

Studfall Junior Academy. PE progression of Skills

Year Group	Term 1 INVASION GAMES	Term 2 GYMNASTICS	Term 3 DANCE	Term 4 NET AND WALL GAMES	Term 5 STRIKING AND FIELDING	Term 6 MULTISKILLS AND ATHLETICS
3	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Practise passing to a partner using a number of sending and receiving techniques.</p> <p>Improve accuracy of passes and use space to keep possession better.</p> <p>Remain in control of ball while travelling.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Develop and perform actions.</p> <p>Practice and concentrate on quality of movement.</p> <p>Link different balances moving in and out of positions of stillness.</p> <p>Transfer weight smoothly</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Improvise freely on their own and with a partner, translating ideas from a stimulus to a movement.</p> <p>A&D</p> <p>Keep up an activity over a period of time and know what they need to warm up and cool down for dance.</p> <p>H&F</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Practise throwing and catching with a variety of different balls and using different types of throwing.</p> <p>Hit the ball with a racket.</p> <p>Use different shots. A&D</p> <p>Play games using throwing and catching skills.</p> <p>Varv strength, length and</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Consolidate and develop the range and consistency of their skills in striking and fielding games. A&D</p> <p>Recognise how specific activities affect their bodies.</p> <p>Understand the importance of keeping warm. H&F</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Choose skills and equipment to meet the challenges they are set. E.g by increasing the distance thrown.</p> <p>Use different techniques, speeds and effort to meet challenges set for running, jumping and throwing. S&A</p>

Studfall Junior Academy. PE progression of Skills

	<p>Use communication skills to help others know where they are going.</p> <p>Look when travelling and what happens after they have passed ball. A&D</p> <p>Play games that involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games.</p> <p>Know which passes are best, tactics to keep possession.</p> <p>Find space to receive and support.</p> <p>Know what to think about when team has and hasn't got the ball.</p> <p>How to organise themselves differently to play each of the games successfully.</p> <p>Understand patterns of play- if ball is in a certain position where should players be. S&A</p> <p>Core Task - Score points by kicking ball into target area or knocking over skittle. Play 4vs 2 and then 4vs3 .</p>	<p>from one part of body to another.</p> <p>Use actions on floor and over, through, across and along apparatus. A&D</p> <p>Vary and apply actions on floor and apparatus.</p> <p>Copy a partner's sequence on floor and apparatus.</p> <p>Perform easy combinations of contrasting actions.</p> <p>Choose combinations that work in their sequences.</p> <p>How they devise sequences. S&A</p> <p>Core Task - Using floor and apparatus, create and perform a sequence of contrasting actions.</p>	<p>Core Task - Link to Paragon</p>	<p>direction of throw.</p> <p>Know how can they make it difficult for opponent to receive ball.</p> <p>Stand when receiving.</p> <p>Understand attack and defence tactics.</p> <p>Understand rules about the games. S&A</p> <p>Core Task - Play 1vs 1 try to score points by throwing ball over a net and making it bounce twice. Then 2vs2 one with racket and partner to feed ball.</p>	<p>Core Task - The aim of the game is for the batter to hit the ball (off a low tee) into an arc, and to score points by jumping in and out of a hoop, or by bouncing a ball, as many times as possible before the fielding team have returned the ball to base.</p>	<p>Recognise and describe what their bodies feel like during different types of activity.</p> <p>Describe what happens to their heart, breathing and temperature during different types of athletic activity. E&I</p> <p>Core Task - Using different ways of travelling, e.g. running, walking, hopping and skipping. See how fast or far children can go in the challenge. E.g how many bean bags can you move in 5secs? How many cones can you touch in 15secs etc.</p>
--	---	---	---	---	---	---

Studfall Junior Academy. PE progression of Skills

Year Group	Term 1 INVASION GAMES	Term 2 GYMNASTICS	Term 3 DANCE	Term 4 NET AND WALL GAMES	Term 5 STRIKING AND FIELDING	Term 6 MULTISKILLS AND ATHLETICS
4	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Play 3vs1 and 4vs1 and how to use the space and help each other.</p> <p>Score more regularly without making mistakes.</p> <p>Choose and adapt their techniques to keep possession and give their team chance to shoot.</p> <p>Plan ideas and tactics similar across invasion games.</p> <p>Know what rules are needed to make games fair.</p> <p>Understand simple patterns of play. S&A</p> <p>Evaluate how successful their tactics have been, use appropriate language to describe performance and identify what they do that makes things difficult for their opponents.</p> <p>Know what they need to improve their game and what they need to practice. E&I</p> <p>Core Task - 4vs 2 and 4vs 3 on pitch 10 by 20</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Devise, perform and repeat sequences that include travel, body shapes and balances.</p> <p>Help them change sequences.</p> <p>Include changes of dynamics.</p> <p>Work with a partner.</p> <p>Adapt their sequences to include apparatus and to suit partner or small group. S&A</p> <p>Ask which parts of task they have completed and the ones they still need to practice.</p> <p>Compare and contrast similar performances.</p> <p>Suggest ways to improve the quality of sequence. E&I</p> <p>Core Task - Create and perform a simple sequence on floor and using mats of up to four elements (eg balance roll, jump, body shape). Clear starting place and move smoothly between shapes and actions.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Explore and create characters and narratives in response to a range of stimuli. S&A</p> <p>Describe, interpret and evaluate their own and others' dances, taking account of character and narrative. E&I</p> <p>Core Task - Link to Paragon</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Play games using throwing and catching skills.</p> <p>Vary strength, length and direction of throw.</p> <p>Understand how they can make it difficult for opponent to receive ball.</p> <p>Understand where to stand when receiving.</p> <p>Understand attack and defence tactics.</p> <p>Understand rules about the games. S&A</p> <p>Describe what they do and what they find hard.</p> <p>Talk about how to change the court to make it easier/harder.</p> <p>Say what they do well in a game and what they need help with and what they need to practice. E&I</p> <p>Core Task - Play 1vs 1 try to score points by throwing ball over a net and making it bounce twice. Then 2vs2 one with racket and partner to feed ball.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Choose and use a range of simple tactics and strategies.</p> <p>Keep, adapt and make rules for striking and fielding games. S&A</p> <p>Recognise good performance and identify the parts of a performance that need improving. E&I</p> <p>Core Task - T Ask the children to make up a new striking and fielding game, with a scoring system. They should be able to play their game well and teach it to others.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Run for short distances and times, and for longer distances and times.</p> <p>Keep a steady pace.</p> <p>Practise 5 basic jumps e.g hop, step, jump.</p> <p>Combine basic actions and form simple jump combinations.</p> <p>Throw into a target using slinging, pushing and pulling actions. A&D</p> <p>Describe and evaluate the effectiveness of performance and recognise aspects that need improving. H&F</p> <p>Core Task - Chn to work in small groups to investigate and compare the effectiveness of different styles of : running e.g. short steps, long strides, straight arms, bent arms, swinging arms. Jumping, e.g off one foot, two feet. Throwing e.g. underarm, overarm, pushing, pulling etc. Chn to decide which style they prefer and see if they can go faster.</p>

Studfall Junior Academy. PE progression of Skills

	with end zones about 1m wide. To score player must receive ball in end zone. Then they will get the opportunity to shoot at a goal.					higher or further.
Year Group	Term 1 INVASION GAMES	Term 2 GYMNASTICS	Term 3 DANCE	Term 4 NET AND WALL GAMES	Term 5 STRIKING AND FIELDING	Term 6 MULTISKILLS AND ATHLETICS
5	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Show ways to keep ball away from defenders.</p> <p>How to shield the ball.</p> <p>Change speed, direction with ball to get away from defender.</p> <p>Shoot accurately in a variety of ways.</p> <p>Mark an opponent. A&D</p> <p>Watch and evaluate the success of the games they play in.</p> <p>Identify parts of the game that are going well and parts that need improving.</p> <p>Explain how confident they feel in different positions.</p> <p>Suggest what they need to practice to enjoy game more.</p> <p>Change pitch size to make games better. E&I</p> <p>Core Task - Play 5vs3</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Explore range of symmetric and asymmetric actions, shapes and balances.</p> <p>Control actions and combine them fluently.</p> <p>Be aware of extension, body tension and control.</p> <p>Move from floor to apparatus, change levels and move safely.</p> <p>Combine movements with other in a group (matching and mirroring). A&D</p> <p>Watch a performance and evaluate its success.</p> <p>Identify what was performed well and what needs improving.</p> <p>Choose a focus for improvement.</p> <p>Identify one or two aspects of their performance to practice and improve. E&I</p> <p>Core Task - Working</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group. A&D</p> <p>Organise their own warm up and cool down activities to suit the dance.</p> <p>Show an understanding of why it is important. H&F</p> <p>Core Task - Link to Paragon</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Hold and swing racket and where to stand on the court when hitting, catching and receiving.</p> <p>Hit the ball on both sides of the body and above head.</p> <p>Use different types of shots during a game. Improve accuracy. A&D</p> <p>Explain why they or others are playing well in the games.</p> <p>Know what they need to get better at and what to practice.</p> <p>Know how to change court to make easier.</p> <p>Understand practices to help with precision and consistency and speed about the court. E&I</p> <p>Core Task - Play game by hitting ball across court. Then making changes to net, court and rules.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Develop the range and consistency of their skills, especially in specific striking and fielding games. A&S</p> <p>Know how to warm up.</p> <p>Understand what to include in a warm up in order to improve performance.</p> <p>Understand why exercise is good for their fitness, health and well-being. H&F</p> <p>Core Task - The aim of the game is for a pair (1 batter and 1 runner) to score as many runs as possible. Play the game two against four. One of the pair bats while the other runs.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Choose their favourite ways of running, jumping and throwing.</p> <p>Choose the best equipment for different activities.</p> <p>Knowhow to plan a run so they pace themselves evenly or unevenly.</p> <p>Plan to cover distances as a team to get the best results possible.</p> <p>Mark a run up for jumping and throwing.</p> <p>Set themselves and others targets in different events. S&A</p> <p>Watch a partners athletic performance and identify the main strengths.</p> <p>Identify parts of the performance that need to be practised and refined, and suggest improvements. E&I</p> <p>Core Task - Measure how fast chn can run in:</p>

Studfall Junior Academy. PE progression of Skills

and then 5vs4 on pitch that is 20-30m wide and 30-40m long. One large goal at one end and two smaller ones at the other. Team with 5 attack large goal and team with 3 attack 2 smaller goals.

with a partner or small group and using floor and mats create and perform a gymnastic sequence of at least 8 elements. Include change of direction and level and matching and mirroring shapes and balances.

5secs, 30secs and 2minutes. See if they can run faster to improve the distance. E.g run for shorter or longer times to reduce/increase effort. Use different courses e.g zigzag, circular, back and fourth. Run while dribbling a ball or using a baton. Work in a relay team. Design mixed relays that use different skills.

Studfall Junior Academy. PE progression of Skills

Year Group	Term 1 INVASION GAMES	Term 2 GYMNASTICS	Term 3 DANCE	Term 4 NET AND WALL GAMES	Term 5 STRIKING AND FIELDING	Term 6 MULTISKILLS AND ATHLETICS
6	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Understand that when team has ball they are attacking and when they haven't they are defending.</p> <p>Understand different ways of attacking and encourage them to use positions for their team carefully.</p> <p>Understand different ways to attack and defend.</p> <p>Choose right formations and tactics for attack and defence.</p> <p>Know how they support other players in attack and defence. S&A</p> <p>Understand how to get</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Make up a sequence and adapt it to different apparatus layouts.</p> <p>Use combinations of dynamics (pathways) to use space effectively.</p> <p>Make up own rule for longer, more complex sequences.</p> <p>Plan a sequence and adapt it to limited equipment.</p> <p>Work as a group and share roles fairly.</p> <p>Investigate different ways of working with a partner or small group.</p> <p>Use compositional ideas (contrasts and variation in shape, speed, level, timing and actions) S&A</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Explore, improvise and combine movement ideas fluently and effectively. S&A</p> <p>Understand how a dance is formed and performed. To evaluate, refine and develop their own and others' work. E&I</p> <p>Core Task - Link to Paragon</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Devise a scoring system.</p> <p>Hit the ball in the court away from opponent, how to outwit them using speed height and direction of ball.</p> <p>Know where to stand when attacking and defending. S&A</p> <p>Explain why they or others are playing well in the games.</p> <p>Know what they need to get better at and what to practice.</p> <p>Understand how to change court to make easier.</p> <p>Understand practices to help with precision and consistency and speed</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Use and adapt rules, strategies and tactics, using their knowledge of basic principles of batting and fielding. S&A</p> <p>Evaluate strengths and weaknesses in their own and others' performances and suggest improvements. E&I</p> <p>Core Task - . The aim of the game is for pairs to score as many runs as possible in an innings of a set length. Start with a three pair game. One pair bats, one pair fields and the third pair bowls and keeps wicket.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Develop the consistency of their actions in a number of events.</p> <p>Increase the number of techniques they use.</p> <p>Sustain pace over longer distances, e.g. sprint for seven seconds, run for one or two minutes.</p> <p>Throw with greater control, accuracy and efficiency.</p> <p>Perform a range of jumps showing power, control and consistency at both take off and landing. A&D</p> <p>Understand why exercise is good for fitness, health and wellbeing.</p> <p>Say why some athletic</p>

Studfall Junior Academy. PE progression of Skills

	<p>ready for games.</p> <p>Know some ideas for warm up exercises and routines.</p> <p>Know what makes a good warm up.</p> <p>Know what clothing and footwear is best to wear.</p> <p>Know how to check playing area.</p> <p>Know how playing invasion games helps your fitness and benefits of playing outside of school. E&I</p> <p>Core Task - Play 4vs 4 then 5 vs 5 on pitch 15-20m wide and 30-40m long. Goal at each end with shooting area. Play without goalkeepers to allow players to shoot. Then add goalkeepers.</p>	<p>Know how gymnastics promotes strength, power and suppleness.</p> <p>Understand the importance of warming up.</p> <p>Value of exercise outside of school day.</p> <p>Devise effective warm up for gymnastics.</p> <p>Set out and do risk assessments on apparatus. H&F</p> <p>Core Task - Create and perform floor and apparatus for an audience that will include at least 8-10 elements. Include twisting and turning, flight, changes of direction and speed and contrasting shapes and balances.</p>		<p>about the court. E&I</p> <p>Core Task - Play games and change size of net, court and equipment used. Play short tennis singles and doubles with rules in place.</p>		<p>activities can improve strength, power or stamina and explain how these can help their performance in other types of activity. H&F</p> <p>Core Task - Chn to measure how long or high they can jump using standing jumps, jumps with run ups, combination jumps. Chn to use different ways to measure.</p> <p>Chn to measure how well they can throw e.g for height, distance, with run ups and using different equipment.</p>
--	--	--	--	--	--	--