

# Physical Education Skills and Progression

	Games	Dance	Gymnastics	Outdoor Adventurous Education	Athletics	Evaluating Performance	Health and fitness
<b>Year 5</b>	<p>Develop consistency in their skills of running, throwing, catching, passing, hitting, jumping and kicking through practise and repetition of the skills.</p> <p>Know the basic rules of 2 sports</p> <p>Know the difference between attack and defence</p> <p>Increase communication skills, collaboration and enjoyment of competing with each other</p>	<p>Perform dances using a range of movement patterns</p> <p>Show control and keep to a beat</p>	<p>Perform a range of gymnastic actions, including rolls, balances, rolls, head stands, showing some body tension and extension</p>	<p>Know what a map is and basic compass skills to orientate themselves</p> <p>Able to work in a group and individually to plan actions to solve a problem</p>	<p>Choose the best pace for running over a variety of distances</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Be able to perform to a least a basic level a range of throws and jumps</p>	<p>Be able observe and try to comment on and improve others performance</p>	<p>Know why warming up and cooling down is important</p> <p>Explain how physical exercise is important for good health</p>

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<p><b>Year 6</b></p>	<p>Choose and combine skills in game situations (running, throwing, catching, passing, jumping and kicking)</p> <p>Work alone and with a team to outwit an opponent / opposing team apply basic principles suitable for attacking and defending</p> <p>Use a range of shots and strokes to strike a ball in order to outwit the opponent, considering the direction of play</p> <p>Know the basic rules of at least 4 sports</p> <p>Know the difference of attack and defence</p> <p>Increase communication skills, collaboration and enjoyment of competing with each other</p>	<p>Choreograph basic dance sequences, independently and in a group</p> <p>Actions are controlled and express some emotions</p>	<p>Perform a range of gymnastic actions with clarity of movement</p> <p>Create gymnastic sequences that include a good range of well performed gymnastic elements</p> <p>Combine dynamics when making sequences using changes of speed, level and direction</p> <p>Rehearse, refine and perfect gymnastic skills</p> <p>Be able to comment and make suggestions to improve a performance</p>	<p>Use maps and compass skills to orientate themselves Read a variety of maps and plans of the environment, recognising symbols and features</p> <p>Adjusts plans and actions depending on changing situations</p> <p>Value the importance of planning and thinking as they work through their challenge</p> <p>Take on both leadership and team roles when solving a problem</p>	<p>When running over a range of distances, show stamina, speed and control</p> <p>Combine running and jumping in athletic activities (long jump)</p> <p>Know how to throw and jump using the correct technique</p> <p>Compete with others, recording results, setting targets and endeavouring to improve performance.</p>	<p>Practice and modify techniques to improve performance.</p> <p>Watch and be able to comment on performance</p>	<p>Understand the long-term effects of exercise</p> <p>Lead warm up and cool down activities in ways that enhance the forthcoming activity</p> <p>Explain why regular exercise is important to general health and well-being</p>
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Swimming	
KS2	Swim competently, confidently and proficiently over a distance of at least 25m
	Use a range of strokes effectively (front crawl, backstroke, breaststroke)
	Perform safe self-rescue in different water-based situations

	Games	Dance	Gymnastics	Outdoor Adventurous Education	Athletics	Evaluating Performance	Health and fitness
Year 7	<p>Students to become more competent, confident and expert in their techniques, and apply them across different sports</p> <p>Work alone and with a team to outwit an opponent / opposing team</p> <p>use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p>Know the rules of at least 5 sports</p>	<p>Choreograph creative and imaginative dance sequences, independently and in a group</p> <p>Demonstrate a consistent theme throughout a dance</p> <p>Perform dances using a range of dance styles and forms</p>	<p>Create longer, more complex gymnastic sequences that include a good range of well performed gymnastic elements</p> <p>Incorporate a range of different speeds, directions, levels, pathways and body rotations during gymnastic performances</p> <p>Rehearse, refine and perfect gymnastic skills</p> <p>Be able to comment and make suggestions to improve a performance</p>	<p>Value the importance of planning and thinking as they work through their challenge</p> <p>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Take on both leadership and team roles when solving a problem,</p>	<p>When running over a range of distances, show stamina, speed and control</p> <p>Know and demonstrate how to throw, perfecting techniques by analysing the movement and body shape</p> <p>Compete with others, recording results, setting targets and endeavouring to improve performance.</p>	<p>Practice, modify and perfect skills and techniques to improve performance.</p> <p>Observe and be able to suggest improvements on a performance or skill</p>	<p>Understand the short- and long-term effects of exercise</p> <p>Lead warm up and cool down activities in ways that enhance the forthcoming activity</p> <p>Know at least 2 muscles of the body and the parts of the cardiovascular system is</p> <p>Explain why regular exercise is important to general health and well-being</p>

# Physical Education Skills and Progression

	Act as a good role model within a team, taking a lead role when required			demonstrating good sportsmanship skills			
<b>Year 8</b>	<p>Students to become more competent, confident and expert in their techniques, and apply them across different sports</p> <p>Work alone and with a team to tactfully outwit an opponent / opposing team</p> <p>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p>Know the rules of at least 7 sports</p>	<p>Choreograph creative and imaginative dance sequences, independently and in a group</p> <p>Demonstrate a consistent theme throughout a dance</p> <p>Perform dances using advanced dance techniques within a range of dance styles and forms</p>	<p>Create longer, more complex gymnastic sequences that include a good range of well performed gymnastic elements</p> <p>Incorporate a range of different speeds, directions, levels, pathways and body rotations during gymnastic performances</p> <p>Rehearse, refine and perfect gymnastic skills</p> <p>Be able to comment and make suggestions to improve a performance</p>	<p>Value the importance of planning and thinking as they work through their challenge</p> <p>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Take on both leadership and team roles when solving a problem, demonstrating good sportsmanship skills</p>	<p>When running over a range of distances, show stamina, speed and control</p> <p>Know and demonstrate how to throw accurately, perfecting techniques by analysing the movement and body shape</p> <p>Demonstrate control, balance and power in take-off and landing when jumping</p> <p>Compete with others, recording results, setting targets and endeavouring to improve performance.</p>	<p>Analyse and appraise skills and techniques used by others and apply in own work</p> <p>Practice, modify and perfect skills and techniques to improve performance not only in their own and but others as well</p>	<p>Understand the short- and long-term effects of exercise</p> <p>Lead warm up and cool down activities in ways that enhance the forthcoming activity</p> <p>Know at least 4 muscles of the body and what the cardiovascular system is and why it is important</p> <p>Explain why regular exercise is important to general health and well-being</p>

# Physical Education Skills and Progression

	<p>Develop their technique and improve their performance in other competitive sports</p> <p>Act as a good role model within a team, taking a lead role when required</p>						
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All pupils are encouraged to take part in competitive sports and activities outside school through community links or sports clubs.