

Crawley Ridge Junior School Skills Progression PE

Key stage 2 Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastic) perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- swim competently, confidently and proficiently over a distance of at least 25 metres.
- use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)
- perform safe self-rescue in different water-based situations.

	Year 3	Year 4	Year 5	Year 6
Themes	Cross- country Mighty movers Fitness bootcamp Football Netball Dance Tag-rugby Tri-golf Gymnastics Ball skills Tennis Rounders Athletics	Cross- country Fitness bootcamp Football Netball African dance Tag-rugby Multi-skills Tri-golf Gymnastics Tennis Rounders Athletics	Football Netball Boxercise Cross-country Fitness Gymfit Circuits Tag-rugby Hockey Cricket Street dance Rounders Athletics Young Olympians	Football Netball Boxercise Cross-country Fitness Gymfit Circuits Tag-rugby Hockey Cricket Bollywood dance Rounders Athletics Young Olympians

Crawley Ridge Junior School Skills Progression

PE

Team Games	Create their own games, adapting rules and displaying knowledge of warm ups and cool downs. All pupils have opportunities to lead a warm up or cool down.	Develop skills to play more challenging team games such as rounders, tag rugby, hockey and cricket including professional coaching from Camberley Cricket Club	Develop skills in rounders, cricket, football and netball. Begin to play competitively in both intra school and inter school events	Progress skills in team games. Opportunities given to play in intra school and inter school competitions. Year 6 pupils share skills with younger pupils
Sending and Striking	Keep control of ball- based equipment working effectively as part of a team	Throw, catch, strike and field a ball with control and accuracy	Use different techniques and skills to pass, dribble, travels and shoot in ball games	Select and perform combinations of sending and striking skills with confidence, accuracy and consistency
Strategy	Choose tactics/ a suitable strategy to cause problems for the opposition	Work effectively, as part of a team, choosing an appropriate strategy or tactic to cause problems for the opposition	Mark an opposing player or player preventing them from gaining possession	Apply tactical knowledge effectively in attacking and defending situations
Dance	Compare, develop and adapt movements and motifs to create movement patterns	Improvise and move with precision, control and fluency in response to a range of stimuli.	Vary dynamics of a movement or dance, developing actions in time to music, with a partner or as part of a group.	Move in time to music, creating movements that express the meaning and mood of the piece.
Athletics	Demonstrate a range of throwing techniques, using accuracy and power. Perform a range of jumps, sometimes with run ups	Run with pace over longer distances and for more extended periods, identifying the difference between this and sprinting	Understand how power and stamina is developed and how this improves performance	Demonstrate a high level of control, speed, strength and stamina when running, jumping and throwing. Suggest ways to improve their performance
Gymnastics	Vary height and speed in a sequence of gymnastic movements	Combine movements, actions and balances, individually or collaboratively, to create a fluid routine	Create and perform more complex sequences, including change of direction, travelling, speed and height, showing good stability and core strength	Combine and perform gymnastic actions using the whole body, adapting movements and balances to a routine so that they can fit into a sequence
Outdoor and Adventurous	Work effectively as part of a team to safely navigate to familiar places, solving	Respond positively to increased challenges and other team members, showing ability to listen to feedback	Plan routes and orientate maps, responding positively to increasing challenges, listening	Lead groups in problem solving, analysing their own effectiveness as a team leader

Crawley Ridge Junior School Skills Progression

PE

	problems and evaluating performance		to feedback and evaluating their role	
Performance	Create/ perform a sequence of movements, showing good balance/ body tone. Recognise their strengths in PE, identifying areas for improvement	Create/ perform fluently a sequence of movements, showing good balance/ body tone and practise to improve. Use constructive feedback to make improvements to their performance	Perform individually or with a partner/ as a group with increasing confidence and accuracy, using the whole body across difference levels/spaces to a range of audiences. Compare performances with previous one	Perform sequences, on multiple levels to an audience with control and grace, using available spaces expressively. Explain how they need to improve their own performance in order to achieve their personal best. Present an assembly to the school on healthy eating and exercise.
Swimming			5 week course	