



PE Long Term Plan – Skills Progression: Early Years / National Curriculum Content



Nursery	Autumn Term	Spring Term	Summer Term
	<p>Movement and Development</p> <ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Go up steps and stairs, or climb up apparatus, using alternate feet. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. • Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips. 	<p>Dance</p> <ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. • Use large-muscle movements to wave flags and streamers, paint and make marks • Start taking part in some group activities which they make up for themselves, or in teams. • Increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm. • Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips. 	<p>Ball Skills / Team Games</p> <ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Start taking part in some group activities which they make up for themselves, or in teams. • Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. • Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. • Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.
	<p>Continuous</p> <ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Start taking part in some group activities which they make up for themselves, or in teams. • Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. • Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. • Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. 		
Reception	Autumn Term	Spring Term	Summer Term
	<p>Movement and Development</p> <ul style="list-style-type: none"> • Travels with confidence and skill in a range of movements when using equipment • Shows understanding of the need for safety when tackling new challenges and considers and manages some risks. 	<p>Dance</p> <ul style="list-style-type: none"> • Explore and copy basic body actions and rhythms. • Negotiate space confidently, using appropriate strategies. • Use their bodies to respond to stories, topics and music. 	<p>Ball Skills / Team Games</p> <ul style="list-style-type: none"> • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. • Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

	<ul style="list-style-type: none"> • Moves freely and with pleasure and confidence in a range of skilful ways. • Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. <p>Fitness</p> <ul style="list-style-type: none"> • Improve speed, agility, balance, coordination, strength and physical fitness. • Works well as part of a team. • Develop and demonstrate the jumping technique safely. • Solve challenges whilst on the move. • Work individually and cooperatively to perform a range of balances. 	<ul style="list-style-type: none"> • Progress towards a more fluent style of moving, with developing control and grace. • Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. • Combine different movements with ease and fluency. • Develop overall body-strength, balance, co-ordination and agility. 	
<p>ELGs:</p> <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing 			

Taught by Nu Sports

Year One	Autumn Term	Spring Term	Summer Term
	<p>Gymnastics:</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>1c perform dances using simple movement patterns</p> <p>Tennis:</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Football:</p>	<p>Dance (Animals in the Jungle)</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>1c perform dances using simple movement patterns</p> <p>Volleyball and Basketball:</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Cricket and Rounders:</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>1b Participate in team games, developing simple tactics for attacking and defending</p> <p>Athletics:</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>

	<p>1b Participate in team games, developing simple tactics for attacking and defending</p> <p>Hockey:</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>1b Participate in team games, developing simple tactics for attacking and defending</p>	<p>1b Participate in team games, developing simple tactics for attacking and defending</p> <p>Golf:</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	
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Year Two	Autumn Term	Spring Term	Summer Term
	<p>Gymnastics:</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>1c perform dances using simple movement patterns</p> <p>Tennis:</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Football:</p> <p>1b Participate in team games, developing simple tactics for attacking and defending</p> <p>Hockey:</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Dance (After Dark - Thriller)</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>1c perform dances using simple movement patterns</p> <p>Volleyball and Basketball:</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>1b Participate in team games, developing simple tactics for attacking and defending</p> <p>Golf:</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Cricket and Rounders</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>1b Participate in team games, developing simple tactics for attacking and defending</p> <p>Athletics:</p> <p>1a Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>

1b Participate in team games, developing simple tactics for attacking and defending

Swimming: Swimming is taught onsite throughout KS2 in the Summer Term by Elite Swimming.

Outdoor and Adventurous: Orienteering / Outdoor and Adventurous taught by One Adventure (Y3/5) and PGL (Y6 Residential)

Year Three	Autumn Term	Spring Term	Summer Term
	<p>Outdoor and Adventurous (One Adventure Team Building Activity Day) 2e: Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Gymnastics: 2c develop flexibility, strength, technique, control and balance 2d perform dances using a range of movement patterns</p> <p>Tennis: 2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending 2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Football and Netball 2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>	<p>Dance (Rather Be) 2c develop flexibility, strength, technique, control and balance 2d perform dances using a range of movement patterns</p> <p>Volleyball and Hockey: 2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending 2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Golf: 2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Cricket and Rounders: 2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending 2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Athletics: 2a use running, jumping, throwing and catching in isolation and in combination 2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Swimming:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations

	2f compare their performances with previous ones and demonstrate improvement to achieve their personal best		
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Year Four	Autumn Term	Spring Term	Summer Term
	<p>Gymnastics:</p> <p>2c develop flexibility, strength, technique, control and balance</p> <p>2d perform dances using a range of movement patterns</p> <p>Tennis:</p> <p>2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Football and Netball</p> <p>2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Dance (Club can't handle me)</p> <p>2c develop flexibility, strength, technique, control and balance</p> <p>2d perform dances using a range of movement patterns</p> <p>Volleyball and Hockey:</p> <p>2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Golf:</p> <p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Cricket and Rounders:</p> <p>2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Athletics:</p> <p>2a use running, jumping, throwing and catching in isolation and in combination</p> <p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Swimming:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations

Year Five	Autumn Term	Spring Term	Summer Term
	<p>Outdoor and Adventurous</p> <p>(One Adventure Team Building Activity Day)</p> <p>2e: Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Gymnastics:</p> <p>2c develop flexibility, strength, technique, control and balance</p> <p>Tennis:</p> <p>2a use running, jumping, throwing and catching in isolation and in combination</p> <p>2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Football and Netball:</p> <p>2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Dance (The Olympics)</p> <p>2c develop flexibility, strength, technique, control and balance</p> <p>2d perform dances using a range of movement patterns</p> <p>Volleyball and Tag Rugby:</p> <p>2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Golf:</p> <p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Cricket and Rounders:</p> <p>2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Athletics:</p> <p>2a use running, jumping, throwing and catching in isolation and in combination</p> <p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Swimming:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations

Year Six	Autumn Term	Spring Term	Summer Term
	<p>Gymnastics:</p> <p>2c develop flexibility, strength, technique, control and balance</p>	<p>Dance (Fleur East Sax)</p> <p>2c develop flexibility, strength, technique, control and balance</p>	<p>Cricket and Rounders:</p> <p>2b play competitive games, modified where appropriate [for example, badminton, basketball,</p>

Tennis:

2a use running, jumping, throwing and catching in isolation and in combination

2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

2f compare their performances with previous ones and demonstrate improvement to achieve their personal best

Football and Netball:

2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

2f compare their performances with previous ones and demonstrate improvement to achieve their personal best

2d perform dances using a range of movement patterns

Volleyball and Tag Rugby:

2b play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

2f compare their performances with previous ones and demonstrate improvement to achieve their personal best

Golf:

2f compare their performances with previous ones and demonstrate improvement to achieve their personal best

cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

2f compare their performances with previous ones and demonstrate improvement to achieve their personal best

Athletics:

2a use running, jumping, throwing and catching in isolation and in combination

2f compare their performances with previous ones and demonstrate improvement to achieve their personal best

Orienteering (completed as part of PGL residential trip away):

2e take part in outdoor and adventurous activity challenges both individually and within a team

Swimming:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations