

WLSP in Partnership with Delphside Primary School

Skills Progression 2019/2020	Autumn 2019		Spring 2020		Summer 2020	
	1	2	1	2	1	2
Pupils will be taught to: <ul style="list-style-type: none"> • Develop their confidence to excel in a broad range of physical activities • They will be physically active for a sustained period of time • Engage in competitive sports and competition • Aim to lead healthy, active lifestyles with an understanding of the importance of physical activity, PE and school sport. 	KS1 <ul style="list-style-type: none"> • Pupils should aim to develop Fundamental movement skills, become increasingly confident and competent across a broad range of opportunities to extend their agility, balance and co-ordination individually and with others. • They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. • Pupils should be taught to master basic movements including running, jumping, throwing and catching as well as developing balance, co-ordination and agility and begin to apply these in a range of activities • Participate in team games, developing simple tactics for attacking and defending • Perform dances using simple movement patterns 					
	KS2 <ul style="list-style-type: none"> • Pupils should continue to develop a broader range of skills, learning how to use them in different ways and 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 • Use running, jumping and catching in isolation and as a combination • Play a range of competitive games, modified when needed. For example: basketball, handball, rugby, cricket, football, hockey, netball, dodgeball, rounder's or tennis. • Develop their flexibility, strength, technique, control, and balance. For example: through athletics or gymnastics. • Perform dances using a wide range of movement patterns both as a group and individually • Take part in OAA activities both individually and as part of a team • Can compare their performances with previous ones and demonstrate improvement to achieve their personal best 					

Year 1	Athletics	OAA	Gym	Games	Striking and Fielding	Dance
Content/Sport delivered through	Run, throw, Jump Develop skill of running fast Develop skill of hopping Develop skill of rolling a ball Develop skill of changing direction	KS1 OAA Team building activities Basic map reading Basic Problem Solving	Develop the basic skills of travelling Develop basic skills of rolling. Develop basic skills of jumping. Perform basic skills with straight and tuck shapes To link movements together Link travel, roll and jump with two different shapes Create a sequence on the floor and adapt to apparatus	Physical Literacy development: To explore the skill of running fast To explore rolling different equipment To explore skill of jumping To develop rolling skill Explore dodging Apply simple tactics Work in a group	To develop skill of throwing underarm for accuracy To develop the skill of throwing overarm for distance Develop the skill of running Develop the skill of striking a ball from a tee	Explore different ways of travelling and using space Create travelling patterns using a stimulus Create pathways using a stimulus Develop simple dance phrases Change speed and direction Explore basic body patterns
Year 2	Athletics	OAA	Gym	Games	Striking and Fielding	Dance
Content/Sport delivered through	Run, throw, Jump To develop skill of underarm/overarm throw Develop skill of jumping for distance Develop posture when running Complete jumping challenges To apply changing direction in relay type races.	KS1 OAA Leadership skills Problem solving as an individual and as part of a team Basic map reading and orienteering	Improve their travelling, jumping and rolling. Develop simple balancing skills individually and with a partner Remember and repeat simple sequences and perform them on the floor and apparatus Set up apparatus safely	Throw and catch development with different equipment. Choosing the right pass Outwitting opponents Basic attacking skills Using simple tactics in games	Develop the skill of striking a ball with accuracy Develop the skill of fielding a ball Apply striking skill in a simple game Develop simple tactics Perform striking, throwing and fielding in a simple game Use some simple tactics in a game	Create ideas adding expressions and develop ways to improve our work Create effective travelling pathways individually and in a group Perform a whole class performance Understand unison and cannon Improve timings Work to music
Year 3	Athletics	OAA	Gym	Games	Striking and Fielding	Dance
Content/Sport delivered through	Run, throw, jump To perform the pull throwing action	To improve communication skills. To improve ability to	Develop ways of travelling on hands and feet Improve balance on small	Basketball/Netball/Handball/ Tri Golf Send and receive a ball	To send a ball in a striking and fielding game	Create movement using a stimulus To explore dance

	<p>To explore different running techniques</p> <p>To perform the sling throw</p> <p>To develop jumping actions</p> <p>Select an appropriate running technique for distance</p> <p>To perform a push throw</p>	<p>work with and trust others.</p> <p>To undertake an adventure trail to develop communication skills.</p>	<p>and large body parts</p> <p>Create a sequence of travelling and balancing actions</p> <p>To develop more challenging rolls</p> <p>Develop Jump-Shape-Landing</p> <p>Create a sequence of gymnastic actions</p> <p>Recognise and evaluate their own and others success.</p> <p>Perform gym actions using apparatus.</p>	<p>Send a ball and move into space</p> <p>Send and receive in a simple game</p> <p>Use more than one simple tactic</p> <p>Evaluate success</p>	<p>To receive a ball in a striking and fielding game</p> <p>To evaluate success</p> <p>To strike a ball in a striking and fielding game</p> <p>Use simple tactics in a game</p>	<p>movements and patterns</p> <p>To work with a partner to create dance patterns</p> <p>Show rhythm and expression</p> <p>Precision in movement</p> <p>To work co-operatively</p> <p>Perform in front of others</p>
Year 4	Athletics	OAA	Gym	Games	Striking and Fielding	Dance
Content/Sport delivered through	<p>To perform a start in a sprint type race</p> <p>To throw for distance using three different throws</p> <p>To perform a hop, step and jump</p> <p>To pass a baton successfully in a race</p> <p>To perform 5 different jumps</p> <p>To perform in athletic type competitive events (run, jump and throw)</p>	<p>To complete a Trail within the school grounds.</p> <p>To increase confidence in decision making.</p> <p>To complete a Photo Trail within the school grounds.</p> <p>To know how to use a control card</p>	<p>To develop ways of travelling on feet and hands and feet.</p> <p>To develop balance on small body parts.</p> <p>To develop a range of jumping actions</p> <p>To develop balance on large body parts.</p> <p>To create a gymnastic sequence of travelling and balancing.</p> <p>To explore different ways of rolling.</p> <p>To perform rolling actions and link these with other actions to create a sequence.</p> <p>To explore different ways of balancing, jumping and travelling. To create a sequence using travelling, balancing, jumping and rolling that meet a set of conditions</p> <p>To make simple judgements</p>	<p>Handball/Basketball/Netball/Tri golf</p> <p>To send and receive a ball</p> <p>To travel with a ball</p> <p>Travel with a ball with control</p> <p>Use various simple tactics to outwit an opponent</p> <p>Apply basic principles of attack</p> <p>Travel with a ball with control in a game</p> <p>Evaluate success</p>	<p>To strike a ball a striking and fielding game</p> <p>To use simple tactics in a striking and fielding game</p> <p>To evaluate tactics used in a striking and fielding game</p>	<p>Identify and practise patterns and actions of dance style</p> <p>Demo an awareness of the music's beat and rhythm</p> <p>Create an individual dance and partner dance that reflects the theme</p> <p>To dance using a range of movements</p> <p>Evaluate own work</p>

			about the quality of performances. To create a sequence using travelling, balancing, jumping and rolling that meet a set of conditions			
Year 5	Athletics	OAA	Gym	Games	Striking and Fielding	Dance
Content/Sport delivered through	To develop running skills in isolation. To develop throwing skills To evaluate their own success To explore ways of combining jumping actions To develop throwing skills in an athletic type activity To develop jumping actions in combination	To know that a map is a bird's eye view plan of the ground. To know how to keep the map "set or orientated" when they move. To know some of the symbols on a orienteering map To know how to keep the map "set or orientated" when they move around a simple course. To run safely with a map around a simple orienteering course. To know the 8 points of a compass.	To perform partner balances (matched and mirrored) To perform counter balance To perform Counter tension balances To evaluate and recognise their own success To create a gymnastic sequence with a partner To perform the core task "Acrobatic gymnastics" To evaluate and recognise their success To develop a sequence onto apparatus	Netball/Basketball/Handball/Dodgeball To develop the skill of passing and catching a netball Develop the skill of a shoulder pass Develop the skill of shooting in netball/Handball/Basketball Select appropriate strategies for attack Evaluate work and suggest ways to improve Choose and apply netball/handball/basketball based skills consistently in a game situation	To bowl underarm with accuracy To catch a ball when fielding. To run with a bat between wickets To bowl overarm with accuracy To strike a ball with a cricket bat. To learn how to field a ball	Identify and practise the patterns and actions of the chosen dance theme Produce a dance phrase in response to the music Apply key components of dance: Travel, Jump, Stillness, Gesture and Turn To create a group dance with creative ideas Evaluate own and others work
Year 6	Athletics	OAA	Gym	Games	Striking and Fielding	Dance
Content/Sport delivered through	To develop running skills in isolation To develop throwing skills in an athletic type activity	To navigate to a control marker To navigate to a control marker on a simple course	To perform matched and mirrored paired balances To perform counter balance and counter tension paired balances.	Netball/Basketball/Handball/Rugby/Dodgeball Develop the skill of running with a rugby ball in two hands Develop the skill of passing a	To bowl underarm / overarm with accuracy in a game To bowl underarm / overarm with accuracy	To practise patterns and actions in the Haka style Demo an awareness of music's rhythm

	<p>To develop running, jumping and throwing skills in an athletic type activity.</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>To record information accurately at the control marker</p> <p>To navigate to a control marker on a score event course</p> <p>To plan effectively to visit as many control markers in the time allowed.</p> <p>To understand how OAA can help their fitness and health</p> <p>To navigate to a control marker on a score event course</p>	<p>To perform a group counter balance</p> <p>To create a gymnastic sequence with counter balances and counter tension in a group.</p> <p>To evaluate success of group and paired balances.</p>	<p>catching a ball</p> <p>To be able to score</p> <p>Develop an understanding of when to run and when to pass the ball</p> <p>Apply basic strategic and tactical principles of attack</p> <p>Apply basic strategic and tactical principles of defence</p> <p>Use skills and tactics for an invasion typed game</p> <p>Evaluate their own and others success and suggest ways to improve</p> <p>Understand basic principles of a warm up that will lead to invasion based activities.</p>	<p>in a pairs cricket</p> <p>To play a modified competitive cricket game.</p> <p>To evaluate what was successful in a game.</p>	<p>when improvising</p> <p>Show strong gesture and dynamics throughout</p> <p>To create a dance that represents a haka style</p> <p>To perform and analyse own and other performance</p>
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