



Wharton CE Primary School
PE skills Progression Grid – 2022/2023

Proverbs 22 v 6 Train up a child in the way they should go and they will not depart from it

The progression grid outlines the specific knowledge which pupils are expected to learn in each phase

Skill progression by activity – Key Stage 2 Athletic Activity

Athletics - Year 3		Events Taught:
	Head	Take part in basic scoring of different events
		When questioned, show understanding of their individual role in team relay performance
		Compete with others and record points
	Hand	Link running and jumping activities with some fluency and consistency
		Control movements and body actions in response to specific instructions
		Jump for height and distance with control and balance
		Run at different speeds according to event and instruction
		Throw a variety of objects using different recognised throws
	Heart	Throw more accurately and over greater distances
Run as part of a relay team		
Identify how to improve own and others work and be tactful		
Athletics - Year 4		Events Taught:
	Head	Decide on ways to improve, run, jumps and throws and implement changes
		Demonstrate patience and determination
	Hand	Show differences between sprinting and running speeds over a variety of distances
		Throw a variety of objects demonstrating accuracy i.e. object landing in throwing zone
		Perform a range of jumps with consistency, sometimes approaching jump with a run up
		Compete in running, jumping and throwing activities and compare their own performance with previous
	Heart	Work with others to score and record distance and times accurately
		Develop control in baton exchange and analyse as a team how to improve handover
	Athletics - Year 5	
Head		Identify how they can change an activity by using the STEP principle
		Distinguish between good and poor performances and suggest ways to improve self and others
Hand		Sustain pace over shorter and longer distances such as running 100m and running for 2 minutes
		Explore a range of baton handling activities and attempt to receive in restricted area
		Perform a range of jumps in different activities
		Demonstrate a range of throwing actions using different equipment with some consistency and control
Heart		Able to run as part of a team in relay style events and demonstrate max effort pace
	Compare own performance with previous ones and demonstrate improvement to achieve personal best	
Athletics Year 6		Events Taught:
	Head	Accurately and confidently judge across a range of athletics activities
		Record accurately scores given in variety events
	Hand	Demonstrate accuracy and good technique when throwing for distance
		Show good technique and control for jumping activities
		Use skill and knowledge of activity to confidently teach and lead others
		Choose appropriate run up distance as an individual for athletic jumps
		Use appropriate pace for different running distances
	Heart	Demonstrate improvement when working with self and others
		Use appropriate language to deliver a taught activity to their peers

Striking and Fielding Games

Striking & Fielding - Year 3		Sports Taught:
	Head	Adhere to some basic rules of recognised games such as rounders or cricket
		Explain how fielders work together to restrict batters runs
		Apply simple tactics to choose where to hit the ball
	Hand	Strike a ball with some consistency
		Develop skills to use in isolation and in competitive play e.g. throwing, catching and bowling
		Play in simplified games
		Bowl accurately
		Show ready position to catch a ball
		Strike a stationary ball (off tee) with some consistency
Heart	Strike a bowled ball with some consistency	
	Identify how to improve own and others work and be tactful	
	Field as a team to return the ball to the bowler/base effectively	
Striking & Fielding - Year 4		Sports Taught:
	Head	With increasing consistency, choose where to direct a hit from a bowled ball
		Use and apply the basic rules of the game
	Hand	Apply speed and decision making to run safely between scoring markers e.g. stumps, posts
		Play confidently in a variety of roles such as fielder, bowler, backward e.g. wicket keeper/backstop
		Track and intercept the ball along the ground sometimes collecting with one hand
		Show more consistency in throwing and catching over a variety of distances
		Bowling a recognised action with some consistency
	Heart	Show fair play such as accepting when run out
		In their local community can they identify locations in which they could play striking and fielding games
Striking & Fielding - Year 5		Sports Taught:
	Head	Recognise where increased flexibility and power is an advantage in striking and fielding the ball
		In a game situation play using a range of simple tactics such as getting players out to restrict the attack
		Use and apply the basic rules of the game fairly and consistently
	Hand	Choose where to hit the ball to maximise likelihood of scoring runs
		Use a variety of shots in isolation and in a game situation
		Throw with accuracy and consistency over short distances
		Tracking flight of the ball to increase catching success
		Begin to employ specific bowling techniques such as overarm in cricket
	Heart	Show perseverance during the game and commitment to team
Work collaboratively with others to both score runs and in the field to restrict runs		

Striking & Fielding - Year 6		Sports Taught:
	Head	Apply with consistency standard rules of (modified) games
		Use a range of tactics for attacking and defending in the role of bowler, batter and fielder
		In rounders use correctly the rules for running round bases
	Hand	Strike a bowled ball and attempt a small range of shots
		Attempt to track and catch high balls in isolation and game play
		Increase accuracy using a range of bowling techniques e.g. overarm
		Demonstrate control and consistency in a range of fielding skills, <i>e.g. throwing, catching, tracking, intercepting</i>
		Play within small sided games using standard field/pitch layout e.g. boundaries, posts bowling areas
	Heart	Identify ways you can support your batting partner
		Work collaboratively in teams to compete against themselves and others

Net / Wall Games

Net / Wall - Year 3		Sports Taught:
	Head	Keep count/score of a game
		Can discuss the different type of shots that may be used in a variety of situations
	Hand	Serve to begin a game
		Play a continuous game using: throwing and catching or some simple hitting
		Can play within boundaries
		Use a small range of basic racquet skills
		Move towards a ball/shuttle to return over a line/net
	Heart	Play over a net
		Show engagement in rallying activities to improve and progress
	Work with a partner to play in a doubles game	
Net / Wall - Year 4		Sports Taught:
	Head	Choose ways to send the ball to make it difficult for opponent to return
		Play the role of umpire to keep score
	Hand	Explore shots on both sides of the body and attempt with confidence
		Use a small range of racquet/hand skills
		Explore a range of recognised shots e.g. overhead, forehand etc
		Able to return ball/shuttle to different areas of oppositions court
		Use basic defensive tactics to defend the court i.e. moving to different positions on the court
	Heart	Work with a partner / small groups to return a served ball/shuttle
		Play competitively with others and against others in modified games
Net / Wall - Year 5		Sports Taught:
	Head	Cooperate and collaborate with others to play in a sportsman like way
		Recognise where they should stand on the court when playing on their own and with others
	Hand	Play a range of basic shots on both sides of the body, move feet to hit ball at most appropriate point
		Play modified games with confidence sending and returning a ball/shuttle this may be with differentiated equipment
		Select and apply a range of skills to move around the court e.g. lunge, shuffle etc
		Apply some control when returning the ball/shuttle including foot placement, shot selection and aim
		Can apply with some success, a range of techniques to win points
	Heart	Demonstrate a variety of service shots in isolation and some game play
		Play with others with some flow to the game, keeping track of their own scores
	Suggest and lead warm ups that prepare the body appropriately for net/wall activities	

Net / Wall - Year 6		Sports Taught:
	Head	Make appropriate choices in games about the best shot to use
		Explain some of the tactics used in net/wall games
	Hand	Use forehand, backhand and overhead shots in isolation
		Use forehand, backhand and overhead shots with more confidence in games
		Start games with the appropriate serve
		Attempt more technical shots such as smash, where able use in a game
		Apply a range of defensive tactics in a game, individually and with a partner
		Begin to use full scoring systems
	Heart	Develop doubles play further implement basic positioning tactics (team play for volleyball)
		Use speaking and listening skills to umpire and play with peers without dispute

Invasion Games

Invasion - Year 3		Sports Taught:
	Head	Recognise when you need to defend
		Employ tactics to put opponents under pressure
		Being aware and able to undertake the demands different positions to support both attack defence
	Hand	Send and receive a ball with some consistency to keep possession
		Sometimes move into space to receive the ball
		Use recognised passes in isolation e.g. chest pass for netball or kicking with the inside of the foot for football
		Can recall and show at least two key teaching points of a learned skill
		Play using basic rules of recognised game e.g. hockey or football
	Heart	Shoot at a goal using appropriate skills e.g. slap shot in hockey or set shot in basketball
Show support, encouragement and good sportsmanship		
Invasion - Year 3		Work as part of a team to attack towards a goal
		Sports Taught:
	Head	Working with team mates to make it difficult for the opposition
		Use tactics to perform defensively both as a team and as an individual
		Play using recognised marking techniques of specific game e.g. hockey, tag rugby
	Hand	Send and receive the ball with accuracy, controlling to score points/goals
		Keep possession of the ball as an individual using skills such as dribbling and running with the ball
		Show speed and endurance in a game situation
		Move in to space to help others and the ball over longer distances
		Work as part of a team to attack and score in defined area
Heart	In netball play within positional restrictions	
	Recognise how playing as a team can improve your communication skills	
Invasion - Year 4		Use and apply the basic rules of the game
		Sports Taught:
	Head	Play in formations and execute 'set plays' in game situations
		Explain the need for different tactics and attempt these in a game situation
		Know and apply the rules consistently in a game situations
	Hand	Able to combine basic skills such as dribbling and passing
		Select and apply skills in game situation with some consistency e.g. dodging, pivoting, dribbling and running with the ball
		Move balls over longer distances accurately, demonstrating power
		Play in different positions with some success
		Where appropriate mark goal side
Heart	Use specific learned skills to maintain possession during a game	
	Use specific skills in a game to win a ball such as boxing out and rebounding	
Invasion - Year 5		Use appropriate language to explain their attacking and defensive play
		Covering a variety of specific skills or concepts, discuss how they can improve

Invasion - Year 6		Sports Taught:
	Head	Choose and implement a range of strategies to attack and defend such as restricting attackers space or goal side marking
		Suggest, plan and lead a warm up or drill and use STEP technique to modify
		Make quicker decisions in games (on and off the ball)
	Hand	Use and apply boundary rules such as corners, self pass and sideline in relevant game
		Build upon set plays such as in tag rugby, some suggest improvements to play
		Use a variety of techniques for passing, controlling, dribbling and shooting the ball in games
		Play in a variety of positions (attacking and defensive)
		Consistently catch/stop and control a ball
		Able to track and control a rebound from shot (penalty or open play)
	Heart	Support someone else to take the lead in a warm up
		Work collaboratively in a team to play and keep possession of the ball

Gymnastics

Gymnastics - Year 3	Head	Modify actions independently using different pathways, directions and shapes
		Identify similarities and differences in sequences
	Hand	Perform sequences with contrasting actions
		Perform a range of increasingly challenging actions
		Show strength and flexibility to shapes and actions being performed
		Remember and repeat sequences
		Begin to show fluency in sequences and movement patterns
		Adapt basic sequences to include some apparatus
	Heart	Develop body management over a range of floor exercises
Comment on others gymnastics sequences describing what they did well		
Gymnastics - Year 4	Head	Can suggest how developing strength and flexibility helps in maintaining a healthy active lifestyle
		Decide on ways to improve a piece of work using compositional elements and implement changes
	Hand	Apply a broader range of more challenging skills executed with precision
		Perform actions such as balance, body shapes and flight with control
		Develop an increased range of body actions and shapes to use in longer, more complex sequences
		Identify 'core muscles' and use them to improve quality of shapes and actions
		Challenge self to more complex versions of a skill/ action
	Heart	Show smooth transitions and flow in sequences
		Adapt actions and sequences to work with partners and small groups
Gymnastics - Year 5	Head	At key points, compare their performances to previous ones
		Selects a component for improvement and use guidance from others to do so
	Hand	Explain the significance of a warm up and how it relates to gymnastics activity
		Create longer and more complex sequences and adapt their performances
		Follow, copy and repeat others actions
		Make a dynamic sequence with contrasting shapes and actions and balances demonstrating smooth transitions
		Develop strength and flexibility to hold more complex balances and shapes such as bridge with control
		Attempt to perform more complex skills in isolation such as round-off
	Heart	Remember and repeat longer sequences with more difficult actions such as cartwheels, shoulder rolls
Work responsibly in trust exercises and when counterbalancing		
		Perform symmetry and asymmetry individually, in pairs and as a group

Gymnastics - Year 6	Head	Identify their strengths and weakness and compose a sequence which will achieve the highest score against criteria
	Hand	Perform increasingly complex sequences
		Perform showing awareness of the judging criteria
		Compose and practise actions and relate to music
		Experience flight on and off of apparatus
		Show darity, fluency, accuracy and consistency in their movements
	Heart	Lead group warm up demonstrating the importance of strength and flexibility
		Work independently and in small groups to make up sequences to perform to an audience

Dance

Dance - Year 3	Head	Contribute ideas to the structure of the dance
		Create basic actions as an individual and working with a partner
		Describe using appropriate language the features of dances performed by others
	Hand	Attempt to perform with a sense of dynamics
		Competently include props and other ideas in their dance
		Attempt short pieces of improvised dance responding to the structure/theme of the dance
		Share and create short dance phrases with a partner and in small groups
		Perform a range of recognised dance actions with some confidence e.g. do se do
	Heart	Perform movements with increased control
Express moods and feelings throughout the dance piece		
Dance - Year 4	Head	Can decide with others which floor patterns/pathways to follow
		Use peer assessment to identify strength and weaknesses in performance
	Hand	Respond sensitively to professional work
		Refine, repeat and remember short dance phrases
		Perform with increasing musicality with control and confidence
		Perform dances with consistency
		Show rhythm and style when performing as an individual and with others
		Use devices to change actions individually and as a group e.g. facing, levels etc
	Heart	Dance using a variety of formations confidently
Show sensitivity to a dance idea/theme or story		
Dance - Year 5	Head	Showing self-control and maturity to perform a partner/ group contact work
		Confidently participate in dances from different cultures/parts of the world
	Hand	Perform different styles of dance clearly and fluently
		Refine & improve dances adapting them to include use of space rhythm & expression
		Adapt their skills to meet the demands of a range of dance styles
		Incorporate levels and flight in to movement patterns and dances
	Heart	Create and use compositional ideas confidently such as pathways, step patterns and unison
		Recognise and comment on dances suggesting ways to improve
		Work collaboratively in groups to compose short dances

Dance - Year 6	Head	Interpret different stimuli with imagination and flair
		Identify in others and self where good performance qualities are achieved
	Hand	Warm up and cool down independently
		Work creatively and imaginatively on their own, in pairs and in a group to create simple dances
		Implement skills from other activity areas e.g. gym and games to perform tasks
		Use recognised dance actions and adapt to create motifs and movement patterns
		Communicate the artistic intention of a dance clearly, fluently, musically and with control
		Practise and refine coordination skills through activities such as live aural setting / freeze frame
	Heart	When working in groups/pairs take the lead suggesting ideas and refining actions of others
		Use facial expression to communicate emotion and a further narrative

OAA

OAA - Year 3	Head	Describe their work and the strategies they use to solve problems
		Independently identify factors needed to complete a task
		Use acquired skills to create maps and directions
	Hand	Identify and use symbols on a map to navigate
		Play competitively and fairly implementing the rules
		Participate safely, considering others
		Perform with strength, stamina and endurance in more physical tasks
	Heart	Lead others and be led
		Can work with others to solve problems
OAA - Year 4	Head	Plan and refine strategies to solve problems
		Identify what they have done well and suggest ways to improve
		Work out answers from clues, working independently from teacher
	Hand	Use maps, symbols and compass confidently to navigate
		Confidently undertake tasks with time limits and other restrictions
		Remember and recall map symbols and other relevant key information
	Heart	Work well as part of a team or group within well defined role
		Listen and be directed by others
	OAA - Year 5	Head
Play a role in problem solving		
Communicate using code		
Hand		Work at a high intensity for sustained period of time whilst completing a task
		Evidence results and keep score
		Compete against others and perform under pressure
Heart		Explore and refine ways of communicating to best complete a set task
		Put trust in others and demonstrate trustworthy behaviour
OAA - Year 6		Head
	Follow instructions accurately	
	Hand	Use written description to identify objects
		Refine and adapt ideas in group task
	Heart	Use information given by others to complete a task and work collaboratively
		Work collaboratively to perform a more complex task
		Takes responsibility for a role in a task