PROGRESSION YEAR B

Class 1 – Year B			
Term	DF	NC objectives	Knowledge
1	Fundamentals	<p>PE1.9 know how to move around an area, with agility, without collision and stop in a space</p> <p>PE1.12 know how to move in different directions copying various movements</p> <p>PE1.18 know what works well in a gymnastic or dance sequence</p>	<ul style="list-style-type: none"> • Single Leg Balancing • Running • Dribbling with Hands and Feet, using a basketball and football.
	Multi-sports	<p>PE2.9 know the best space to be in during a game</p> <p>PE2.14 know how to move in different ways, identify these and know how they look</p> <p>PE1.8 know how to coordinate their body with control</p> <p>PE1.9 know how to move around an area, with agility, without collision and stop in a space</p>	<ul style="list-style-type: none"> • Dodgeball (Dodging, Throwing and Catching) • Golf (Co-Ordination and Safety skills) • Hockey (Dribbling and shooting a ball using a hockey stick) • Tag Rugby (Ball Handling skills) • SAQ'S (Developing Agility, Balance, and Co-Ordination)

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2	Gymnastics	<p>PE2.1 know how to plan and perform a sequence of movements</p> <p>PE2.2 know more than one way to create a sequence which follows some 'rules'</p> <p>PE2.3 know how to start and finish using a gymnastic position</p> <p>PE2.4 know how to safely attempt a variety of jumps and rolls with moderate control</p>	<ul style="list-style-type: none"> • High to Low to High • Using the Apparatus • Using Pathways • Bouncing, Jumping and Landing • Jumping from height
	Team-building	<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>	<p>Developing teamwork skills</p> <ul style="list-style-type: none"> • Applying Communication skills. • Using communication skills in a themed session (Spiders Web) • Developing teamwork Skills. • Using teamwork skills in a themed session (Island Theme) • Applying trust and developing trust in different activities • Using Trust building in a themed session (To the Rescue) • Using all three skills in one session.

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3	Dance	<p>PE2.15 know how to change rhythm, speed, level and direction in dance</p> <p>PE2.16 know how to make a sequence by linking simple movement patterns together</p> <p>PE1.17 know how to perform own dance moves</p> <p>PE2.18 know how to perform in a small group to others</p> <p>PE2.19 know what works well and what could be better in a gymnastic or dance sequence</p>	<p>Theme (The Seasons)</p> <ul style="list-style-type: none"> • Knowing a step-by-step routine to a particular dance (Barn Dance) • Knowing how to put a dance motif together using five steps. • Developing movement at different speeds to represent the weather. • Working in partners and in small groups to represent a particular season.
	Fitness	<p>PE1.13 know how to jump and land with control</p> <p>PE2.14 know how to move in different ways, identify these and know how they look</p> <p>PE1.8 know how to coordinate their body with control</p>	<ul style="list-style-type: none"> • Changing Direction • Jumping • Keeping control • Combining skills. • Doing the complete circuit.

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4	Ball skills	<p>PE2.6 know how to use hitting, kicking, throwing and/or rolling in a game</p> <p>PE2.7 know how to catch from a low height and a close throw</p> <p>PE2.8 know how to throw towards a target with moderate accuracy</p> <p>PE2.20 know how to improve an action such as throwing, catching or striking with increasing aim and direction</p>	<ul style="list-style-type: none"> • Rolling the ball • Bouncing the basketball • Catching the Basketball in both hands. • Knowing a particular pass in Basketball • Demonstrating the frisbee throw technique.
	Invasion Sports	<p>PE2.11 know how to follow rules</p> <p>PE2.12 know how to show fairness and respect to others</p> <p>PE2.13 know how to develop simple tactics for attacking and defending</p>	<ul style="list-style-type: none"> • Moving with the ball. • Racing into space. • Passing the ball to a teammate. • Evading and dodging away from defender. • Stopping shots • Applying skills into games.

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5	Athletics	<p>PE1.8 know how to coordinate their body with control</p> <p>PE1.13 know how to jump and land with control</p> <p>PE2.14 know how to move in different ways, identify these and know how they look</p>	<ul style="list-style-type: none"> • Introducing the fundamental skills (Running, Jumping and Throwing) • Jumping sequences and Targets. • Jumping and throwing for distance. • The Slalom Sprint. • Running for Speed • Applying skills into a mini-Athletics play.
	Target Games	<p>PE2.6 know how to use hitting, kicking, throwing and/or rolling 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>	<ul style="list-style-type: none"> • Rolling Activities • Bullseye • Moving Targets • Throwing Golf • Kicking Skills • Teamwork and Simple Tactics
6	Net and Wall	<p>PE2.7 know how to catch from a low height and a close throw</p> <p>PE2.8 know how to throw towards a target with moderate accuracy</p>	<ul style="list-style-type: none"> • Fancy Footwork • Aiming Games • Racket Skills • Skillful Hitting • Applying skills into Mini Games.
	Multi-Skills	<p>PE2.20 know how to improve an action such as throwing, catching or striking with increasing aim and direction</p>	<ul style="list-style-type: none"> • Developing racket skills • Hitting the ball • Using Simple Tactics • Controlling and using the cricket bat. • Controlling the game • Applying skills into mini games.

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Class 2 - Year B			
Term	DF	NC objectives	Knowledge
1	Athletics	<p>PE4.8 know how to sprint over a short distance and show stamina when running over a long distance</p> <p>PE4.10 know how to throw in different ways using different objects</p> <p>PE4.9 know how to jump in different ways, taking off on one foot and 2 feet and landing with control</p>	<ul style="list-style-type: none"> • Knowing the fundamental skills of Athletics (Running, Jumping and Throwing) • Using different sprinting techniques to pick up speed. • Knowing how a relay race works and using a baton passing technique. • Demonstrating the standing triple jump • Performing the Javelin Throw • Applying the skills that they have learnt into a mini-Olympics.
	Swimming	<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>	<ul style="list-style-type: none"> • Knowing the different swimming strokes (Backstroke, Front crawl, Breaststroke) • Understanding how to enter and exit the water safely. • Developing confidence floating and kicking the water. • Demonstrating the front crawl and the backstroke.
2	Gymnastics	<p>PE3.1 know how to adapt sequences to suit different types of apparatus and criteria</p> <p>PE3.2 know how strength and suppleness/ flexibility affect performance</p>	<ul style="list-style-type: none"> • Balance and Shapes • Spinning and travelling. • Turning • Half and Full Turns • Under and through the Apparatus. • Jumping

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		<p>PE4.3 know how to work with a partner to create, repeat and improve a sequence with at least three phases</p> <p>PE3.18 know how to compare and contrast gymnastic sequences</p>	
	<p>Invasion games</p>	<p>PE4.6 know how to vary tactics and adapt skills depending on what is happening in a game</p> <p>PE3.19 know how to recognise own improvement in invasion games</p>	<ul style="list-style-type: none"> • Crossover (Developing awareness and the ability to dodge out the way) • Endzones (Developing passing and receiving, creating open space) • Guard the Pin (Developing attacking and defending skills, deceiving opponents) • Matball/Kings and Queens (Completing passes under pressure, reducing the space) • Slide Tag (Developing dodging skills and spatial awareness) • Speedball (Demonstrating maintaining possession, and using their knowledge of basketball and football)

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3	Dance	<p>PE4.12 know how to use dance to communicate an idea</p> <p>PE4.13 know how to take the lead when working with a partner or 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> <p>PE4.12 know how to use dance to communicate an idea</p> <p>PE4.17 know how to provide support and advice to others in gymnastics and dance</p> <p>PE4.18 know how to listen to the ideas of others</p>	<p>Theme (Ancient Egypt)</p> <ul style="list-style-type: none"> • Understand the context of the dance and applying their knowledge of what they know of Ancient Egypt) • Demonstrating balance, facial expression, and Shape • Demonstrating getting into character of a mummy and performing slow movements. • Using improvisation to show different movements. • Reflecting and observing others. • Applying actions and dynamic movements. • Performing a whole routine from start to finish.
	Swimming	<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>	<ul style="list-style-type: none"> • Being confident in swimming 5 metres. • Understanding how to swim, using the front Paddle technique. • Understanding how to swim, using the back-paddle technique. • Knowing different water safety techniques. • Using gliding and kicking skills into games • Recapping the front crawl and backstroke techniques. • Applying the skills that they have learnt into an aqua-splash festival.

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4	Football	<p>PE3.7 know how to begin to use suitable techniques</p> <p>PE4.6 know how to vary tactics and adapt skills depending on what is happening in a game</p>	<ul style="list-style-type: none"> • Acquiring dribbling skills • Acquiring two passing techniques (Ground Pass and Lob Pass) • Shooting for power and precision. • Applying the skills into a mini tournament.
	Tag rugby	<p>PE4.4 know how to throw and catch accurately in a team game</p> <p>PE3.20 know how to evaluate own performance in terms of improving from not winning and then recognising own success both in terms of performance and attitude</p>	<ul style="list-style-type: none"> • Evading and Tagging • Developing control of the ball • Passing and Receiving • Passing on the move • Understanding different game scenarios. • Applying the skills into a mini tournament
5	Tennis	<p>PE4.5 know how to strike a ball accurately with control and direction in a team game</p> <p>PE4.7 know how to work as a team to compete against the opposition</p>	<ul style="list-style-type: none"> • The Ready Position • Hitting and keeping rallies • Understanding the flight of the ball. • Standing and moving on the court. • Ball Direction and Positioning • Applying the skills into a mini event.
	Rounders	<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> <p>PE4.6 know how to vary tactics and adapt skills depending on what is happening in a game</p> <p>PE4.19 know how to work as team to develop others both in terms of performance and attitude</p>	<ul style="list-style-type: none"> • Batting and Bowling • Throwing and Catching • Backstop and Bases • Deep fielding • Using Simple Tactics. • Applying the skills into a mini game.

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6	Cricket	<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> <p>PE4.6 know how to vary tactics and adapt skills depending on what is happening in a game</p>	<ul style="list-style-type: none"> • Developing catching • Stopping and Throwing • Striking the ball using a Rounders Bat • Bowling at the wicket. • Applying their skills into a Kwik cricket game.
	Outdoor and adventurous	<p>PE3.14 know how to follow a map in a familiar context, individually and within a team</p> <p>PE3.15 know how to use clues to follow a route</p> <p>PE3.16 know how to follow a route safely</p> <p>PE3.17 know the boundaries in place</p> <p>PE4.14 know how to follow a map in a (more demanding) familiar context, individually and within a team</p> <p>PE4.15 know how to follow a route within a time limit</p> <p>PE4.16 know how to mark on a map where they are</p>	<ul style="list-style-type: none"> • Teamwork skills • Understanding what skills are needed to be an effective leader. • Navigating around a space with confidence. • Demonstrating following a basic map. • Developing their understanding of orienteering. • Understanding different symbols on a map.

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Class 3 - Year B			
Term	DF	NC objectives	Knowledge
1	Football	<p>PE5.7 know how to choose a specific tactic for defending and attacking</p> <p>PE5.8 know how to gain possession by working collaboratively and competitively as a team and pass in different ways</p> <p>PE6.7 know how to lead others in a game situation when the need arises</p> <p>PE6.6 know how to show competency in a range of sports</p>	<ul style="list-style-type: none"> • Ball Familiarization and control • Advanced Passing Skills (Ground pass and Lob Pass) • Advanced Shooting skills (Shooting under pressure) • Knowing different game scenarios • Applying and developing the skills into a mini tournament.
	Netball	<p>PE5.5 know how to strike a ball, using a varied piece of equipment, into a space</p> <p>PE5.7 know how to choose a specific tactic for defending and attacking</p> <p>PE6.6 know how to show competency in a range of sports</p>	<ul style="list-style-type: none"> • Passing and Catching • Passing in a game Scenario (Developing the four passes in a game situation) • Footwork and Pivoting • Outwitting the defender • Attacking and Defending • Applying and developing the skills into a Netball Tournament

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2	Dance	<p>PE6.11 know how to develop sequences in a specific style</p> <p>PE6.12 know how to choose own music and style</p> <p>PE5.20 know how to articulate to others something a partner has done well and also something that can be improved both in terms of performance and attitude</p>	<ul style="list-style-type: none"> • Understanding the concept of the dance and applying their knowledge of what they know. • Demonstrating getting into character and getting into space and showing facial expression. • Applying actions in relation to a solidier. • Performing in Unison and Canon in groups/Pairs. • Working together to create a formation. • Getting into character of an evacuee, showing emotion. • Using their imaginative skills and putting together a short sequence. • Performing a routine from start to finish. • Observing and giving back feedback on others and their own performance.
	Swimming	<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>	<ul style="list-style-type: none"> • Developing their knowledge of water safety and different strokes. • Performing different water safety scenarios. • Developing the front crawl technique. • Developing the backstroke technique. • Developing the Breaststroke Technique. • Understanding how to do Water Polo.

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3	Gymnastics	<p>PE6.1 know how to sequence to specific timings</p> <p>PE6.2 know how to adapt a sequence and teach others key gymnastic movements</p> <p>PE5.3 know how to perform a routine consistently to different audiences</p> <p>PE5.4 know how to offer constructive feedback to help others improve</p>	<ul style="list-style-type: none"> • Developing their knowledge of the safety of the apparatus. • Using the Vault Beam • Composing a Sequence in groups. • Performing their sequence. • Doing a class composition.
	Health and well-being	<p>PE5.21 know how to tell others how they look after themselves based around sport and physical activity</p> <p>PE6.19 know the importance of being active</p> <p>PE6.20 know how to talk about how to stay active in and out of school</p>	<ul style="list-style-type: none"> • Simple Circuits. • Individual Challenges. • Fitness Battles • SAQ'S (Speed, Agility and Quickness) • Group Challenges • Being a Fitness Instructor

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4	Athletics	<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>PE6.8 know how to demonstrate stamina and increase strength</p>	<ul style="list-style-type: none"> • Recapping the Fundamentals • Sprinting relays • Middle- and Long-distance running • How to Hurdle • Jumping Jamborees • The Heave Throw.
	Swimming	<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>	<ul style="list-style-type: none"> • Demonstrating previous strokes that they've learnt in the term. • Demonstrating the Breaststroke with confidence. • Acquiring the butterfly technique. • Understanding and developing different water safety scenarios. • Applying all their skills into a Aqua-Splash festival.

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5	Cricket	<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>PE6.17 know how to identify activities to help improve performance</p>	<ul style="list-style-type: none"> • Chasing Catches • Throwing and Retrieving • Defensive Cricket • Attacking Cricket • Bowling at the Wicket • Applying and developing the skills into a mini match.
	Handball	<p>PE6.6 know how to show competency in a range of sports</p> <p>PE6.18 know how to modify and adapt games with their own ideas and teach this to others</p>	<ul style="list-style-type: none"> • Shooting and Defending • Blocking • Attacking and Defending • Gameplay Scenarios. • Goalkeeping • Applying and developing the skills into a mini tournament
6	Rounders	<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>	<ul style="list-style-type: none"> • Batting and Bowling • Throwing and Catching • Backstop and Bases • Deep Fielding • Tactics and Strategy • Applying and developing the skills into a rounders game.
	Volleyball	<p>PE5.8 know how to gain possession by working collaboratively and competitively as a team and pass in different ways</p> <p>PE6.6 know how to show competency in a range of sports</p>	<ul style="list-style-type: none"> • The Dig • The Serve • The Set • Spike it, Block it • The Newcomb Ball Game • Applying and developing the skills into a mini tournament.