

PE Progression of Skills – Woodford Valley Primary Academy

Year Group	Gymnastics	Games	Dance	
Reception	<ul style="list-style-type: none"> -To start to explore movement actions -To start to balance with some control 	<ul style="list-style-type: none"> - To begin to throw with basic throws - To receive a ball -To begin to develop hand-eye coordination 	<ul style="list-style-type: none"> -To copy basic movements and body patterns -To perform simple dance movements and steps 	
1	<ul style="list-style-type: none"> -To explore movement actions with control and link them together with flow -Balances with some control and to explore static balancing and understand the concept of bases. 	<ul style="list-style-type: none"> -Beginning to perform a range of throws. -Receives a ball with basic control -Beginning to develop hand-eye coordination 	<ul style="list-style-type: none"> -Copies and explores basic movements and body patterns -Remembers simple movements and dance steps 	
2	<ul style="list-style-type: none"> -To remember and repeat simple gymnastic actions with control. -To balance on isolated parts of the body using the floor and hold balance -To develop a range of gymnastic moves, particularly balancing 	<ul style="list-style-type: none"> -To use hand-eye coordination to control a ball. -To catch a variety of objects. -To vary types of throw. 	<ul style="list-style-type: none"> -Copies and explores basic movements with clear control. -Varies levels and speed in sequence -Responds imaginatively to stimuli. 	
3	<ul style="list-style-type: none"> -Beginning to develop good technique when travelling, balancing, using equipment etc -Beginning to show flexibility in movements 	<ul style="list-style-type: none"> -Beginning to communicate with others during game situations. -Uses skills with co-ordination and control. 	<ul style="list-style-type: none"> -Beginning to improvise independently to create a simple dance. -Beginning to improvise with a partner to create a simple dance. 	

	<ul style="list-style-type: none"> -Copies, explores and remembers a variety of movements and uses these to create their own sequence. 	<ul style="list-style-type: none"> -To perform a range of actions, maintaining control of the ball. -To perform a range of catching and gathering skills with control 	<ul style="list-style-type: none"> -Uses simple dance vocabulary to compare and improve work. 	
4	<ul style="list-style-type: none"> -To construct sequences using balancing and linking movements. -To use counterbalances and incorporate them into a sequence of movements. -To perform and evaluate own and others' sequences. 	<ul style="list-style-type: none"> -Shows confidence in using ball skills in various ways, and can link these together. <i>e.g. dribbling, bouncing, kicking</i> -Uses skills with co-ordination, control and fluency. -Works well in a group to develop various games -To learn concepts of attack and defence 	<ul style="list-style-type: none"> -Confidently improvises with a partner or on their own. -Beginning to create longer dance sequences in a larger group - Uses simple dance vocabulary to compare and improve work. 	
5	<ul style="list-style-type: none"> -To identify and practise body shapes and balances. -To use and refine the following skills: flexibility, strength, balance, power and mental focus. - To use counterbalances and incorporate them into a sequence of 	<ul style="list-style-type: none"> -Shows confidence in using ball skills in various ways, and can link these together. -Uses skills with co-ordination, control and fluency. - Takes part in competitive games with a strong understanding of tactics and composition. - Apply basic skills for attacking and defending. 	<ul style="list-style-type: none"> -Combines flexibility, techniques and movements to create a fluent sequence - Demonstrates strong movements throughout a dance sequence -Uses more complex dance vocabulary to compare and improve work 	

	<p>movements.</p> <p>-To perform and evaluate own and others' sequences.</p>			
6	<p>-To identify and practise gymnastic shapes and balances.</p> <p>-To construct sequences using balancing and linking movements</p> <p>-To use counterbalances and incorporate them into a sequence of movements.</p> <p>- To perform and evaluate own and others' sequences.</p>	<p>-Shows confidence in using ball skills in various ways, and can link these together effectively.</p> <p><i>e.g. dribbling, bouncing, kicking</i></p> <p>-Keeps possession of balls during games situations</p> <p>-Consistently uses skills with co-ordination, control and fluency.</p> <p>-Takes part in competitive games with a strong understanding of tactics and composition.</p> <p>- Apply knowledge of skills for attacking and defending</p>	<p>-Demonstrates strong movements throughout a dance sequence.</p> <p>-Combines flexibility, techniques and movements to create a fluent sequence</p> <p>-Demonstrates consistent precision when performing dance sequences</p> <p>-Uses more complex dance vocabulary to compare and improve work</p>	