

St Mary's Physical Education Progression of Skills and Vocabulary

DANCE

Dance	Actions	Dynamics	Space	Performance	Relationships	Vocabulary
Reception	Explore how their body moves. Copy basic body actions and rhythms.	Explore actions in response to music and an idea.	Explore pathways and the space around them and in relation to others.	Are given opportunities to perform in front of others.		Move, copy, shape, space, travel, sideways, backwards.
Year 1	Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme.	Explore varying speeds to represent an idea.	Explore pathways within their performances.	Begin to use counts within their performance.		Counts, pose, level, slow, fast, balance.
Year 2	Accurately remember, repeat and link actions to express an idea.	Develop an understanding of dynamics.	Develop the use of pathways and travelling actions to include levels.	Develop the use of facial expressions in their performance.	Explore working with a partner using unison, matching and mirroring.	Mirror, action, pathway, direction, speed, timing.
Year 3	Create actions in response to a stimulus individually and in groups	Use dynamics effectively to express an idea.	Use directions to transition between formations	Perform short, self-choreographed phrases showing and awareness of timing	Develop an understanding of formations.	Flow, explore, create, perform, match, feedback, expression.
Year 4	Respond imaginatively to a range of stimuli related to character and narrative.	Change dynamics confidently within a performance to express changes.	Confidently use changes in level, direction and pathway.	Perform complex dances that communicate narrative and character well, performing clearly and fluently	Use action and reaction to represent an idea.	Represent, reaction, dynamics, unison, control.
Year 5	Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.	Confidently use dynamics to express different styles.	Use direction and patterning to express different dance styles.	Perform dances expressively, using a range of performance skills,	Confidently use formations, canon and unison to express a dance idea.	Formation, posture, performance, canon, relationship.

				showing accuracy and fluency.		
Year 6	Show controlled movements which express emotion and feeling.	Explore, improvise and combine movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group.	Use a variety of basic compositional principles when creating their own dances.	Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.	Use a variety of basic compositional principles when creating their own dances.	Choreograph, phase, contrast, structure, fluently, connect.

GYMNASTICS

Gymnastics	Shapes	Balances	Rolls	Jumps	Inverted movements	Vocabulary
Reception	Show contrast with their bodies including wide/narrow, straight/curved.	Explore shapes in stillness using different parts of their bodies.	Explore rocking and rolling.	Explore jumping safely.		Move, copy, shape, space, rock, sideways, forwards, backwards, space, safely.
Year 1	Explore basic and still shapes straight, tuck, straddle, pike	Perform balances making their body tense, stretched and curled	Explore barrel, straight and forward roll progressions.	Explore shape jumps including jumping off low apparatus.		Action, jump, roll, level, direction, speed, point, balance.
Year 2	Explore using shapes in different gymnastic balances.	Remember, repeat and link combinations of gymnastic balances.	Explore barrel, straight and forward roll and put into sequence work.	Explore shape jumps and take off combinations.		Link, pathway, sequence, tuck, straddle, speed, star, pike.
Year 3	Explore matching and contrasting shapes.	Explore point and patch balances and transition smoothly into and out of them.	Develop the straight, barrel, and forward roll.	Develop stepping into shape jumps with control.		Flow, explore, create, matching, interesting, control, contrasting.
Year 4	Develop the range of shapes they use in their sequences.	Develop control and fluency in individual and partner balances.	Develop the straight, barrel, forward and straddle roll and perform with increased control.	Develop control in performing and landing rotation jumps.	Develop strength in bridge and shoulder stand.	Technique, quality, apparatus, perform, extension, inverted.

Year 5	Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions.	Explore symmetrical and asymmetrical balances.	Develop control and fluency in the straight, barrel, forward, straddle and backward roll.	Select a range of jumps to include in sequence work.	Explore progressions of a cartwheel.	Symmetrical, rotation, aesthetics, canon, asymmetrical, synchronisation, progression.
Year 6	Combine and perform gymnastic Combine shapes more fluently and effectively.	Explore counter balances and counter tension balances	Develop fluency and consistency in the straddle, forward and backward roll.	Combine and perform a range of gymnastic jumps more fluently and effectively.	Develop control in progressions of a cartwheel and a headstand.	Formation, momentum, counter balance, fluently, counter tension, stability.

FUNDAMENTALS

Fundamentals	Running	Balance	Jumping	Hopping	Skipping	Vocabulary
Reception	Explore running and stopping. Explore changing direction safely.	Explore balancing whilst stationary and on the move.	Begin to explore take off and landing safely.	Explore hopping on both feet.	Explore skipping as a travelling action	Run, stop, space, jump, balance, skip
Year 1	Explore changing direction and dodging. Discover how the body moves at different speeds.	Move with some control and balance. Explore stability and landing safely	Demonstrate control in take off and landing when jumping.	Begin to explore hopping in different directions.	Show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.	Fast, hop, slow, direction, land, safely
Year 2	Demonstrate balance when changing direction. Clearly show different speeds when running.	Demonstrate balance when performing movements.	Demonstrate jumping for distance, height and in different directions.	Demonstrate hopping for distance, height and in different directions.	Explore single and double bounce when jumping in a rope.	Dodge, jog, hurdle, speed, steady, sprint
Year 3	Change direction quickly. Understand and show how the body moves at different speeds.	Demonstrate balance when performing other fundamental skills.	Link jumping and hopping actions.	Link jumping and hopping actions.	Jump and turn a skipping rope.	Distance, tension, control, technique, coordination, rhythm

BALL SKILLS

Ball Skills	Sending	Catching	Tracking	Dribbling		Vocabulary
Reception	Explore sending an object with hands and feet.	Exploring catching using a variety of larger balls and beanbags.	Explore stopping a ball with hands and feet.	Explore bouncing and catching.		Run, stop, throw, roll, team, kick, space, catch
Year 1	Roll and throw with some accuracy towards a target.	Begin to catch with two hands. Catch after a bounce.	Track a ball being sent directly.	Begin to dribble with hands and feet.		Far, aim, safely, direction, balance, send
Year 2	Roll, throw and kick a ball to hit a target.	Develop catching a range of objects with two hands. Catch with and without a bounce.	Consistently track and collect a ball being sent directly.	Dribble a ball with hands and feet with some control.		Overarm, collect, target, underarm, dribble, distance
Year 3	Send a ball with accuracy and with increasing consistency to a target.	Catch a range of objects with increasing consistency.	Track a ball not sent directly.	Dribble a ball with hands and feet with control.		Track, receive, chest, shoulder, overhead, accurate

NET AND WALL GAMES

Net and Wall Games	Hitting	Feeding	Rallying	Footwork		Vocabulary
Year 2	Develop hitting a dropped ball over a net.	Accurately underarm throw over a net to a partner.	Explore underarm rallying with a partner catching after one bounce.	Consistently use the ready position to move towards a ball.		Receive, quickly, trap, defend, return, collect, against
Year 4	Explore returning a ball using focus shots such as the forehand and backhand.	Develop technique in serving underarm with increased consistency.	Develop rallying using both forehand and backhand with increased technique.	Begin to use appropriate footwork patterns to move around the court.		Receiver, outwit, court, backhand, forehand

Year 5	Develop the range of shots used in the games they play.	Develop their range of serving techniques appropriate to the game they are playing.	Use a variety of shots to keep a continuous rally.	Demonstrate effective footwork patterns to move around the court.		Volley, footwork, set, tactics, co-operatively, continuously, dig
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STRIKING AND FIELDING

Striking and Fielding	Striking	Fielding	Throwing	Catching		Vocabulary
Year 1	Explore striking a ball with their hand and equipment.	Develop tracking and retrieving a ball for their team.	Explore technique when throwing over and underarm.	Develop coordination and technique when catching.		Hot, points, target, throw, score, catch
Year 2	Develop striking a ball with their hand and equipment with some consistency.	Understand that there are different roles within a fielding team.	Develop coordination and technique when throwing over and underarm.	Catch with two hands with some coordination and technique.		Fielder, send, teammate, runs, batter, received, bowler
Year 4	Develop batting technique consistent with the rules of the game.	Develop bowling with some consistency, abiding by the rules of the game.	Use overarm and underarm throwing with increased consistency in game situations.	Beginning to catch with one and two hands with some consistency in game situations.		Stance, retrieve, opposition, stumped, two-handed pick up, technique, short barrier
Year 6	Strike a ball with increasing accuracy and consistency.	Consistently select and apply the appropriate fielding action for the situation.	Consistently make good decisions on who and when to in order to get the batters out.	Consistently demonstrate good technique in catching skills under pressure.		Obstruction, continuous, drive hit, consequence, consistently, co-operatively, defensive hit

TARGET GAMES

Target Games	Throwing	Catching	Striking			Vocabulary
Year 3	Explore throwing at a moving target.	Build the confidence to attempt catching in game situations	Begin to explore striking a ball with sport specific equipment.			Rules, dodge, drive, receiver, putt, court/course, block
Year 5	Demonstrate clear technique when throwing under pressure.	Demonstrate good technique and consistency in catching skills under pressure.	Develop a wider range of striking techniques and begin to use them under pressure.			Tactics, officiate, fair play, par, hole, pressure, power
Year 6	Consistently makes good decisions on who and when to throw at in order to get opponents out.	Make quick decisions on when to catch and when to dodge.	Successfully select and apply a wider range of striking techniques appropriate to the situation.			Support, cooperatively, tournament, hazard, consistently, sportsmanship, outwit, hazard, bunker

INVASION GAMES

Invasion Games	Sending and Receiving	Dribbling	Attacking	Defending	Space	Vocabulary
Year 2	Developing S&R with increased control.	Explore dribbling with hands and feet with increasing control on the move.	Developing moving into space away from defenders.	Explore staying close to other players to try and stop them getting the ball	Explore moving with a ball towards goal	Received, send, teammate, chest pass, possession, goal, dodge, bounce pass
Year 3	Explore S&R abiding by the rules of the game.	Explore dribbling the ball abiding by the rules of the game under some pressure.	Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.	Track opponents to limit their scoring opportunities.	Develop moving with a ball towards goal with some control.	Receiver, footwork, rebound, tracking, interception, mark, travelling, playing area.
Year 4	Develop passing to a teammate using a variety of techniques appropriate to the game.	Develop control whilst dribbling under pressure.	. Develop decision making around when to pass and when to shoot.	Develop defending one on one and know when to win the ball.	Move into space to help their team keep	Outwit, opposition, opponent, contact, pivot, court, field, pitch

					possession and score goals.	
Year 5	Develop control when S&R under pressure.	Select and apply a variety of dribbling techniques to game situations.	Explore creating tactics with others and applying them to game situations.	Develop tracking and marking with a variety of techniques and increased success.	Develop tracking and marking with a variety of techniques and increased success	Tactics, control, foul, pressure, onside, offside, support, obstruction
Year 6	Develop making quick decisions about when, how to pass to and who	Dribble consistently using a range of techniques with increasing control under pressure.	Explore creating attacking tactics with others in response to the game.	Explore creating and applying defending tactics with others in response to the game.	Develop strength in bridge and shoulder stand.	Consecutive, consistently, dictate, contest, formation, conceding, turnover, shut down.

FITNESS

Fitness	Agility	Balance	Coordination	Speed	Strength	Vocabulary
Year 2	Demonstrate improved technique when changing direction on the move.	Demonstrate increased balance whilst travelling along and over equipment.	Perform actions with increased control when coordinating their body with and without equipment.	Can demonstrate running at different speeds.	Demonstrate increased control in body weight exercises.	Strong, pace, race, speed, jog, steady, sprint
Year 3	Show balance when changing direction.	Explore more complex activities which challenge balance.	Can coordinate their bodies with increased consistency in a variety of activities.	Explore sprinting technique.	Explore building strength in different muscle groups.	Strength, accurately, distance, balance, control
Year 6	Change direction with a fluent action and can transition smoothly between varying speeds.	Show fluency and control when travelling, landing, stopping and changing direction.	Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.	Can adapt running technique to meet the needs of the distance.	Can complete body weight exercises for increased repetitions, with control and fluency.	Generate force, measure, continuous, measure, flexibility, analyse, record

ATHLETICS

Athletics	Running	Jumping	Throwing			Vocabulary
Year 1	Explore running at different speeds.	Develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance.	Explore throwing for distance and accuracy.			Far, hop, aim, fast, slow, bend, improve, direction, travel.
Year 2	Develop the sprinting action.	Develop jumping, hopping and skipping actions. Explore safely jumping for distance and height.	Develop overarm throwing for distance.			Sprint, jog, distance, height, take off, landing, overarm, underarm.
Year 3	Develop the sprinting technique and apply it to relay events.	Develop technique when jumping for distance in a range of approaches and take off positions.	Explore the technique for a pull throw.			Speed, power, strength, accurately, higher, pace, control, faster, further
Year 4	Develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique.	Develop technique when jumping for distance.	Explore power and technique when throwing for distance in a pull and heave throw.			power, stamina, officiate, perseverance, determination, accuracy, personal best.
Year 5	Apply fluency and coordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event.	Develop power, control and consistency in jumping for distance. Explore technique and	Develop technique and power in javelin and shot put.			Technique, downsweep, upsweep, flight, rhythm, stride

		rhythm in the triple jump.				
Year 6	Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.	Develop power, control and technique in the triple jump.	Develop power, control and technique when throwing discus and shot put.			Rotation, trajectory, continuous pace, force, complete, momentum, transfer of weight

OAA

OAA	Problem Solving	Navigation Skills	Communication	Reflection		Vocabulary
Year 3	Can plan and implement strategies to solve problems.	Developing map reading skills.	Can follow and give instructions and are accepting of other peoples' ideas.	Can reflect on when and why they were successful at solving challenges.		Rules, route, trust, navigate, grid, discuss, plan
Year 5	Explore tactical planning within a team to overcome increasingly challenging tasks.	Develop navigational skills and map reading in increasingly challenging tasks including map orientation.	Explore a variety of communication methods with increasing success.	Reflect on when they were successful at solving challenges and alter their methods in order to improve.		Collaborate, tactical, control card, collective, orientate, symbol
Year 6	Pool ideas within a group, selecting and applying the best method to solve a problem.	Use a map efficiently to navigate around a course.	Successfully select and apply a wider range of striking techniques appropriate to the situation.			Support, cooperatively, tournament, hazard, consistently, sportsmanship, outwit, hazard, bunker