



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



Nursery	Autumn Term	Spring Term	Summer Term
	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>• Go up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>• Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>• Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>• Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>• Use large-muscle movements to wave flags and streamers, paint and make marks</li> <li>• Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>• Increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</li> <li>• Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</li> </ul>	<p><b>Ball Skills / Team Games</b></p> <ul style="list-style-type: none"> <li>• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>• Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>• 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.</li> <li>• 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.</li> <li>• Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</li> </ul>
	<p><b>Continuous</b></p> <ul style="list-style-type: none"> <li>• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>• Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>• 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.</li> <li>• 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.</li> <li>• Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</li> </ul>		
Reception	Autumn Term	Spring Term	Summer Term

	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing</li> <li>• Progress towards a more fluent style of moving, with developing control and grace.</li> <li>• 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.</li> <li>• Combine different movements with ease and fluency.</li> <li>• Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</li> <li>• Develop overall body-strength, balance, co-ordination and agility.</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Progress towards a more fluent style of moving, with developing control and grace.</li> <li>• 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.</li> <li>• Combine different movements with ease and fluency.</li> <li>• Develop overall body-strength, balance, co-ordination and agility.</li> </ul>	<p><b>Ball Skills / Team Games</b></p> <ul style="list-style-type: none"> <li>• Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li> <li>• Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> </ul>
	<p><b>ELGs:</b></p> <ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</li> </ul>		

**Taught by Tricks n Flicks**

Year One	Autumn Term	Spring Term	Summer Term
	<p><b>Gymnastics:</b></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><b>Dance (Animals in the Jungle)</b></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><b>Cricket and Rounders:</b></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><b>Tennis:</b> 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><b>Football:</b> 1b Participate in team games, developing simple tactics for attacking and defending</p> <p><b>Hockey:</b> 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 1b Participate in team games, developing simple tactics for attacking and defending</p>	<p><b>Volleyball and Basketball:</b> 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 1b Participate in team games, developing simple tactics for attacking and defending</p> <p><b>Golf:</b> 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><b>Athletics:</b> 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	<p>Autumn Term</p> <p><b>Gymnastics:</b> 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 1c perform dances using simple movement patterns</p>	<p>Spring Term</p> <p><b>Dance (After Dark - Thriller)</b> 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 1c perform dances using simple movement patterns</p>	<p>Summer Term</p> <p><b>Cricket and Rounders</b> 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 1b Participate in team games, developing simple tactics for attacking and defending</p>
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<p><b>Tennis:</b> 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><b>Football:</b> 1b Participate in team games, developing simple tactics for attacking and defending</p> <p><b>Hockey:</b> 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><b>Volleyball and Basketball:</b> 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><b>Golf:</b> 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><b>Athletics:</b> 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 Three	Autumn Term	Spring Term	Summer Term
	<p><b>Gymnastics:</b> 2c develop flexibility, strength, technique, control and balance</p> <p>2d perform dances using a range of movement patterns</p> <p><b>Tennis:</b> 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><b>Football</b></p>	<p><b>Dance (Rather Be)</b> 2c develop flexibility, strength, technique, control and balance</p> <p>2d perform dances using a range of movement patterns</p> <p><b>Volleyball and Hockey:</b> 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><b>Golf:</b></p>	<p><b>Cricket and Rounders:</b> 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><b>Athletics:</b> 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>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><b>Swimming:</b></p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations</p>	<p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	
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Year Four	Autumn Term	Spring Term	Summer Term
	<p><b>Gymnastics:</b></p> <p>2c develop flexibility, strength, technique, control and balance</p> <p>2d perform dances using a range of movement patterns</p> <p><b>Tennis:</b></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><b>Football and Netball</b></p>	<p><b>Dance (Club can't handle me)</b></p> <p>2c develop flexibility, strength, technique, control and balance</p> <p>2d perform dances using a range of movement patterns</p> <p><b>Volleyball and Hockey:</b></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><b>Golf:</b></p>	<p><b>Cricket and Rounders:</b></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><b>Athletics:</b></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>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>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	
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Year Five	Autumn Term	Spring Term	Summer Term
	<p><b>Gymnastics:</b></p> <p>2c develop flexibility, strength, technique, control and balance</p> <p><b>Tennis:</b></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><b>Football and Netball:</b></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><b>Dance (The Olympics)</b></p> <p>2c develop flexibility, strength, technique, control and balance</p> <p>2d perform dances using a range of movement patterns</p> <p><b>Volleyball and Tag Rugby:</b></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><b>Golf:</b></p> <p>2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p><b>Cricket and Rounders:</b></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><b>Athletics:</b></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>

Year Six	Autumn Term	Spring Term	Summer Term
	<p><b>Gymnastics:</b> 2c develop flexibility, strength, technique, control and balance</p> <p><b>Tennis:</b> 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><b>Football and Netball:</b> 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><b>Dance (Fleur East Sax)</b> 2c develop flexibility, strength, technique, control and balance</p> <p>2d perform dances using a range of movement patterns</p> <p><b>Volleyball and Tag Rugby:</b> 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><b>Golf:</b> 2f compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p><b>Cricket and Rounders:</b> 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><b>Athletics:</b> 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><b>Orienteering (completed as part of residential trip away):</b> 2e take part in outdoor and adventurous activity challenges both individually and within a team</p>