

Sandhurst Primary Skills Progression for PE (Years 1-6)

INVASION GAMES					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To be confident and keep themselves safe in the space in which an activity/game is being played.	Improve the way the coordinate and control their bodies in various activities. Remember, repeat and link combinations of skills where necessary.	Move with a ball towards goals with increasing control.	Pass, receive and shoot the ball with increasing control.	Understand there are different skills for different situations and begin to use these.	Pass, receive and shoot the ball with increasing control under pressure.
Explore and use skills, actions and ideas individually and in combination to suit the game that is being played.	Develop basic tactics in simple team games and use them appropriately.	Understand their role as an attacker and as a defender	Work as part of a team to keep possession and score goals when attacking.	Play in a range of positions and know how to contribute when attacking and defending.	Create and use space to help a team.
Show ability to work with a partner in throwing and catching games.	Choose use and vary simple tactics.	Move into space to help support a team.	Defend one on one and know when and how to win the ball.	Pass, receive and shoot the ball with some control under pressure.	Select and apply different movement skills to lose a defender.
Choose and use skills effectively for particular games:	Catch and control a ball in movement working with a partner or in a small group.	Defend an opponent and try to win the ball.	Use simple tactics to help a team score or gain possession.		Use marking, and/or interception to improve defending.
Throw a ball accurately to a target using increasing control.	Take part in games where there is an opposition.				

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ATHLETICS					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Remember, repeat and link combinations of actions. Use their bodies and a variety of equipment with greater control and co-ordination.	Remember, repeat and link combinations of actions. Use their bodies and a variety of equipment with greater control and co-ordination.	Run at fast, medium and slow speeds.	Demonstrate the difference between sprinting and running over varying distances.	Choose the best pace for a running event.	Select and apply the best pace for a running event.
Develop the following skills with increasing accuracy and velocity.	Develop the following skills with increasing accuracy and velocity	Use different take off and landings when jumping.	Demonstrate different throwing techniques.	Perform a range of jumps showing some technique.	Perform jumps for height and distance using good technique.
		Develop jumping for distance and height.	Jump for distance and height with control and balance.	Show accuracy and good technique when throwing for distance.	Show accuracy and good technique when throwing for distance.
		Take part in a relay activity, remembering when to run and what to do.	Throw with some accuracy and power into a target area.	Understand how stamina and power help people to perform well in different athletic activities.	Lead a small group through a short warm-up routine.
		Throw a variety of objects, changing my action for accuracy and distance.		Lead a partner through short warm-up routines.	

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NET AND WALL					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Hit a ball with control using an appropriate object.	Improve the way they coordinate and control their bodies in various activities.	Return a ball to a partner.	Use a range of basic racket skills and variety of shots in different areas of the court.	To develop a wide range of skills and begin to use these under some pressure.	Play cooperatively with a partner / in a team.
Show ability to work with a partner in throwing and catching games.	Remember, repeat and link combinations of skills where necessary.	Play a range of basic shots.	Demonstrate good footwork on the court.	Select and apply preferred skills with increasing consistency.	Demonstrate good decision making when making shots within a game.
Explore and use skills, actions and ideas individually and in combination to suit the game that is being played.	Develop basic tactics in simple team games and use them appropriately.	Move quickly around the court using a variety of movement patterns.	Return to the ready position to defend my own court.	Understand the need for tactics and make decisions about when best to use them.	Identify and use a variety of tactics.
To be confident and keep themselves safe in the space in which an activity/game is being played.	Choose use and vary simple tactics.			Play cooperatively with a partner.	
	Catch and control a ball in movement working with a partner or in a small group.			Demonstrate good footwork to cover a court space in a game situation.	
	Take part in games where there is an opposition.				
	Decide where to stand during a team game, to support the game.				



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STRIKING AND FIELDING					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Understand overarm and underarm.	Understand overarm and underarm and put it into practice.	Use overarm and underarm throwing, and catching skills.	Use overarm and underarm throwing, and catching skills with increasing accuracy.	To strike a bowled ball, sometimes.	Strike a bowled ball.
Throw a ball with some accuracy.	Throw a ball accurately.	Bowl a ball towards a target.	Strike a ball and bowl after a bounce.	Begin to develop a wide range of skills.	Use some tactics in a game as a batter, bowler and fielder.
		Begin to understand tactics used in a game.	Choose tactics for a competition/game.	Use tactics for a competition situation.	Select an appropriate action for a situation.

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DANCE					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Copies and explores basic movements and body patterns.	Copies and explores basic movements with clear control.	Create dances that communicate ideas.	Respond to a stimuli imaginatively.	Adapt and refine actions.	Work imaginatively and creatively either alone or in groups.
Remembers simple movements and dance steps.	Varies levels and speed in sequence.	Create dance phrases with a partner and in a small group using canon and unison.	Use simple motifs and movement patterns to structure dance phrases on my own, with a partner and in a group.	Perform different styles of dance clearly and fluently.	To refine actions, dynamics and relationships to improve a dance.
Links movements to sounds and music.	Can vary the size of their body shapes.	To Repeat, remember and perform these phrases in a dance.	Use formation, canon and unison to develop a dance.	Recognise and comment on dances, showing an understanding of style.	Choreograph a dance using props.
Responds to a range of stimuli.	Add a change of direction to a sequence.	Use dynamic and expressive qualities in relation to an idea.	Refine, repeat and remember dance phrases and dances.	Suggest ways to improve their work and other's work.	Perform dances fluently and with control.
	Uses space well and negotiates space clearly.	Use counts to keep in time with a group and the music.	Perform dances clearly and fluently.		Use appropriate language to evaluate others work.
		Recognise and talk about the movements used and the expressive qualities of dance.	Describe, interpret and evaluate dance, using appropriate language.		

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GYMNASTICS					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Copies and explores basic movements with some control and coordination.	Explores and creates different pathways and patterns.	Copies, explores and remembers a variety of movements and uses these to create their own sequence.	Links skills with control, technique, coordination and fluency.	To perform sequences using apparatus, individually and with a partner.	To counter balance and counter tension is and show examples with a partner.
Can perform different body shapes.	Uses equipment in a variety of ways to create a sequence.	Beginning to notice similarities and differences between sequences.	Understands composition by performing more complex sequences.	Use set criteria to make simple judgments about performances and suggest ways they could be improved.	To perform and refine gymnastic actions, shapes and balances with control and fluency.
Performs at different levels.	Link movements together to create a sequence.	Uses turns whilst travelling in a variety of ways.	Beginning to use gym vocabulary to describe how to improve and refine performances.	Use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.	Create and perform sequences using compositional devices to improve the quality. Suggest changes and use feedback to improve a sequence.
Can perform 2 footed jumps.		Beginning to show flexibility in movements.	Creates sequences using various body shapes and equipment.	To use strength and flexibility.	
Balances with some control.					
Can link 2-3 simple movements.					



SANDHURST
— PRIMARY SCHOOL —

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SWIMMING					
				Swims competently, confidently and proficiently over a distance of at least 25m.	
				Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke.	