




PE Progression of Skills 2023 – 2024



At Cavendish, our vision is for all children to experience high-quality physical education, school sport and physical activity, to become confident and competent individuals, which will contribute to our pupils leading more physically active and healthy lives.

Our curriculum is carefully planned to ensure progression within and across different units of work and year groups. Therefore, our pupils will be provided opportunities to develop, consolidate and build on skills that they have previously learnt. The table below, used alongside GetSet4PE's Skills and Knowledge Progression Ladders, provides a breakdown of some key learning across the school to ensure progression.

Skills	Athletics Progression Ladder	Knowledge
 <p>Running: demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique. Jumping: develop power, control and technique in the triple jump. Throwing: develop power, control and technique when throwing discus and shot put.</p>	Year 6	<p>Running: understand that I need to prepare my body for running and know the muscle groups I will need to use. Jumping: understand that a run up builds speed and power and enables me to jump further. Throwing: understand that I need to prepare my body for throwing and know the muscle groups I will need to use. Rules: understand and apply rules in events that pose an increased risk.</p>
<p>Running: apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. Jumping: explore technique and rhythm in the triple jump. Throwing: Develop technique and power in javelin and shot put.</p>	Year 5	<p>Running: understand that taking big consistent strides will help to create a rhythm that allows me to run faster. Understand that keeping a steady breath will help me when running longer distances. Jumping: know that if I drive my knees high and fast I can build power and therefore distance in my jumps. Throwing: know how to transfer my weight in different throws to increase the distance. Rules: understand and apply rules in a variety of events using official equipment.</p>
<p>Running: develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique. Jumping: develop technique when jumping for distance. Throwing: explore power and technique when throwing for distance in a pull and heave throw.</p>	Year 4	<p>Running: understand that I need to pace myself when running further or for a long period of time. Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power. Jumping: understand that transferring weight will help me to jump further. Throwing: understand that transferring weight will help me to throw further. Rules: know and understand the rules to be able to manage our own events.</p>
<p>Running: develop the sprinting technique and apply it to relay events. Jumping: develop technique when jumping for distance in a range of approaches and take off positions. Throwing: explore the technique for a pull throw.</p>	Year 3	<p>Running: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down. Jumping: know that if I jump and land quickly it will help me to jump further. Throwing: understand that the speed of the movement helps to create power. Rules: know the rules of the event and begin to apply them.</p>
<p>Running: develop the sprinting action. Jumping: develop jumping, hopping and skipping actions. Explore safely jumping for distance and height. Throwing: develop overarm throwing for distance.</p>	Year 2	<p>Running: know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster. Jumping: know that swinging my arms forwards will help me to jump further. Throwing: know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object. Rules: know how to follow simple rules when working with others.</p>
<p>Running: explore running at different speeds. Jumping: develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance. Throwing: explore throwing for distance and accuracy.</p>	Year 1	<p>Running: understand that if I swing my arms it will help me to run faster. Jumping: know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees it will help me to jump further. Throwing: know that stepping forward with my opposite foot to hand will help me to throw further. Rules: know that rules help us to play fairly.</p>
<p>Running: explore running and stopping safely. Jumping: explore jumping and hopping safely. Throwing: explore throwing to a target.</p>	EYFS	<p>Running: know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe. Jumping: know that bending my knees will help me to land safely. Throwing: understand that bigger targets are easier to hit. Rules: know that rules help us to stay safe.</p>

Games Unit 1 & 2

Fundamentals Unit 1 & 2

Ball Skills Unit 1 & 2

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	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Introduction to P.E	Moving through space and using equipment safely	developing moving safely through space with control when using equipment and working cooperatively						
Fundamental Movement Skills	running, jumping, hopping and balancing skills	showing control in running, jumping, hopping and balancing skills	building on running, hopping, skipping, jumping and agility skills	building on running at different speeds, hopping, skipping, jumping and agility skills	building on running, hopping, skipping, jumping and agility skills			
Ball skills	rolling, throwing, dribbling and catching a ball	building on rolling, throwing, dribbling and catching a ball	developing dribbling, rolling, throwing, tracking and catching a ball with increasing accuracy	developing dribbling, rolling, throwing, tracking and catching a ball with increasing accuracy and control				
Games	developing understanding of team games	building on understanding of team games, rules and cooperation			Tag Rugby and Hockey attacking and defending principles building on throwing, catching and running with a ball in a rugby/hockey setting	Handball attacking and defending principles building on throwing, catching, dribbling, intercepting and shooting along with rules of handball	Tag Rugby and Hockey attacking and defending principles building on throwing, catching, dribbling, intercepting and shooting along with rules of tag rugby	Lacrosse attacking and defending principles building on throwing, catching, dribbling, intercepting and shooting along with rules and

								tactics of lacrosse
Invasion			basketball and football activities that build on fundamental skills along with dribbling, throwing and catching	basketball and football activities that build on fundamental skills along with dribbling, throwing, catching and working as a team	Basketball attacking and defending principles building on throwing, catching, dribbling, intercepting and shooting along with rules of basketball	Football attacking and defending principles building on throwing, catching and running with a ball in a football setting	Netball attacking and defending principles building on throwing, catching, dribbling, intercepting and shooting along with rules of netball	Basketball attacking and defending principles building on throwing, catching, dribbling, intercepting and shooting along with rules and tactics of basketball
Target Games			Building on over and under arm throwing, aiming and hand eye coordination	Developing under arm and over arm throwing with technique and striking a ball with equipment with some consistency	Dodgeball building on throwing, catching, aiming, dodging and blocking skills with increasing accuracy	Golf building on balance, coordination, accuracy and striking in a golf setting with increasing accuracy	Dodgeball building on a wider range of throwing techniques and some accuracy with catching, aiming, dodging and blocking Archery building on aiming at a target through archery activities	Golf building on balance, coordination, accuracy and striking and overall technique in a golf setting
Striking and Fielding			building on striking, throwing and catching a ball with an object	building on throwing, catching, batting, bowling and tracking a ball in a cricket setting	Rounders building on striking, throwing and catching a ball with an object in a rounders setting	Cricket building on striking, throwing and catching a ball with an object in a cricket setting	Rounders building on striking, throwing and catching a ball with an object in a rounders setting	Cricket building on striking, throwing and catching a ball with an object in a cricket setting

<p>Net and Wall - Tennis</p>			<p>Bat and ball skills building on throwing, catching, hitting and tracking a ball</p>	<p>Bat and ball skills building on throwing, catching, hitting and tracking a ball and developing the ready position</p>	<p><u>Tennis</u> building on catching, hitting and tracking a ball and the ready position with some consistency and developing forehand and backhand shots</p>	<p><u>Tennis</u> building on underarm throwing, catching, forehand, back hand and ready position</p>	<p><u>Volleyball and Badminton</u> building on sending and receiving with equipment through serves, different types of shots (set, dig and volley) and rules of the game</p>	<p><u>Volleyball and Badminton</u> building on sending and receiving with equipment through serves, different types of shots (set, dig and volley) and tactics of the game</p>
<p>Gymnastics</p>	<p>balancing well and copying short sequences</p>	<p>moving energetically, combining movements and creating sequences</p>	<p>Building on travelling actions, shapes, balances and rolls and linking them in together in sequences</p>	<p>Building on travelling movements, shapes, balances and rolls and creating sequences to perform</p>	<p>building on shapes, balances, rolls, jumps using equipment safely</p>		<p>building on shapes, balances, rolls, jumps and transitions</p>	<p>building on shapes, balances, rolls, jumps and transitions</p>
<p>Athletics</p>			<p>developing running and jumping skills and throwing at distance</p>	<p>building on running at speed and jumping and throwing for distance</p>	<p>building on running and jumping techniques and push and pull throwing (javelin)</p>	<p>building on running, jumping, throwing (javelin) skills</p>	<p>building on running through pacing, sprinting and relay changeovers, jumping and throwing for distance (javelin)</p>	<p>building on running through pacing, sprinting and relay changeovers, jumping and throwing for distance (javelin and discus)</p>
<p>Fitness</p>				<p>building on agility, balance, coordination, speed, stamina and strength along with skipping skills</p>				<p>building on strength, speed, power agility, coordination, balance and stamina</p>

Yoga			developing balance, flexibility and mindfulness skills	building on breathing, balancing, flexibility and strength and linking movements together to create a yoga flow	developing balance, breathing, flexibility and coordination through yoga flows			developing balance, strength, flexibility and coordination through more complex yoga flows
Dance	expressing and communicate ideas through movement	using movement skills with developing strength, balance and coordination. Use and perform movement skills	travel, copy and perform a sequence of actions using shape, balance and coordination	accurately copy, link and repeat a sequence of actions using shape, balance and coordination	using canon, unison, formation, dynamics, pathways and copying to perform actions with control		build on techniques of canon, unison, formation, dynamics, pathways and copying to perform actions with control	perform more complex movement patterns
OAA / Teambuilding			Developing decision making and problem-solving skills	Building on travelling actions, balancing and jumping along with team work and decision-making skills	Building on travelling actions, balancing and jumping along with team work and decision-making skills		Building on travelling actions, stamina balancing and jumping along with team work, map reading and decision making skills	Building on travelling actions, stamina balancing and jumping along with team work, map reading and ability to apply the best decision making
Swimming						submersion, floating, gliding skills, swimming 25m unaided, developing techniques in front crawl, back stroke and		

						breast stroke along with water safety skills		
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Invasion

Net and Wall

Striking and Fielding

Target Games

OAA / Team building