

# St Patrick's Catholic Voluntary Academy

## Physical Education Progression of Skills Document



### EYFS Knowledge:

The EYFS framework is structured very differently to the national curriculum as it is organised across seven areas of learning rather than subject areas. The aim of this document is to help subject leaders to understand how the skills taught across EYFS feed into national curriculum subjects.

This document demonstrates which statements from the 2020 Development Matters are prerequisite skills for PE within the national curriculum. The table below outlines the most relevant statements taken from the Early Learning Goals in the EYFS statutory framework and the Development Matters age ranges for Three and Four-Year-Olds and Reception to match the programme of study for PE.

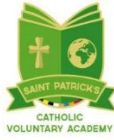
The most relevant statements for PE are taken from the following areas of learning:

- Personal, Social and Emotional Development
- Physical Development
- Expressive Arts and Design

### Physical Education

# EYFS

Three and Four-Year-Olds	Personal, Social and Emotional Development	<ul style="list-style-type: none"> <li>• Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them.</li> <li>• Increasingly follow rules, understanding why they are important.</li> <li>• Remember rules without needing an adult to remind them.</li> </ul>		
	Physical Development	<ul style="list-style-type: none"> <li>• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>• Go up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>• Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>• Use large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>• Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>• Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm.</li> <li>• Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</li> <li>• Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</li> <li>• Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</li> <li>• Show a preference for a dominant hand.</li> <li>• Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips.</li> </ul>		
	Expressive Arts and Design	<ul style="list-style-type: none"> <li>• Respond to what they have heard, expressing their thoughts and feelings.</li> </ul>		
	Reception	Personal, Social and Emotional Development	<ul style="list-style-type: none"> <li>• Manage their own needs. -personal hygiene</li> <li>• Know and talk about the different factors that support overall health and wellbeing: -regular physical activity</li> </ul>	
		Physical Development	<ul style="list-style-type: none"> <li>• Revise and refine the fundamental movement skills they have already acquired: - rolling      - running      - crawling      - hopping      - walking      - skipping      -jumping      - climbing</li> <li>• Progress towards a more fluent style of moving, with developing control and grace.</li> <li>• Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.</li> <li>• Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</li> <li>• Combine different movements with ease and fluency.</li> <li>• Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.</li> <li>• Develop overall body strength, balance, coordination and agility.</li> </ul>	
		Expressive Arts and Design	<ul style="list-style-type: none"> <li>• Explore, use and refine a variety of artistic effects to express their ideas and feelings.</li> <li>• Return to and build on their previous learning, refining ideas and developing their ability to represent them.</li> <li>• Create collaboratively, sharing ideas, resources and skills.</li> <li>• Listen attentively, move to and talk about music, expressing their feelings and responses.</li> <li>• Watch and talk about dance and performance art, expressing their feelings and responses.</li> <li>• Explore and engage in music making and dance, performing solo or in groups.</li> </ul>	
ELG	Personal, Social and Emotional Development	• Managing Self	<ul style="list-style-type: none"> <li>• Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</li> <li>• Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>• Manage their own basic hygiene and personal needs, including dressing.</li> </ul>	
		• Building Relationships	<ul style="list-style-type: none"> <li>• Work and play cooperatively and take turns with others.</li> </ul>	
	Physical Development	• Gross Motor Skills	<ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>	
	Expressive Arts and Design	• Being Imaginative and Expressive	<ul style="list-style-type: none"> <li>• Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</li> </ul>	

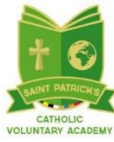


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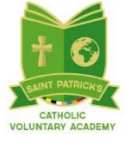


		FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills and Vocabulary Progression	<b>Multi-Skills</b>	<b>Vocabulary:</b> hop, jump, skip, run, balance, climb, imagine, safe.	<b>Vocabulary:</b> personal best, target, space, jog, rules, dribbling	<b>Vocabulary:</b> Paces, race, control, apparatus, space, skipping, direction	<b>Vocabulary:</b> agility, balance, co-ordination, measure, record, team, speed, test, mini-coach	<b>Vocabulary:</b> agility, balance, co-ordination, leadership, skills, co-operate, accuracy	<b>Vocabulary:</b> agility, balance, co-ordination, performance, combination, success, evaluate. create	<b>Vocabulary:</b> agility, balance, co-ordination, technique, fluency, efficiency, exercise, isolation, challenge
	<b>Dance</b>	<b>Vocabulary:</b> space, perform, moving, listen	<b>Vocabulary:</b> time, start, finish, levels	<b>Vocabulary:</b> movement, control, count, beat, travel	<b>Vocabulary:</b> unison, levels, perform, canon, stimulus, feedback	<b>Vocabulary:</b> inspire, pathways, direction, counts, collaborate, choregraph, timing, create	<b>Vocabulary:</b> energy, fluency, shape, precision, strength, rhythm, leader	<b>Vocabulary:</b> transition, evaluate, expression, space, formations, musicality, contact
	<b>Gymnastics</b>	<b>Vocabulary:</b> jump, strong, rock, stretch, crawl, star, safe, move	<b>Vocabulary:</b> pike, squat, tuck, straight, balance, roll, start, finish	<b>Vocabulary:</b> straddle, control, bunny hop, dish, arch, middle, sequences	<b>Vocabulary:</b> teddy bear, perform, half turn, point, travelling, patch, quarter turn, create	<b>Vocabulary:</b> matching, mirroring, elements, static, body tension, apparatus, sequences, fluency, sashay	<b>Vocabulary:</b> symmetrical, asymmetrical, collaborate, scissor kick, hurdle step, vaulting, canon, unison, speed	<b>Vocabulary:</b> counter tension, counter balance, aesthetic appeal, rhythm, precision, inverted, synchronisation, momentum, formation
	<b>Athletics</b>	<b>Vocabulary:</b> march, quick, run, jump, walk, throw, hop	<b>Vocabulary:</b> throw, race, jump, personal best, FAST, control, safe, mini-coaches	<b>Vocabulary:</b> speed, accuracy, competition, challenge, personal best, distance, measure	<b>Vocabulary:</b> focus, accelerate, triple jump, relay, improve, shot put, power, hurdle	<b>Vocabulary:</b> technique, triple jump, compete, change over, baton, short distance	<b>Vocabulary:</b> evaluate, react, collaborate, pace, peer assess, feedback	<b>Vocabulary:</b> long distance, compete, sprint start, stride, gracious, leader
	<b>Tennis</b>	<b>Vocabulary:</b> throw, catch, trick, side-step, target, aim, hop	<b>Vocabulary:</b> run, ready, racket, underarm, bounce, balance, cradle	<b>Vocabulary:</b> forehand, backhand, ready position, skills, honesty, control, team	<b>Vocabulary:</b> rules, focus, ready stance, points, rally, doubles	<b>Vocabulary:</b> consecutive, drop feed, hand feed, accuracy, position, compete, grip, communicate	<b>Vocabulary:</b> collaborate, serve, shots, overarm, integrity, volley	<b>Vocabulary:</b> umpire, anticipate, speed, reaction, technique, empathy, precision
	<b>Kwik Cricket</b>		<b>Vocabulary:</b> rolling, catch, bat, release, safety, tee, target, cradle	<b>Vocabulary:</b> aim, control, overarm, challenge, bowl, striker	<b>Vocabulary:</b> long barrier, scooping, wicket, teamwork, bowler	<b>Vocabulary:</b> accuracy, batter, score, fielder, co-operate	<b>Vocabulary:</b> inspire, speed, distance, wide, wicket keeper, over, runs, fair play	<b>Vocabulary:</b> fluency, motion, technique, focus, leadership, zone
	<b>Quicksticks</b>				<b>Vocabulary:</b> control, passing, dribble, tackle, push pass, side line, communication, free pass, rules	<b>Vocabulary:</b> shooting, accuracy, safety, direction, receive, attacking, defending	<b>Vocabulary:</b> Indian dribble, block tackle, marking, interception, precision, opponent, possession, slap pass	<b>Vocabulary:</b> chicane, angles, tactically, demonstrate
	<b>Football</b>	<b>Vocabulary:</b> forward, look, balance, close, move, around, safe	<b>Vocabulary:</b> sole, plant, pass, point, touches, dribble, outside	<b>Vocabulary:</b> score, space, invasion, aware, inside, outside, tackle	<b>Vocabulary:</b> control, passing, tackle, stationary, throw-in, defending, attacking	<b>Vocabulary:</b> body position, inside hook, outside hook, drag back, fairness, intercept, communication, accuracy	<b>Vocabulary:</b> possession, block, lofted pass, interceptors, technique, evaluate, performance	<b>Vocabulary:</b> tactics, direction, power, laces, angles, accelerate, feints, speed
	<b>Swimming</b>	Taught by Sheffield City School Swim Team.						

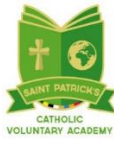


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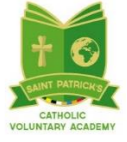


		FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
<b>Skills Progression</b>	<b>Ball Skills</b>	<p>Throw to self, catching a soft ball/ balloon</p> <p>Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination)</p> <p>Moving around at speed and changing direction</p> <p>Fun games encouraging throwing and catching different types of balls</p> <p>Passing with a partner and counting to 5 and 10</p> <p>Explore stopping a ball with different parts of the body</p> <p>Experiment kicking the ball with feet to a partner</p> <p>Move a bean bag on the floor using inside of foot</p> <p>Fox and rabbits game - Object of the game is to move away from the rabbit onto a spot (finding a space)</p> <p>Passing with a partner and counting to 5 and 10.</p> <p>Follow a partner to steal their bib</p> <p>Move with different objects in their hands</p> <p>Passing an object to another child</p> <p>Moving around in a space in different ways</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p>	<p>Catch a soft ball safely</p> <p>Pass the soft ball from chest - 'W' shape when passing and receiving</p> <p>Small sided games (super hero ball) 3v3 introducing passing and receiving a ball</p> <p>Play an adapted superhero game and introduce rules</p> <p>Scoring in a variety of ways</p> <p>Stopping a ball with the inside of feet</p> <p>Pass the ball beginning to use inside of feet "toe, toe, no no!"</p> <p>Dribble the ball with the inside of feet</p> <p>Follow my leader - trying to stay near their partner</p> <p>Scoring point in a variety of ways in adapted games</p> <p>Play a simple game of tag</p> <p>Move with control with the ball in their hands at chest height</p> <p>Hand over the Rugby ball sideways</p> <p>Attempt to get past a defender</p> <p>Scoring a try in a modified drill using correct technique - stay on feet using 2 hands.</p>	<p>Catch a ball in an adapted game</p> <p>Bounce pass from a short distance to a partner</p> <p>Small sided games (super hero ball)</p> <p>Small sided 3v3 encouraging chest passes in game</p> <p>Play an adapted superhero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring</p> <p>Scoring in a variety of ways and begin to use in a game situation.</p> <p>Stopping a ball with the sole and inside of feet</p> <p>Pass the ball to a partner P, P, P, Plant, Pass, Point to help with accuracy</p> <p>Dribble the ball with the inside of feet keeping the ball close to their body</p> <p>Tag game - trying to catch their partner</p> <p>Scoring in a variety of ways and begin to use scoring techniques game situations</p> <p>Play a tag game whilst moving at speed</p> <p>Move with the ball holding it with hands - in 'w' shape at chest height</p> <p>Pass the ball sideways - with smile technique</p> <p>Dodge around the defender in small area</p> <p>Scoring a try in a 2v2 game in the end zone</p>					
	<b>Basket Ball</b>	<p>Ball Awareness - moving ball on body</p> <p>Experiment with moving an object along the floor e.g. pushing a balloon</p> <p>Throw to self, catching a soft ball/ balloon. Passing to a partner with different types of balls</p> <p>Throwing into hoops and targets to score</p> <p>Run in an area, stop quickly and 'Freeze' (in a game/ warm up) - fundamentals to developing footwork</p> <p>Move around safely in a variety of ways and negotiating space.</p> <p>Follow my leader in pairs</p> <p>Play adapted games to get past players, with a ball - (while attempting to bounce it)</p>	<p>Ball Awareness - moving ball on the ground</p> <p>Experiment with bouncing and dribbling a ball</p> <p>Catch a soft ball safely, pass a soft ball from the chest - 'W' shape when passing and receiving</p> <p>Scoring in superhero basketball - throwing a ball into a target (someone's hands/ hoop)</p> <p>Footwork - adapted game, not running with a ball</p> <p>Move into a space in a game, looking to throw the ball to someone in a space</p> <p>Follow an opponent in a game/ adapted game</p> <p>Small-sided game 3v3. Begin to develop tactics for attacking and defending</p>	<p>Ball Awareness - moving ball on the ground with control</p> <p>Experiment with bouncing and dribbling a ball, beginning to use left and right hands</p> <p>Catch a ball safely. Pass from a short distance to a partner</p> <p>Scoring in a variety of ways and begin to use these in a game situation</p> <p>Stopping - with two feet bending at knees and holding the ball close to body</p> <p>Move into a space to catch a ball. Pass the ball to someone in a space</p> <p>Follow an opponent and trying to win (intercept) the ball</p> <p>Small-sided games (Superhero ball Basketball). Develop tactics for attacking and defending</p>	<p>Ball Awareness - moving ball around different parts of the body</p> <p>Dribbling and bouncing a ball in a variety of ways 'push not pat'</p> <p>Pass and receive a ball with some control</p> <p>Scoring into smaller targets</p> <p>Perform a jump and stride stop in basketball</p> <p>Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking</p> <p>Protecting the ball in an adapted game</p> <p>Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules</p>	<p>Ball Awareness - moving ball around different parts of the body with control</p> <p>Dribbling and bouncing a ball with control and using either hand</p> <p>Pass and receive, stepping into the pass (chest and bounce pass)</p> <p>Scoring into a net/ hoop in a small sided 3v3 basketball game</p> <p>Perform a jump and stride stop with a pivot</p> <p>Dodging around a player with the ball, focus on dodging into a space</p> <p>Protecting the ball - using the pivot to protect the ball. Begin to apply basic principles suitable for defending.</p> <p>Introduce 4v4 or adapted game. Begin to use some additional rules e.g. double dribble, travelling</p>	<p>Ball Awareness - copying a partner and moving with the ball</p> <p>Dribbling the ball, changing direction, and turning, using either hand</p> <p>Pass, receive and move with the ball (chest and bounce pass)</p> <p>Learn the BEEP technique when shooting in isolation and begin to use in a game situation</p> <p>Dribble the ball and perform the correct footwork when stopping</p> <p>Offensive play in a conditioned, game, beating your partner when dribbling a ball</p> <p>Defence techniques - (Gorilla) and begin to use the body to protect the ball in a conditioned game situation</p> <p>Begin to use some techniques learned in a game situation and to have an understanding of key rules</p>	<p>Ball Awareness - copying a partner and keeping control while moving the ball</p> <p>Dribbling the ball in various directions at speed</p> <p>Perform a variety of passes with a game with precision and control</p> <p>Using the BEEF technique in a competitive game situation with some success</p> <p>Dribble the ball and perform the correct footwork when stopping in a competitive game situation</p> <p>Offensive play using your team member to screen the ball in combination. Apply basic principles for attacking</p> <p>To apply defensive techniques in a competitive game situation. Apply basic principles for defending</p> <p>Use techniques learned and apply in a game situation. Children to officiate</p>	



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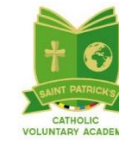


<b>Handball/ Dodgeball</b>	<p>Ball Awareness - moving ball on body Experiment with moving an object along the floor e.g. pushing a balloon Throw to self, catching a soft ball/ balloon. Passing to a partner with different types of balls Throwing at and into targets e.g. on walls, on benches, cones - to score Run in an area, stop quickly and 'Freeze' (in a game/ warm up) - fundamentals to developing footwork Move around safely in a variety of ways and negotiating space. Play adapted games to get past players, with a ball - (while attempting to bounce it)</p>	<p>Ball Awareness - moving ball on the ground Experiment with bouncing and dribbling a ball Catch a soft ball safely, pass a soft ball from the chest - 'W' shape when passing and receiving Throwing a ball into a target (through cones) to score Footwork - adapted game, beginning to introduce taking steps with the ball Move into a space in a game, looking to throw the ball to someone in a space Follow an opponent in a game/ adapted game Small-sided game 3v3. Begin to develop tactics for attacking and defending</p>	<p>Ball Awareness - moving ball on the ground with control Experiment with bouncing and dribbling a ball, beginning to use left and right hands Catch a ball safely. Pass from a short distance to a partner Scoring in a variety of ways and begin to use these in a game situation Footwork - experiment with taking 3 steps and passing the ball Move into a space to catch a ball. Pass the ball to someone in a space Follow an opponent and trying to win (intercept) the ball Small-sided games (Mini Handball). Develop tactics for attacking and defending</p>	<p>Ball Awareness - moving ball around different parts of the body Dribbling and bouncing a ball in a variety of ways 'push not pat' Pass and receive a handball safely (chest and bounce pass). Pass the ball in a game within 5 seconds Scoring a goal (handball simulate e.g. through 2 cones) adding a passive Goal keeper Introduce footwork through warm ups and games - 3 steps and pass Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking Adapted games, begin to apply some basic principles for attacking and defending Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules</p>	<p>Ball Awareness - moving ball around different parts of the body with control Dribbling and bouncing a ball with control and using either hand Pass and receive, stepping into the pass (chest and bounce pass) Scoring into a goal, beginning to take 3 steps - adding an active goalkeeper Bringing in footwork and travelling rules into a game situation Dodging around a player with the ball, focus on dodging into a space Encourage children to talk about tactics when attacking and defending Introduce 4v4 or adapted game. Begin to use some additional rules e.g. travelling, contact</p>	<p>Ball Awareness - copying a partner and moving with the ball Dribbling the ball, changing direction, and turning, using either hand Pass, receive and move with the ball (chest and bounce pass) Introduce a jump shot in isolation and in a game Use footwork technique (3 steps) in game and shooting Dodging around your partner in a variety of ways e.g. with and without a ball Defending - introduce blocking technique Begin to use some techniques learned in a game situation and to have an understanding of key rules</p>	<p>Ball Awareness - copying a partner and keeping control while moving the ball Dribbling the ball in various directions at speed Perform a variety of passes with a game with precision and control Use a variety of shooting techniques in a game situation e.g. feint and shoot, jump and shoot, step and shoot Moving with the ball and perform the correct footwork in a competitive game situation Dodging around an active defender in a game situation. Apply basic principles for attacking To apply defensive techniques e.g. blocking and marking in a competitive game situation Use techniques learned and apply in a game situation. Children to officiate</p>
<b>Netball</b>	<p>Throw to self, catching a soft ball/ balloon Experiment with rolling the ball, throw and catch to self and to a partner (hand eye coordination) Moving around, changing direction and negotiating space Fun games, encouraging throwing and catching different type of ball Passing with a partner and counting to 5 and 10 Shooting into a target or hoop on the floor Introducing fun games e.g. player in the middle, defending hoops (beginnings of attacking, defending)</p>	<p>Catch a soft ball safely. Pass the soft ball from chest 'W' shape when passing and receiving Adapted game introducing footwork - no running with the ball Move into a space in a game, looking to throw the ball to someone in a space Follow an opponent in a game/ adapted game Scoring in a variety of ways - into hoops and targets Begin to develop tactics for attacking and defending Small sided games (super hero ball) 3 v 3</p>	<p>Introduce a bounce pass from a short distance to a partner Adapted games - feet are stuck when receiving the ball - developing thought process of footwork rule Move into a space to catch a ball. Pass the ball to someone in a space. Follow an opponent and trying to win (intercept) the ball Scoring in a variety of ways and begin to use in a game situation Develop tactics for attacking and defending Play an adapted super hero netball game</p>	<p>Pass and receive a netball safely (chest and bounce pass) Pass the ball in a game within 4 seconds Perform a stride and jump stop in netball Perform a dodge in netball to get into a space Marking a player keeping on the balls of your feet Shooting the ball high and bending knees - into hoop/ target Adapted games, begin to apply some basic principles for attacking and defending Introduce Bee netball (Flier)</p>	<p>Pass and receive, stepping into the pass with control (chest, bounce and shoulder pass) Perform a stride and jump stop with a pivot Perform two different dodges (Drive and the dodge) creating space to receive the ball Marking a player, standing side on, sticking to player Shooting - focus on bending the knees and place hand under the ball to shoot Encourage children to talk about tactics when attacking and defending Confidently play Bee netball (Flier) 4 v 4</p>	<p>Selecting the correct pass in a game and move into a space Receive the ball on the move and perform the correct footwork (jump stop, stride stop and pivot) Perform three different dodges (Drive dodge and double dodge) and receive a ball in a space To defend a player and attempt to intercept a pass Shooting into netball posts - stance, bend knees to gain height, flick wrist for accuracy Begin to use attacking and defending, techniques learned in a game situation Begin to understand the positions in a Bee Netball (Stinger) game In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)</p>	<p>Perform a variety of passes with some precision - quickly move into a space to receive another pass Perform correct footwork in a game - pivoting to turn the correct way to pass the ball Perform a variety of dodges to move into a space and receive a ball - in a practice and in a game situation Defend a player during a game, intercepting the ball Shoot into a netball post, focus on precision and accuracy and attempt to get the rebound if the shot is missed In a team, discuss tactics and how to win as a team (communicate and collaborate) Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending Play Bee Netball (Stinger) - understanding the positions and rules</p>
<b>Tag Rugby</b>	<p>Follow a partner to steal their bib - introducing tag games Move with different objects in their hands Passing an object to another child Trying to get around a static player in a coned area Scoring points with beanbag treasure in a simple hoop invasion game Fun game getting past the fish (defender) in a small area. Fish (defender) trying to get the tails</p>	<p>Play a simple game of tag and begin to call 'tag' when taking a bib or belt Hold the ball with two hands Hand over the Rugby ball sideways Attempt to get past a defender 1v1 Scoring a try in a modified drill using correct technique - using 2 hands to place ball down Small-sided adapted games. Begin to develop tactics for attacking and defending</p>	<p>Tag a player when facing your partner - raise hand and call 'Tag' Move with the ball, holding it with hands - chest height Pass the ball sideways - with smile technique Dodge around a defender in a small area Scoring a try in an adapted game - focus placing ball down with 2 hands and staying on feet Small-sided games using various types of equipment. Develop tactics for attacking and defending</p>	<p>Tag another player, face on and keeping body position low to the ground Move with the ball in their hands using correct position Pass the ball backwards and sideways in isolation Move into a space to avoid a defender, through dodging techniques Beat a defender to score a try in various scoring zones Adapted games, with variations of rules, begin to apply some basic principles for attacking and defending</p>	<p>Play a tag game whilst moving at speed, keeping close to an opponent Move with control in a variety of directions holding the ball in the correct position Pass the ball backwards/ sideways with control whilst moving Use speed and space to avoid a passive defender Beat a defender at speed to score a try in an isolated game situation Play adapted games, children encouraged to think of tactics when attacking and defending</p>	<p>Tag more than one player using either hand whilst moving Choose different pathways to move with a ball in hands against an opponent Pass the ball and move (loop around a teammate) Introduce looping around your teammate - to try and trick an opponent Working as a team to score a try - supporting runs in practice Developing tactics for attacking e.g. working as a team, supporting each other In teams discuss tactics of attacking e.g. diagonal line when attacking In a team, discuss tactics of defending e.g. make a wall or flat line as a team when defending</p>	<p>Tag a player using either hand when moving at full speed in a game situation Dodge around a defender at speed with a ball in hands avoiding being tagged Bring in pass and loop into a game situation Looping around your teammate - to try and trick an opponent in game situation Working as a team to score a try in a tag rugby game, e.g. supporting diagonal runs Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending In a team, discuss tactics of attacking and defending (communicate and collaborate)</p>
<b>Football</b>	<p>Explore stopping a ball with different parts of the body Experiment with kicking the ball with feet to a partner Move a bean bag/ball on the floor using inside of foot</p>	<p>Stopping a ball with the inside of feet Pass the ball beginning to use inside of feet "toe, toe, toe, no, no, no!" Dribble the ball with the inside of feet - finding a space Introduce getting the ball off a player - tackling</p>	<p>Stopping a ball with the sole and inside of feet Pass the ball to a partner P, P, P, Plant, Pass, Point to help with accuracy Dribble the ball with the inside of feet keeping the ball close to their body - dribble into a space</p>	<p>Control a ball using inside, outside and sole of feet Pass the ball with inside of feet with accuracy. Pass the ball to someone in a space Dribble the ball beginning to turn with some control (inside and outside hook)</p>	<p>Move body to correct position to stop and control a ball Pass the ball with inside of feet whilst on the move Dribble the ball using inside, outside hook and drag back beginning to accelerate</p>	<p>Control the ball using either foot when moving Pass the ball with inside, front or laces on the foot Dribble the ball using inside, outside hook and drag back beginning to accelerate</p>	<p>Move into space to receive the ball and control with either foot in a game Select the correct pass for various distances in a game situation Dribble the ball in a game situation around a defender</p>

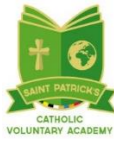


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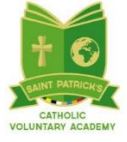


	<p>Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)</p> <p>Shooting into a target on the floor</p> <p>Introducing fun games e.g. player in the middle, defending hoops (beginnings of attacking, defending)</p>	<p>Scoring in a variety of ways - into goals and at targets</p> <p>Beginning to understand tactics for attacking and defending</p> <p>Small sided games 4 v 4</p>	<p>Improve tackling by using adapted games - intercepting play</p> <p>Scoring in a variety of ways and begin to use scoring techniques game situations</p> <p>Begin to include some basic tactics for attacking and defending in conditioned games</p> <p>Play an adapted and conditioned games 5 v 5</p>	<p>Defend making a tackle in isolation (a conditioned game)</p> <p>Shooting - Kick to a stationary ball past a goal keeper</p> <p>Adapted games, begin to apply some basic principles for attacking and defending in small sided games</p> <p>Small sided games 6 v 6</p>	<p>Defend - moving forward to close down space to tackle in a conditioned game. Intercept a pass</p> <p>Shooting - Strike a moving ball (past a goal keeper) with some accuracy</p> <p>Encourage children to talk about tactics when attacking and defending</p> <p>Small sided games 7 v 7</p>	<p>Show good body position to defend and press in a 2v2 game</p> <p>Scoring using top of foot (laces) - aiming for corners of the goal</p> <p>Begin to use attacking and defending, techniques learned in a game situation</p> <p>In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)</p>	<p>Communicate with team when defending in a game - making interceptions, cover space</p> <p>To work as a team to score, shooting from various angles</p> <p>In team, discuss tactics and how to win as a team (communicate and collaborate)</p> <p>Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending.</p> <p>Understanding the positions and rules of the game</p>
<b>Tennis</b>	<p>Throw and catch to self with a soft ball and to bounce catch to self</p> <p>Balance an object e.g. beanbag on racket</p> <p>Hand eye co-ordination passing ball to a partner</p> <p>Move the ball on floor with hand in a variety of ways</p> <p>Push ball with throw down strips to develop hand eye co-ordination</p>	<p>Throwing and catching a small ball, improving control - bounce catch to self/ partner</p> <p>Balance a ball on racket</p> <p>Hand eye co-ordination - tap ups (using a racket) watching the ball, knees bent</p> <p>Racket familiarisation - moving ball with racket in forehand/ backhand position</p> <p>Introduce modified games - e.g. hand tennis</p> <p>Small-sided adapted games. Begin to develop tactics for striking and fielding</p>	<p>Throw and catch from one hand to the other and bounce catch into a target with a partner</p> <p>Balance a ball on racket with control</p> <p>Increasing the control tapping ball to a partner (who is catching the ball)</p> <p>Racket familiarisation - moving ball with racket in forehand/ backhand position whilst moving</p> <p>Play a modified game</p> <p>Develop tactics for beating an opponent</p>	<p>Move body position to catch a ball</p> <p>Control a ball on racket when moving - varying speed</p> <p>Hit a ball into a target (with one bounce)</p> <p>Hit a ball across the floor with forehand/ backhand position</p> <p>Play a modified game using skills e.g. forehand</p> <p>Adapted games, with variations of rules, begin to apply some basic principles</p>	<p>Move with balance and control to catch a ball</p> <p>Hit/ bounce ball on racket when moving</p> <p>Hit a ball into a target from a variety of distances/ angles with no bounce</p> <p>Hit ball in forehand/ backhand position with drop feed</p> <p>Play a game communicating as a team</p> <p>Play adapted games, children encouraged to think of tactics</p>	<p>Move to hit a ball with some control</p> <p>Hit/ bounce ball with control when moving at different speeds</p> <p>Serve diagonally with underarm/ overarm throwing into target/ game.</p> <p>Begin to use with racket to serve into a target</p> <p>Move into position to hit a ball with forehand/ backhand in skills practice and game</p> <p>Communicate and collaborate as a pair to beat opponents</p> <p>Developing tactics e.g. working as a team, supporting each other, communicating</p>	<p>Move in a variety of directions (using footwork) when hitting a ball</p> <p>Hit/ bounce ball to a partner with control</p> <p>Serve diagonally with underarm/ overarm in a game of mini tennis</p> <p>Keep on toes using quick feet to hit a ball in game in forehand/ backhand position</p> <p>Use techniques learned and apply in a game situation</p> <p>In pairs, discuss tactics of attacking and defending in tennis (communicate and collaborate)</p>
<b>Kwik Cricket</b>	<p>Rolling and stopping a ball sitting down and standing up</p> <p>Experiment with throwing and catching to self and to a partner (hand-eye co-ordination)</p> <p>Passing underarm an object to another child</p> <p>Pushing a ball away from body with hands</p> <p>Push ball with throw down strips to develop hand eye co-ordination</p>	<p>Rolling and stopping a ball with one/ two hands</p> <p>Throw and catch a ball with some control</p> <p>Bowl underarm towards a target</p> <p>Hit a ball off a tee using various bats</p> <p>Play a modified game hitting off a tee</p> <p>Small-sided adapted games. Begin to develop tactics for striking and fielding</p>	<p>Roll and stop a ball with control/ accuracy</p> <p>Throw underarm with some accuracy and catch a ball</p> <p>Bowl underarm towards a target with control and accuracy</p> <p>Begin to hold the bat in correct position and hit a ball off a tee</p> <p>Play a modified game encouraging teamwork when fielding</p> <p>Small-sided games using various types of equipment. Develop tactics for striking and fielding</p>	<p>Roll the ball with one hand and stop the ball attempting Long Barrier method</p> <p>Throw and catch underarm with both hands (in isolation)</p> <p>Bowl at a wicket underarm and attempt overarm</p> <p>Control with a bat (holding it correctly) hitting a ball off a tee and whilst moving</p> <p>Play a modified game using fielding and batting skills</p> <p>Adapted games, with variations of rules, begin to apply some basic principles for striking and fielding</p>	<p>Roll the ball with one hand and stop the ball from different directions using Long Barrier method</p> <p>Throw and catch under pressure in modified games</p> <p>Bowl at a wicket underarm/ overarm with accuracy and control</p> <p>Hit a drop fed ball and/ or moving ball with a bat</p> <p>Play a game communicating as a team</p> <p>Play adapted games, children encouraged to think of tactics when striking and fielding</p>	<p>Begin to use field techniques with throwing and stopping and scooping up the ball</p> <p>Throwing over/ underarm and catching over various distances</p> <p>Bowl attempting to hit the wicket using under/ overarm</p> <p>Hit a moving ball with control and some distance</p> <p>Communicate and collaborate as team to beat an opponent</p> <p>Developing tactics for striking and fielding e.g. working as a team, supporting each other</p>	<p>Position in a modified game to field a ball (both throwing and stopping it)</p> <p>Making correct decisions with the type of throw to use in modified game. Move body into a position to catch the ball</p> <p>Bowl (over/ underarm) at a wicket in a game against a batter with some speed and control to hit the wicket</p> <p>In a competitive game begin to tactically hit/ place a ball into a space</p> <p>Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending</p> <p>In a team, discuss tactics</p>
<b>Rounders</b>	<p>Experiment with different ways of throwing a beanbag, tennis ball over a short distance</p> <p>Experiment with throwing underarm at targets</p> <p>Hand eye co-ordination developed through hitting a tennis ball, using throw down strips, hitting a balloon in the air</p> <p>Rolling the ball to a partner and stopping the ball</p>	<p>Throw underarm and introduce overarm. Throw and catch various size balls</p> <p>Bowling at various sized targets</p> <p>Hand eye co-ordination - hitting a ball with a tennis racket along the floor and in the air</p> <p>Rolling the ball to a partner, stopping it with hands, bending knees and moving to the ball</p> <p>Begin to develop tactics for adapted striking and fielding games</p>	<p>Throw underarm and begin to improve distance thrown with overarm, and catch a ball with control</p> <p>Underarm bowl at a various sized targets with control</p> <p>Hitting the ball with a feed and self feed - to develop hand eye co-ordination</p> <p>Stopping the ball using one or two hands</p> <p>Develop tactics for adapted striking and fielding games</p>	<p>Throw under/ over arm and catch a ball with control and some accuracy</p> <p>Bowling a ball (between the batters knee and head) from a short distance</p> <p>Using various equipment to strike the ball with adapted bats e.g. tennis racket, rounders bat</p> <p>Stop the ball using two hands and attempt a long barrier</p> <p>Adapted games with variations of rules, begin to apply some basic principles, through striking and fielding</p>	<p>Throw under/ over arm over varying distances and catch a ball with control and accuracy</p> <p>Beginning to bowl from the correct bowling distance 7.5metres</p> <p>Stepping into the hit when striking the ball with a rounders bat</p> <p>Long barrier moving into position to scoop up the ball</p> <p>Play adapted games, children encouraged to think of tactics when striking and fielding</p>	<p>Throw and catch a ball sometimes making the correct decisions in a game situation</p> <p>Introduce a donkey drop bowl</p> <p>Begin to hit the ball in different directions</p> <p>Field the ball using long barrier and attempting the run and scoop</p> <p>In a team, discuss tactics of striking and fielding</p>	<p>Throw and catch, making correct tactical decisions having an impact in a game situation</p> <p>Use a variety of bowling techniques, beginning to add speed to the underarm bowl</p> <p>Hit the ball in a variety of directions and look for space in a game situation</p> <p>Use the run and scoop and throw to another player on my team</p> <p>Use techniques learned and apply in a game situation. Apply basic principles for striking and fielding</p>
<b>Quicksticks</b>	<p>Ball awareness - moving a ball along the floor using hands</p> <p>Pushing/ patting the ball to a partner using one hand</p> <p>Move around safely in a variety of ways and negotiating space</p> <p>Trying to get the magic ball from another player - holding a throw- down strip (magic wand) in hand</p> <p>Scoring into a target in a variety of ways</p> <p>Play adapted games - beginning to score into a goal</p>	<p>Ball awareness - moving a ball along the floor using a tennis racket</p> <p>Pushing a ball to a partner using a hand paddle/ tennis racket</p> <p>Begin to move into a space in a 'Hand hockey' game holding throw down strips (in hand)</p> <p>Hand Hockey - beginning to tackle, holding a throw down strip as extension to hand</p> <p>Introduce scoring into a goal, using various types of equipment</p>	<p>Ball awareness - moving a ball along the floor with control, using a tennis racket</p> <p>Pushing a ball to a partner when using a tennis racket, developing control</p> <p>Pass and begin to move forward and into a space in a 'Hand hockey' game, holding a throw down strip (in hand)</p> <p>Hand Hockey - beginning to anticipate when to tackle, using throw down strips (as hand extension)</p> <p>Scoring into goals/ targets using various types of equipment e.g. tennis racket to hit a ball through cones</p>	<p>Dribble the ball holding the stick in correct position</p> <p>Pass and receive a ball with some control</p> <p>Perform a pass and look for a space in an adapted game to receive the ball</p> <p>Begin to tackle a player safely - when stationary and moving</p> <p>Score whilst the ball is stationary.</p> <p>Adapted games to focus on accuracy</p> <p>Adapted games, with variations of rules, begin to apply some basic principles for attacking and defending</p>	<p>Dribble and stop the ball with control</p> <p>Pass the ball over a longer distance with accuracy and power</p> <p>Perform a short pass and begin to move into a space and receive the ball with some control</p> <p>Tackle a player beginning to use the correct grip and positioning - bend knees, low to the ground</p> <p>Develop shooting - at targets/ goals.</p> <p>Beginning to score whilst the ball is moving</p>	<p>Dribble the ball in different directions, keeping head up</p> <p>Pass the ball over a variety of distances with some accuracy and power, in a game situation</p> <p>Perform a pass with some control, accuracy and with movement into a space</p> <p>Begin to defend against an opponent in a game situation - tackling and marking</p> <p>Hit a moving ball with some accuracy and control into a goal</p>	<p>Dribble the ball at various speeds - both in isolation and a game situation</p> <p>Pass the ball over a variety of distances in attacking or defensive situations</p> <p>Pass and move into a space with accuracy, control and speed (in isolation/ game situation)</p> <p>Begin to defend as an individual and communicate to defend as a team (marking and tackling)</p> <p>Hit a moving ball into a goal from different angles and sometimes with different levels of power</p>



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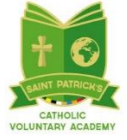


		Small-sided adapted games 3v3. Begin to develop tactics for attacking and defending	Small- sided games using various types of equipment. Develop tactics for attacking and defending		Play adapted games, children encouraged to think of tactics when attacking and defending	Begin to use techniques learned in a game situation and to have an understanding of key rules	Using techniques learned and apply in a game situation. Apply basic principles for attacking and defending		
<b>Multi-Skills/ Fitness</b>		Experiment with different ways of balancing Experiment with different ways of moving (agility) Experiment with different ways of throwing a moving ball with different body parts (co-ordination) Working with friends in a team - taking turns	Balance on lines with control and use equipment to balance on various parts of body Changing direction quickly with some control (agility) Co-ordinating body whilst beginning to move with equipment Co-operate, compete and challenge themselves as a team in various games	Balance on low apparatus with good control Changing direction quickly with good balance and control (agility) Co-ordinating body whilst beginning to move at different speeds with various equipment Compete challenges in a team in various running/ obstacle games and working together to improve team performance	Balance on various body parts while moving Agility focus - changing direction at speed Co-ordinate body to perform a combination of movements Complete a variety of fitness tests successfully and get a personal best	Balance confidently using various equipment and body parts Agility focus - changing direction at speed with good technique Co-ordinate body efficiently to perform combination of movements or actions Complete a variety of fitness tests confidently and achieve a number of personal bests	In combination with different skills can balance equipment while moving and co-ordinating another body action Agility focus - change direction quickly and efficiently with equipment Co-ordinate using both sides of the body Test and measure agility and co-ordination confidently and accurately. Can compare their performances with previous ones and strive to achieve a personal best	Balance equipment on various body parts whilst moving and co-ordinating another body actions accurately Agility focus - change direction at speed with balanced and control whilst using various equipment Co-ordinate using both sides of the body with fluency to perform combination of movements or actions Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best	
	<b>Dance</b>	Moving in time to happy and sad music Experiment with different ways of moving Experiment with actions at different levels Moving around as different characters or animals to the music	Listen to the music and begin to move in time to it Perform basic dance movements Perform dance movements showing some levels Perform basic dance travelling movements e.g. stepping, skipping, jumping Perform simple dance moves with some control	Move in time to the music showing some expression Perform dance movements with control Perform dance movements showing a variety of levels Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing Remember simple dance steps, perform with control in time to the music	Collaborate to make a dance warm up Use a stimulus to create a dance Dance in unison with a partner Perform in canon with a group Use some different levels and pathways	Cooperate to make a dance warm up and take on a leadership role Respond imaginatively to a stimulus Dance in unison with a partner/ group performing a range of movement patterns Perform in canon showing a range of movement patterns Perform a variety of levels and pathways in a dance	Cooperate and collaborate to create a warm up displaying a variety of movements and patterns Translate ideas from a stimulus showing control and fluency Dance in unison in a group keeping in time with each other Dance in canon showing good timing Perform using a variety of levels and using the space	Cooperate, communicate and collaborate with a group to make up a warm up with good rhythm and timing Translate ideas from a stimulus into movement showing expression, precision, control and fluency Dance in unison in a group showing good timing, energy and strength Dance in canon in a group showing good timing, energy and strength Use levels, travelling and space with timing and musicality	
		<b>Gymnastics</b>	Can experiment with different shapes Experiment with different jumps Experiment with different ways of rolling in small shape Experiment with balancing on different body parts Moving along the floor in different ways like aliens sliding, rolling, stretching etc Show a start shape, middle and finishing shape (beginning of sequence) Moving on and off apparatus safely	Can perform various shapes Perform basic jump (straight jump, Star jump) Perform a tuck roll and rocket roll with pointed toes Perform a simple balance holding for 3 seconds Perform a bunny hop- hands first then feet Perform a basic sequence (roll, jump and roll) Moving on and off apparatus with control	Can perform various shapes with a strong body and control Perform jumps (straight, star, tuck jump) with control and a strong body Perform a tuck rock, tuck roll and dish/arch roll Perform a balance on one or more parts of body Perform a bunny hop- hands flat with straight arms Perform a basic sequence on apparatus (roll, jump and balance) Moving on and off apparatus with strong body and control	Can perform a variety of shapes with good control Perform a straight jump with a half turn Perform a Teddy bear roll Perform a Point and Patch balances Perform a bunny hop across a mat run and onto/ across low benches and apparatus Perform a short sequence on mats (using levels directions control) Hopscotch on throw down feet - introduction to hurdle step onto apparatus	Can perform a variety of shapes with good control when performing various skills. Perform various jumps and develop travelling across the mat Teddy bear roll with a partner/ group in sequence with pointed toes Perform matching and mirroring balance routines on apparatus Perform a bunny hop onto a variety of apparatus with control Perform a short sequence on mats and apparatus showing levels, unison, and pointed toes Hopscotch across the floor to develop hurdle step onto low apparatus	Can perform complex shapes with control and some flexibility. Perform more complex jumps, tuck, pike and a scissor kick Perform a T-roll Perform symmetrical and asymmetrical balances Perform a 'squat on and squat off' on various apparatus Link skills to create a sequence with fluency, co-operate, communicate and collaborate with others To perform a hurdle step on the floor/ springboard Cartwheel on the floor using various apparatus	Can perform complex shapes when performing sequences and skills with flexibility. Perform more complex jumps, and travelling on and off apparatus, tuck, pike, and leaps scissor kick and cat leap Side star roll, T-roll (with pointed toes), backwards roll Perform various balances counter balance and counter tension Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board) Compete in teams to win points with sequences and a vault competition Perform a hurdle step on the floor/ springboard and onto apparatus Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand
			<b>Athletics</b>	Marching/ running for co-ordination Experiment with different ways of throwing under/ overarm Experiment with different ways of jumping - measuring with various objects Working with friends in a team - taking turns Leaping over cones, spots and throw down strips from standing	Running pumping arms at various speed Throw a variety of objects with some accuracy Jumping bending knees and pushing off - being competitive to improve distance as a pair Co-operate and compete in a team in various running games Leaping over throw down strips and low hurdles when moving	Using arms and keeping head still when exploring running patterns Throw in correct stance 'Usain Bolt position' Using arms to improve jumping technique - beating their own score Compete in a team in various running/ obstacle games and working together to improve team performance. Leaping over hurdles beginning to compete against self and others	Begin to perform 'FAST' technique Throw a javelin/ vortex using correct stance rotating hips forward Perform a hop, step and jump (standing triple jump) in isolation and in combination In warm ups develop running for distance Develop relay change over techniques Run and take off over obstacles at some speed	Perform 'FAST' technique confidently when sprinting Throw a javelin/ vortex with height and distance Perform a hop, step and jump (standing triple jump) In warm ups develop running for distance increasing each lesson Pass a relay baton with control with a partner in adapted games Run and jump over hurdles with some speed and control	React quickly and accelerate over short distances Throw a javelin/ vortex/ tennis ball using correct stance rotating hips forward with good height and distance Perform a variety of jumps (Long jump and triple jump) and measure for distance Develop pace when running longer distance Pass a relay baton with control and timing in a pairs change over Run and jump over hurdles with fluency



# St Patrick's Catholic Voluntary Academy

## Physical Education Progression of Skills Document



	<h3>Outdoor Adventure</h3>	<p>Work with a partner and take turns Listen attentively to a partner Negotiate space and obstacles safely <b>Move energetically, such as running, jumping, hopping, skipping and climbing</b> Have the confidence to try new activities and show resilience to challenge <b>Develop strength, balance and co-ordination when completing tasks</b></p>	<p>Begin to work with a partner to meet a challenge Use communication to guide your partner through a course when blindfolded Begin to travel in different directions under instruction, to locate treasure with a partner <b>Identify ways of travelling to include hopping, jumping and leaping, whilst using co-ordinates to make maps</b> Work as part of a team to match animals to their matching cards Continue to develop team skills while attempting to complete a task</p>	<p>Work within a team to find solutions to cross the river Develop the ability to work with a variety of partners, providing instruction while creating an obstacle course Begin to use co-ordinates and confidently navigate through a map using North, South, East and West <b>Have a basic understanding of how to use a compass and create their own instructions</b> Continue to work together as a team and further develop team skills including communication Begin to develop individual leadership qualities while completing tasks as part of a team</p>	<p>Use a key to follow a plan Communicate with peers to complete challenges Know the eight points of the compass <b>Identify what is at points on a grid using co-ordinates in the form (letter, number)</b> Collaborate with members of a team to begin to solve problems <b>Continue to develop leadership qualities while completing tasks as part of a team</b></p>	<p>Use a key to accurately place things in the correct locations according to a plan Develop different methods of communication to achieve a goal Give and follow directions using the eight points of the compass <b>Use coordinates on a plan to correctly place and locate different objects</b> Listen carefully and follow instructions given by teammates <b>Lead a team to complete a task</b></p>	<p>Use a key to identify orienteering landmarks on a map Communicate and listen clearly to other members of the team to complete challenges in isolation Use compass directions to navigate around a grid <b>Use 4-figure grid reference to read an OS map</b> Work efficiently as part of a team to complete a challenge <b>Effectively lead a team to complete a task</b></p>	<p>Use a key to follow a route on an orienteering map Use clear and concise communication skills to achieve a challenge Use compass directions to navigate around a familiar area e.g. school grounds <b>Use 6-figure grid reference to read an OS map</b> Work as a team to ensure all members are able to complete a challenge at a competitive pace <b>Effectively lead a team to complete a task and evaluate their own leadership skills</b></p>
	<h3>Swimming</h3>				<p style="text-align: center;"><b>Beginner:</b></p> <p style="text-align: center;">Enter and exit the pool in a correct and safe manner by the poolside steps Gain confidence in water through walking/ moving unaided in pool Breathing technique - blowing bubbles, face in water and begin to develop techniques with float <b>Attempt to swim 5-10 meters with or without an aid e.g. woggle/ float</b> Gain knowledge of water safety and attempt self rescue using skills e.g. pyjama rescue in shallow water</p> <p style="text-align: center;"><b>Intermediate:</b></p> <p style="text-align: center;">Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out Be confident enough to be able to swim across the pool without stopping Begin to show breathing technique when performing various strokes with and without a float <b>Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke</b> Be able to swim at least 25metres Perform safe self rescue in water based situations e.g. pyjama rescue, float aids in deep water etc.</p> <p style="text-align: center;"><b>Advanced:</b></p> <p style="text-align: center;">Enter the pool by jumping or diving (at the deep end) safely. Exit the pool by climbing out Swim confidently using various strokes on the surface and under the water Use advanced breathing techniques in all strokes <b>Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly</b> Be able to swim over 25m Confidently perform safe self-rescue skills in deep water</p> <p style="text-align: center;"><b>End of Key Stage 2 expectation</b></p> <p style="text-align: center;">All primary schools must provide swimming and water safety lessons in either KS1 or KS2. Each pupil is required to be able to do the following:</p> <ul style="list-style-type: none"> <li>- use a range of strokes effectively, for example, front crawl, backstroke and breaststroke</li> <li>- swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>- perform safe self-rescue in different water based situations</li> </ul>			