



PE

Progression of Skills

National Curriculum Content

Purpose of Study & Aims

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities.

Key Stage 1

- Master basic movements.
- Participate in team games.
- Perform dances.
- Develop balance, agility and coordination.

Key Stage 2

- Use running, jumping, throwing and catching.
- Play competitive games.
- Develop flexibility, strength and technique.
- Perform dances.
- Take part in outdoor and adventurous activity.

Physical Education at Newport

At Newport the teaching of Physical Education inspires children to develop confidence, resilience and a lifelong enjoyment of physical activity. Children learn to compete, cooperate and lead healthy, active lifestyles.

Teaching of PE follows the following sequence at Newport—

Knowledge, Skills and Understanding breakdown for Physical Education

EYFS		
Acquiring and developing skills	Evaluating and improving	Health and fitness
• Can children show good control and co-ordination in large and small movements? • Can they move confidently in a range of ways, safely negotiating space? • Can they handle equipment and tools effectively, including pencils for writing?		• Can they talk about ways to keep healthy and safe? • Can they begin to manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently?
Dance	Games	Gymnastics
• Can children hop confidently and skip in time to music?		

Year 1		
Acquiring and developing skills	Evaluating and improving	Health and fitness
• Can they copy actions? • Can they repeat actions and skills? • Can they move with control and care?	• Can they talk about what they have done? • Can they describe what other people did?	• Can they describe how their body feels before, during and after an activity?
Dance	Games	Gymnastics
• Can they move to music? • Can they copy dance moves? • Can they perform some dance moves? • Can they make up a short dance? • Can they move around the space safely?	• Can they throw underarm? • Can they roll a piece of equipment? • Can they hit a ball with a bat? • Can they move and stop safely? • Can they catch with both hands? • Can they throw in different ways? • Can they kick in different ways? • Can they understand the basic principles of attack? • Do they know what 'attacking' means and why we attack during a game? • Do they understand the basic principles of defence? • Do they know what 'defending' means and why we defend during a game?	• Can they make their body tense, relaxed, curled and stretched? • Can they control their body when travelling? • Can they control their body when balancing? • Can they copy sequences and repeat them? • Can they roll in different ways? • Can they travel in different ways? • Can they balance in different ways? • Can they climb safely? • Can they stretch in different ways? • Can they curl in different ways?

Year 2		
Acquiring and developing skills	Evaluating and improving	Health and fitness
• Can they copy and remember actions? • Can they repeat and explore actions with control and coordination?	• Can they talk about what is different between what they did and what someone else did? • Can they say how they could improve?	• Can they show how to exercise safely? • Can they describe how their body feels during different activities? • Can they explain what their body needs to keep healthy?
Dance	Games	Gymnastics
• Can they dance imaginatively? • Can they change rhythm, speed, level and direction? • Can they dance with control and co-ordination? • Can they make a sequence by linking sections together? • Can they link some movement to show a mood or feeling?	• Can they use hitting, kicking and/or rolling in a game? • Can they stay in a 'zone' during a game? • Can they decide where the best place to be is during a game? • Can they use one tactic in a game? • Can they follow rules? • Can they create and understand simple attacking principles, applying them as a team into a game? • Do children understand what 'attacking' means and when and why we attack as a team during a game?	• Can they plan and show a sequence of movements? • Can they use contrast in their sequences? • Are their movements controlled? • Can they think of more than one way to create a sequence which follows a set of 'rules'? • Can they work on their own and with a partner to create a sequence?

	• Can children explore dodging and learn how to dodge effectively? • Can they begin to understand why it is important to dodge in games? • Can pupils explore different combinations of jumping, jumping for distance and speeds? • Can children link jumps together?	
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Year 3			
Acquiring and developing skills	Evaluating and improving	Health and fitness	Dance
• Can they select and use the most appropriate skills, actions or ideas? • Can they move and use actions with co-ordination and control?	• Can they explain how their work is similar and different from that of others? • With help, do they recognise how performances could be improved?	• Can they explain why it is important to warm-up and cool-down?	• Can they improvise freely, translating ideas from a stimulus into movement? • Can they share and create phrases with a partner and in small groups? • Can they repeat, remember and perform these phrases in a dance?
Games	Gymnastics	Athletics	Outdoor/ Adventurous

• Can they throw and catch with control when under limited pressure? • Are they aware of space and use it to support team-mates and cause problems for the opposition? • Do they know and use rules fairly to keep games going?	• Can they use a greater number of their own ideas for movement in response to a task? • Can they adapt sequences to suit different types of apparatus? • Can they compare and contrast gymnastic sequences, commenting on similarities and differences?	• Can they run at fast, medium and slow speeds, changing speed and direction? • Can they link running and jumping activities with some fluency, control and consistency? • Can they take part in a relay activity, remembering when to run and what to do? • Do they throw a variety of objects, changing their action for accuracy and distance?	• Can they begin to follow a map in a familiar context? • Can they begin to move from one location to another following a map? • Can they begin to use clues to follow a simple route? • Can they begin to follow a route safely?
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Year 4			
Acquiring and developing skills	Evaluating and improving	Health and fitness	Dance
• Can they select and use the most appropriate skills, actions or ideas? • Can they move and use actions with co-ordination and control?	• Can they explain how their work is similar and different from that of others? • Can they work with a partner to improve their work?	• Can they explain why warming up is important? • Can they explain why keeping fit is good for their health?	• Can they take the lead when working with a partner or group? • Can they use dance to communicate an idea?

			• Can they work on their movements and refine them? • Is their dance clear and fluent?
Games	Gymnastics	Athletics	Outdoor/ Adventurous
• Can they catch with one hand? • Can they throw and catch accurately? • Can they hit a ball accurately and with control? • Can they keep possession of the ball? • Can they move to find a space when they are not in possession during a game? • Can they vary tactics and adapt skills according to what is happening?	• Can they work in a controlled way? • Can they include change of speed? • Can they include change of direction? • Can they include range of shapes? • Can they follow a set of 'rules' to produce a sequence? • Can they work with a partner to create, repeat and improve a sequence with at least three phases?	• Can they run over a long distance? • Can they spring over a short distance? • Can they throw in different ways? • Can they hit a target? • Can they jump in different ways?	• Can they follow a map in a familiar context? • Can they move from one location to another following a map? • Can they use clues to follow a simple route? • Can they follow a route with some accuracy and safely?

Acquiring and developing skills	Evaluating and improving	Health and fitness	Dance
• Can they link skills, techniques and ideas and apply them accurately and appropriately? • Do they show good control in their movements?	• Can they compare and comment on skills, techniques and ideas that they and others have used? • Can they use their observations to improve their work?	• Can they explain some important safety principles when preparing for exercise? • Can they explain what effect exercise has on their body? • Can they explain why exercise is important?	• Can they compose their own dances in a creative and imaginative way? • Are their movements controlled? • Does their dance show clarity, fluency, accuracy and consistency?
Games	Gymnastics	Athletics	Outdoor/ Adventurous
• Can they gain possession by working as a team? • Can they pass in different ways? • Can they use forehand and begin to use backhand with a racquet? • Can they field? • Can they choose the best tactics for attacking and defending? • Can they use a number of techniques to pass, dribble and shoot?	• Can they make complex or extended sequences? • Can they combine action, balance and shape? • Can they perform consistently to an audiences? • Are their movements accurate, clear and consistent?	• Are they controlled when taking off and landing in a jump? • Can they throw with accuracy? • Can they combine running and jumping? • Can they follow specific rules?	• Can they follow a map in a familiar location, beginning to think strategically about the most logical route? • Can they use clues to navigate a route? • Can they change their route if there is a problem? • Can they change their plan if they get new information?

Year 6			
Acquiring and developing skills	Evaluating and improving	Health and fitness	Dance
• Do they apply their skills, techniques and ideas consistently? • Do they show precision, control and fluency?	• Can they consider and explain why they have used specific skills or techniques? • Can they modify use of skills or techniques to improve their work? • Can they evaluate their performances in line with success criteria?	• Can they explain how the body reacts to different kinds of exercise? • Can they choose appropriate warm ups and cool downs? • Can they explain why we need regular and safe exercise?	• Can they develop imaginative dances in a specific style?
Games	Gymnastics	Athletics	Outdoor/ Adventurous
• Can they explain rules of games to others effectively? • Can they make a team plan and communicate it to others? • Can they lead others in a game situation?	• Do they combine their own work with that of others? • Can they link their sequences to specific timings?	• Can they demonstrate stamina? • Can they use their skills in different situations?	• Can they begin to plan a simple route for someone else? • Can they plan with others taking account of safety and danger?