



Hughenden Primary School – Skills Progression Framework

Subject area: PHYSICAL EDUCATION	Coordinator: Alexander D Moore	Review date: 04/09/2021
Year group: EYFS		
National Curriculum skills to be taught in this year group:		
<p>Children in the Early Years Foundation Stage will be taught and have the opportunity to practice the following skills:</p> <p>Core Skills:</p> <ul style="list-style-type: none"> • EYFS develop and practice their core key skills, including running, jumping, throwing, catching and general skills. • Children implement skills within sporting situations, talking about which skills are suitable in which situation. E.g. Underarm throw for short distance, overarm throw for long distance. <p>Ball Skills:</p> <ul style="list-style-type: none"> • EYFS learn different ball skills including throwing, catching, little kicks (Dribbling) & big kicks (Shooting). • Children learn about moving and how to control a range of different shaped balls. • Children understand the differences between balls you can kick, hold, run and throw. 	<p>Motor Skills:</p> <ul style="list-style-type: none"> • EYFS learn key core motor skills, experiencing Agility, Balance, Coordination, Speed, Power & Reaction over a course of different sports and games. • Children learn how to safely use and explore a variety of different equipment and techniques experimenting with different activities aimed at enhancing motor skills within young children. <p>Movement and coordination:</p> <ul style="list-style-type: none"> • Children learn about hand to eye coordination, colour coordination, movement patterns and shapes in relation to their bodies and space. • Representing their own ideas, thoughts and feelings through movement, role-play and stories. 	



Hughenden Primary School – Skills Progression Framework

Subject area: PHYSICAL EDUCATION	Coordinator: Alexander Moore	Review date: 04/09/2021
Year group: Year 1		
National Curriculum skills to be taught in this year group:		



Hughenden Primary School – Skills Progression Framework

<p>KS1 Physical Education <i>Pupils will be taught to use the following practical sporting methods, processes and skills:</i></p> <ul style="list-style-type: none"> • PE1: Learning about different movement patterns and recognising when each is suitable. • PE2: Performing a variety of core skills related to sporting activity. • PE3: Performing simple ball skill techniques • PE4: Learning & practicing hand to eye coordination and motor skills in practical environment. • PE5: How to use practice skill books to reflect on individual skill levels across a range of different subject areas and to track progression levels. • PE6: Begin to notice patterns and relationships between method choice, skill development and outcome 	<p>Core Skills:</p> <ul style="list-style-type: none"> • CS1: Learn and practice a range of core skills within sporting environments, including; Running, jumping, relay racing, throwing, catching and general sporting skills. • CS2: Identify the key coaching points for a variety of core skills, and put into practice within a range of sporting environments. <p>Ball Skills:</p> <ul style="list-style-type: none"> • BS1: Observe and copy the key coaching points in a range of key ball skill techniques such as; throwing, catching, dribbling & shooting. • BS2: Implement key ball skills within a range of different sporting situation, followed by practicing these skills within activities tailored to mimic game like situations. • BS3: Children to reflect using skill practice books and record their progression across all skills learnt. <p>Gymnastics:</p> <ul style="list-style-type: none"> • G1: Children to learn and practice a range of different shapes and balances commonly seen within gymnastics. • G2: Children to learn and practice how to safely jump and land from different heights & pieces of equipment. • G3: Learn how to safely rock back and perform a forward roll using the correct technique through observing coaching points provided. • G4: Children to individually reflect using skill practice books and record their progression. <p>Athletics:</p> <ul style="list-style-type: none"> • A1: Children to learn and practice a range of different athletic skills, including short distance sprinting, long jump, high jump as well as a range of different throwing styles. • A2: Children to observe and implement coaching points provided to maximise their techniques, practising within a range of different sporting activities.
---	--

<p>Subject area: PHYSICAL EDUCATION</p>	<p>Coordinator: Alexander Moore</p>	<p>Review date: 04/09/2021</p>
<p>Year group: Year 2</p>		



Hughenden Primary School – Skills Progression Framework

National Curriculum skills to be taught in this year group:

KS1 Physical Education

Pupils will be taught to use the following sporting methods, processes and skills:

- PE1: Have the opportunity to learn and practice a range of core skills commonly found within sport.
- PE2: Follow coaching points to improve individual techniques in a range of sporting skills.
- PE3: Question which skill/technique are most suitable within a variety of different sporting situations.
- PE4: Learning & practicing hand to eye coordination and motor skills in practical environment.
- PE5 How to use practice skill books to reflect on individual skill levels across a range of different subject areas and to track progression levels.
- PE6: Begin to notice patterns and relationships between method choice, skill development and outcome

Core Skills:

- CS1: Learn and practice a range of core skills within sporting environments, including; Running, jumping, relay racing, throwing, catching and general sporting skills.
- CS2: Identify the key coaching points for a variety of core skills, and put into practice within a range of sporting environments.
- CS3: Understand the importance of warming up and cooling down correctly.

Ball Skills & Team Games

- BS1: Observe and copy the key coaching points in a range of key ball skill techniques such as; throwing, catching, dribbling & shooting.
- BS2: Implement key ball skills within a range of different sporting situation, followed by practicing these skills within activities tailored to mimic game like situations.
- BS3: Children to reflect using skill practice books their progression across all skills learnt.
- TG1: Understand the importance of movement, communication and teamwork within different games.
- TG2: Understand and learn the rules of different team games.
- TG3: Identify when certain skills are more suitable during different team games and practice using these within a range of different sporting situations.

Football & Rugby Skills

- FS1: Learn and practise a range of kicking & dribbling techniques within a range of different sporting tasks
- FS2: Identify different movement patterns with and without the ball. Learn the concept of “Space” and how to create space during game situations.
- RS1: Learn coaching techniques in throwing, catching & kicking within different rugby sporting activities.

Subject area: **PHYSICAL EDUCATION**

Coordinator: **Alexander Moore**

Review date: **04/09/2021**



Hughenden Primary School – Skills Progression Framework

Year group: Year 3	
National Curriculum skills to be taught in this year group:	
<p>Lower KS2: Physical Education <i>Pupils will be taught to use the following sporting methods, processes and skills:</i></p> <ul style="list-style-type: none"> • PE1: Have the opportunity to learn and practice a range of core skills commonly found within sport. • PE2: Follow coaching points to improve individual techniques in a range of sporting skills. • PE3: Begin to coach classmates, recognises areas of improvements within others and themselves through reflection. • PE4: Understand and enhance decision making skills within sporting tasks. • PE5: Learn effective warm up strategies and understand the positive effects warming up the body has. • PE6: Question which skill/technique are most suitable within a variety of different sporting situations. • PE7: Learning & practicing hand to eye coordination and motor skills in practical environment. • PE8 How to use practice skill books to reflect on individual skill levels across a range of different subject areas and to track progression levels. • PE9: Begin to notice patterns and relationships between method choice, skill development and outcome 	<p>Rugby:</p> <ul style="list-style-type: none"> • RG1: Learn coaching techniques in throwing, catching & kicking within different rugby sporting activities. • RG2: Understand the rules of rugby, and accurately pass the rugby ball backwards • RG3: To understand positioning and repeatedly change direction during rugby drills • RG4: Begin to learn the importance and technique of tackling safely and perform successfully onto the rugby pad. • RG5: Learn the importance of communication and perform it with teammates during drills. <p>Warm Up's:</p> <ul style="list-style-type: none"> • WU1: Understand why we perform a warm up prior to sporting activities • WU2: Learn a wide variety of stretches and be able to perform them successfully. • WU3: Learn and perform a variety of pulse raising activities. • WU4: Children to be able to run a warm up session for a small group of classmates. <p>Netball:</p> <ul style="list-style-type: none"> • NB1: Learn a variety of short and long passes commonly used within netball. • NB2: Learn & implement the correct shooting technique and practice shooting some points. • NB3: Understand the concept of positions during a netball game, and experience playing in a range of different positions. • NB4: Learn the basics of defending, pivoting and movement during netball related games. <p>Racket & Ball games:</p> <ul style="list-style-type: none"> • RB1: Children to be able to throw and catch a tennis ball correctly with a partner • RB2: Children to learn and practice hitting a ball with a range of different strokes (forehand, backhand, serve: Tennis) (Defensive shot, placed, slog: Cricket) with a variety of different pieces of equipment. • RB3: Learn the concept of fielding, understanding best positioning of players during a cricket game. • RB4: Children to learn how to stop a ball and field during different sporting activities.



Hughenden Primary School – Skills Progression Framework

Subject area: PHYSICAL EDUCATION	Coordinator: Alexander Moore	Review date: 04/09/2021
Year group: Year 4		
National Curriculum skills to be taught in this year group:		
<p>Lower KS2: Physical Education <i>Pupils will be taught to use the following sporting methods, processes and skills:</i></p> <ul style="list-style-type: none"> • PE1: Have the opportunity to learn and practice a range of core skills commonly found within sport. • PE2: Follow coaching points to improve individual techniques in a range of sporting skills. • PE3: Begin to coach classmates, recognises areas of improvements within others and themselves through reflection. • PE4: Understand and enhance decision making skills within sporting tasks. • PE5: Learn effective warm up strategies and understand the positive effects warming up the body has. • PE6: Question which skill/technique are most suitable within a variety of different sporting situations. • PE7: Learning & practicing hand to eye coordination and motor skills in practical environment. • PE8 How to use practice skill books to reflect on individual skill levels across a range of different subject areas and to track progression levels. • PE9: Begin to notice patterns and relationships between method choice, skill development and outcome 	<p>Football:</p> <ul style="list-style-type: none"> • FB1: Learn coaching techniques in passing, dribbling & shooting within different football sporting activities. • FB2: Understand the rules of football, and accurately discuss the roles of different positions. • FB3: To understand positioning and the need for repeated change direction during football. • FB4: Learn the technique of tackling safely and perform successfully during defending drills. • B5: Learn the importance of communication and perform it with teammates during drills. <p>Warm Up's:</p> <ul style="list-style-type: none"> • WU1: Understand why we perform a warm up prior to sporting activities • WU2: Learn a wide variety of stretches and be able to perform them successfully. • WU3: Learn and perform a variety of pulse raising activities. • WU4: Children to be able to run a warm up session for a small group of classmates. <p>Team Games:</p> <ul style="list-style-type: none"> • TG1: Understand the importance of movement, communication and teamwork within different games. • TG2: Understand and learn the rules of different team games. • TG3: Identify when certain skills are more suitable during different team games and practice using these within a range of different sporting situations. • TG4: Children to learn how to pivot within the rules, and get into the correct position to block the ball. <p>Athletics & Sports Day Preparation:</p> <ul style="list-style-type: none"> • A1: Children to learn and practice a range of different athletic skills, including short distance sprinting, long jump, high jump as well as a range of different throwing styles. • A2: Children to observe and implement coaching points provided to maximise their techniques, practising within a range of different sporting activities. • A3: Learn the correct coaching technique to jump over hurdles safely and practise during running races. • A4: Be able to competitively compete across all sports day events, while showing good sportsmanship to others. 	



Hughenden Primary School – Skills Progression Framework

Subject area: PHYSICAL EDUCATION	Coordinator: Alexander Moore	Review date: 04/09/2021
Year group: Year 5		
National Curriculum skills to be taught in this year group:		



Hughenden Primary School – Skills Progression Framework

KS2 Physical Education

Pupils will be taught to use the following sporting methods, processes and skills:

- PE1: Have the opportunity to learn and practice a range of core skills commonly found within sport.
- PE2: Follow coaching points to improve individual techniques in a range of sporting skills.
- PE3: Question which skill/technique are most suitable within a variety of different sporting situations.
- PE4: Learning & practicing hand to eye coordination and motor skills in practical environment.
- PE5 How to use practice skill books to reflect on individual skill levels across a range of different subject areas and to track progression levels.
- PE6: Begin to notice patterns and relationships
- PE7: Children to reflect & then teach a range of different skills set in sessions.
- PE8: Children to plan & deliver their own skill activities to classmates.
- PE9: To listen, engage and implement feedback provided to enhance their skill knowledge
- PE10: Explore and openly talk about ideas, asking their own questions about physical education while analysing interactions and functions.

Core Skills:

- CS1: Learn and practice a range of core skills within sporting environments, including; Running, jumping, relay racing, throwing, catching and general sporting skills.
- CS2: Identify the key coaching points for a variety of core skills, and put into practice within a range of sporting environments.
- CS3: Understand why and the importance of warming up and cooling down correctly.

Netball & Ball Skills

- BS1: Observe and copy the key coaching points in a range of key ball skill techniques such as; throwing, catching, dribbling & shooting.
- BS2: Implement key ball skills within a range of different sporting situation, followed by practicing these skills within games tailored to mimic game like situations.
- BS3: Children to reflect using skill practice books their progression across all skills learnt.

Team Games

- TG1: Understand the importance of movement, communication and teamwork within different games.
- TG2: Understand and learn the rules of different team games.
- TG3: Identify when certain skills are more suitable during different team games and practice using these within a range of different sporting situations.
- TG4: Children to learn how to pivot within the rules, and get into the correct position to block the ball while defending.

Racket Sports

- RS1: Learn and perform the ready position, and perform a volley, forehand, backhand shots
- RS2: Learn how to hit the ball under control accurately with a partner while moving around in space to keep the ball under control.
- RS3: Learn the technique and practice a tennis serve, and perform it accurately.

Football & Rugby Skills

- FS1: Learn and practise a range of kicking & dribbling techniques within a range of different sporting tasks
- FS2: Identify different movement patterns with and without the ball. Learn the concept of "Space" and how to create space during game situations.
- FS3: Understand the importance of communication and communicate correctly during a game situation.
- RS1: Learn coaching techniques in throwing, catching & kicking within different rugby sporting activities.
- RG2: Understand the rule, and pass the rugby ball backwards
- RG3: To understand positioning and repeatedly change direction during a rugby drill



Hughenden Primary School – Skills Progression Framework

Subject area: PHYSICAL EDUCATION	Coordinator: Alexander Moore	Review date: 04/09/2021
Year group: Year 6		
National Curriculum skills to be taught in this year group:		



Hughenden Primary School – Skills Progression Framework

KS2 Physical Education

Pupils will be taught to use the following sporting methods, processes and skills:

- PE1: Have the opportunity to learn and practice a range of core skills commonly found within sport.
- PE2: Follow coaching points to improve individual techniques in a range of sporting skills.
- PE3: Question which skill/technique are most suitable within a variety of different sporting situations.
- PE4: Learning & practicing hand to eye coordination and motor skills in practical environment.
- PE5 How to use practice skill books to reflect on individual skill levels across a range of different subject areas and to track progression levels.
- PE6: Begin to notice patterns and relationships
- PE7: Children to reflect & then teach a range of different skills set in sessions.
- PE8: Children to plan & deliver their own skill activities to classmates.
- PE9: To listen, engage and implement feedback provided to enhance their skill knowledge
- PE10: Explore and openly talk about ideas, asking their own questions about physical education while analysing interactions and functions.

Core Skills:

- CS1: Learn and practice a range of core skills within sporting environments, including; Running, jumping, relay racing, throwing, catching and general sporting skills.
- CS2: Identify the key coaching points for a variety of core skills, and put into practice within a range of sporting environments.
- CS3: Understand why and the importance of warming up and cooling down correctly, & be able to run a warm up session for a small group of classmates.

Netball & Ball Skills

- BS1: Observe and copy the key coaching points in a range of key ball skill techniques such as; throwing, catching, dribbling & shooting.
- BS2: Implement key ball skills within a range of different sporting situation, followed by practicing these skills within games tailored to mimic game like situations.
- BS3: Learn the importance of defending, blocking techniques and position to successfully stop the opposition team from scoring points.
- BS4: Children to learn the best body positions for different tasks, including; passing, catching, defending and getting into space.
- BS5: Understand and follow all rules within different team games, and be able to self-officiate these during game situations.
- BS6: Children to reflect using skill practice books their progression across all skills learnt.

Racket Sports

- RS1: Learn and perform the ready position, and perform a volley, forehand, backhand shots
- RS2: Learn how to hit the ball under control accurately with a partner while moving around in space to keep the ball under control.
- RS3: Learn the technique and practice a tennis serve, and perform it accurately.
- RS4: Children to learn how to hold different rackets & sticks correctly to allow them to perform tasks accurately.
- RS5: Understanding the coaching technique for passing, dribbling and shooting within stick sports, and being able to identify when and why they should be doing certain skills within different situations.

Football & Rugby Skills

- FS1: Learn and practise a range of kicking & dribbling techniques within a range of different sporting tasks
- FS2: Identify different movement patterns with and without the ball. Learn the concept of “Space” and how to create space during game situations.
- FS3: Understand the importance of communication and communicate correctly during a game situation.
- RS1: Learn coaching techniques in throwing, catching & kicking within different rugby sporting activities.
- RG2: Understand the rule, and pass the rugby ball backwards



Hughenden Primary School – Skills Progression Framework

- RG3: To understand positioning and repeatedly change direction during a rugby drill
- Athletics and sports day preparation**
- A1: Understand the importance of Stamina within sprint and long distance athletic events
 - A2: Children to learn how to run at different speeds to maximise performance, understand what fatigue is.
 - A3: Children to learn the technique for long & triple jump, and can investigate the most effective ways to generate greatest distance. (Standing still start, one foot, run up distance etc.)
 - A4: Children to understand what the “Throwing” activities are in athletics, and understand the importance of upper body strength in throwing.
 - A5: Children to aim and throw objects at pre-determined targets for accuracy.
 - A6: Children to show good sportsmanship while enjoying competition with classmates.



Hughenden Primary School – Skills Progression Framework