

PE Progression of Skills at TSS

| Early Years | |
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| | <ul style="list-style-type: none"> • Follow basic rules, commands and instructions. • Be introduced to basic team work and communication skills. • Move with confidence and imagination. • Move with control and coordination. • Travel around, under, over and through balancing and climbing equipment. • Show awareness of space, of themselves and of others. • Recognise the importance of keeping healthy, and those things which contribute to this. • Recognise the changes that happen to their bodies when they are active. • Use a range of small and large equipment. • Develop coordination across a number of manipulation skills (throw, catch, kick etc.) • Handle equipment safely and with increasing control. |

| | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 |
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| Fundamental Movement & Object Manipulation | <ul style="list-style-type: none"> • Exploration of fundamental movement skills • Introduce basic hand eye coordination tasks • Develop accuracy in basic skills | <ul style="list-style-type: none"> • Development of more complex movement patterns • Challenge agility, balance and coordination • Develop accuracy and speed across a number of skills | X | X | X | X |
| Invasion Games | <ul style="list-style-type: none"> • Exploration with a variety of equipment. • Skills of kicking, hitting, rolling, bouncing, catching. • Introduce space and how it can be used in team games | <ul style="list-style-type: none"> • Variety of tag games. Apply simple skills to games. • Simple team games e.g. Capture the flag • Introduce basic tactics and team work | <ul style="list-style-type: none"> • Use of throwing, and catching skills in game situations e.g. Benchball. Modified games. Build up to 4v4 | <ul style="list-style-type: none"> • Refine, repeat, select and apply skills to game-like situations. • Build up games to 5v5. • Introduce student roles within a team | <ul style="list-style-type: none"> • More recognized games e.g. invasion games of unihoc, football, basketball.5v5, leading to 6v6. • Following the rules of the game • Introduce team positions and responsibilities • Build on team roles | <ul style="list-style-type: none"> • Invasion games of 6v6. Simple defensive and attacking strategies. • Strategies and tactics and evaluation of performance. • Suggest ways to improve-change tactics and strategies. • Officiating. |
| Gymnastics | <ul style="list-style-type: none"> • Basic whole body movements and shapes. • To include jumping, landing, balancing and basic rotations. | <ul style="list-style-type: none"> • Explore skills of balancing, body control and rolling. • Simple sequences on own. • Introduction of mirror. | <ul style="list-style-type: none"> • Plan, perform and evaluate a series of actions-e.g. roll, balance, jump. • Introduce jumping and landing safely • Use of peer observation and feedback to improve performance | <ul style="list-style-type: none"> • More complex balance and rotation work. • Sequence on own and with a partner. • Plan, perform and evaluate. • Show work to others. | <ul style="list-style-type: none"> • Flight-use floor and apparatus. • Shape-landings. • Use of springboard. Performing in front of others and evaluating. | <ul style="list-style-type: none"> • Balancing, rolling, flight. Pair/group work. • Evaluate own and others work. • Video analysis of performance |
| Net & Racquet Games | <ul style="list-style-type: none"> • How to hold a racquet • Basic ball skills such as balancing and moving with ball on racquet | <ul style="list-style-type: none"> • Introduce forehand shot • Play in isolation and aim for stationary target | <ul style="list-style-type: none"> • Refine forehand shot • Play shot from a partner feed • Introduce element of competition | <ul style="list-style-type: none"> • Play modified games 1v1. • Playing to space • Deceiving opponents | <ul style="list-style-type: none"> • Introduce back hand shot • Tactics, strategy | <ul style="list-style-type: none"> • Adapting and responding to opponents strengths and weakness |

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| | <ul style="list-style-type: none"> Games that require students to use racquet and ball | | <ul style="list-style-type: none"> Use modified equipment | | <ul style="list-style-type: none"> Introduce rules, scoring and service rotation | <ul style="list-style-type: none"> 6v6 Volleyball, service rotation Officiating, tournament organization |
| Striking & Fielding Games | <ul style="list-style-type: none"> Stopping a rolling ball Throwing and catching Hitting ball with a variety of objects | <ul style="list-style-type: none"> Throwing and catching over increasing distances Communication Basic competition (T-ball games) | <ul style="list-style-type: none"> Hitting to space Basic strategy Use of space when striking and fielding | <ul style="list-style-type: none"> Increasing hitting distance Positioning within games | <ul style="list-style-type: none"> More complex tactics and strategy Introduction to variety of games (T-ball, Cricket, Rounders) Setting up area for game | <ul style="list-style-type: none"> Large team games Following of rules, student officiating and score keeping Analysing individual and team performance |
| Swimming | <ul style="list-style-type: none"> Simple entries and exits, floating, submerging, moving unassisted through water. Water confidence games | <ul style="list-style-type: none"> Slide entry, sculling, floating from back to front. Push and glide (With aids) Submerge and retrieve object | <ul style="list-style-type: none"> Basic stroke development. Push, glide and kick (without aids) Pencil jump into depth | <ul style="list-style-type: none"> Swim continuously for 25m. Develop and refine stroke technique Introduce more complex strokes | <ul style="list-style-type: none"> Swim 25m using a variety of strokes. Introduce peer observation Swim for 6 minutes. Dive entry (progressions) | <ul style="list-style-type: none"> Swim 25-50m using all strokes. Peer observation and use of feedback to improve performance Perform various survival skills. Tread water. |
| Athletics & Cross-Country | <ul style="list-style-type: none"> Simple relays. Basic running, throwing and jumping. Agility course and hurdle running Effect of exercise on body | <ul style="list-style-type: none"> Sprint and longer distance running. Variety of running distances. Throwing different objects. | <ul style="list-style-type: none"> Sprint starts. Introduction of circular and shuttle relays. Jumping to include standing broad jump, scissor high jump. Throwing improvised equipment e.g. turbo javelins. | <ul style="list-style-type: none"> Strategies/tactics of running events. Different throwing methods e.g. forehand, sling actions. Introduce Fosbury technique for High jump | <ul style="list-style-type: none"> Event specific in running, throwing and jumping. Introduce simple triple jump and Fosbury high jump. Evaluating all events Comparison to WR and School records | <ul style="list-style-type: none"> Running over short, middle and long distance. Throwing to include shot put, javelin, quoit (discus). Jumping includes long, triple and high. Devise tactics and strategies and modify them in light of own performance. |