



**The Sultan's School**  
**Primary PE Progression of Skills 2021-22**



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

Strand	Y1	Y2	Y3	Y4	Y5	Y6
<b>Fundamental Movement &amp; Object Manipulation</b>	<ul style="list-style-type: none"> <li>Exploration of fundamental movement skills</li> <li>Introduce basic hand eye coordination tasks</li> <li>Develop accuracy in basic skills</li> </ul>	<ul style="list-style-type: none"> <li>Development of more complex movement patterns</li> <li>Challenge agility, balance and coordination</li> <li>Develop accuracy and speed across a number of skills</li> </ul>				
<b>Invasion Games</b>	<ul style="list-style-type: none"> <li>Exploration with a variety of equipment.</li> <li>Skills of kicking, hitting, rolling, bouncing, catching.</li> <li>Introduce space and how it can be used in team games</li> </ul>	<ul style="list-style-type: none"> <li>Variety of tag games. Apply simple skills to games.</li> <li>Simple team games e.g. Capture the flag</li> <li>Introduce basic tactics and team work</li> </ul>	<ul style="list-style-type: none"> <li>Use of throwing, and catching skills in game situations e.g. Benchball. Modified games. Build up to 4v4</li> </ul>	<ul style="list-style-type: none"> <li>Refine, repeat, select and apply skills to game-like situations.</li> <li>Build up games to 5v5.</li> <li>Introduce student roles within a team</li> </ul>	<ul style="list-style-type: none"> <li>More recognized games e.g. invasion games of unihoc, football, basketball.5v5, leading to 6v6.</li> <li>Following the rules of the game</li> <li>Introduce team positions and responsibilities</li> <li>Build on team roles</li> </ul>	<ul style="list-style-type: none"> <li>Invasion games of 6v6. Simple defensive and attacking strategies.</li> <li>Strategies and tactics and evaluation of performance.</li> <li>Suggest ways to improve-change tactics and strategies.</li> <li>Officiating.</li> </ul>



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<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Basic whole body movements and shapes.</li> <li>• To include jumping, landing, balancing and basic rotations.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore skills of balancing, body control and rolling.</li> <li>• Simple sequences on own.</li> <li>• Introduction of mirror.</li> </ul>	<ul style="list-style-type: none"> <li>• Plan, perform and evaluate a series of actions-e.g. roll, balance, jump.</li> <li>• Introduce jumping and landing safely</li> <li>• Use of peer observation and feedback to improve performance</li> </ul>	<ul style="list-style-type: none"> <li>• More complex balance and rotation work.</li> <li>• Sequence on own and with a partner.</li> <li>• Plan, perform and evaluate.</li> <li>• Show work to others.</li> </ul>	<ul style="list-style-type: none"> <li>• Flight-use floor and apparatus.</li> <li>• Shape-landings.</li> <li>• Use of springboard. Performing in front of others and evaluating.</li> </ul>	<ul style="list-style-type: none"> <li>• Balancing, rolling, flight. Pair/group work.</li> <li>• Evaluate own and others work.</li> <li>• Video analysis of performance</li> </ul>
<b>Net &amp; Racquet Games</b>	<ul style="list-style-type: none"> <li>• How to hold a racquet</li> <li>• Basic ball skills such as balancing and moving with ball on racquet</li> <li>• Games that require students to use racquet and ball</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce forehand shot</li> <li>• Play in isolation and aim for stationary target</li> </ul>	<ul style="list-style-type: none"> <li>• Refine forehand shot</li> <li>• Play shot from a partner feed</li> <li>• Introduce element of competition</li> <li>• Use modified equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Play modified games 1v1.</li> <li>• Playing to space</li> <li>• Deceiving opponents</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce back hand shot</li> <li>• Tactics, strategy</li> <li>• Introduce rules, scoring and service rotation</li> </ul>	<ul style="list-style-type: none"> <li>• Adapting and responding to opponents strengths and weakness</li> <li>• 6v6 Volleyball, service rotation</li> <li>• Officiating, tournament organization</li> </ul>
<b>Striking &amp; Fielding Games</b>	<ul style="list-style-type: none"> <li>• Stopping a rolling ball</li> <li>• Throwing and catching</li> <li>• Hitting ball with a variety of objects</li> </ul>	<ul style="list-style-type: none"> <li>• Throwing and catching over increasing distances</li> <li>• Communication</li> <li>• Basic competition (T-ball games)</li> </ul>	<ul style="list-style-type: none"> <li>• Hitting to space</li> <li>• Basic strategy</li> <li>• Use of space when striking and fielding</li> </ul>	<ul style="list-style-type: none"> <li>• Increasing hitting distance</li> <li>• Positioning within games</li> </ul>	<ul style="list-style-type: none"> <li>• More complex tactics and strategy</li> <li>• Introduction to variety of games (T-ball, Cricket, Rounders)</li> <li>• Setting up area for game</li> </ul>	<ul style="list-style-type: none"> <li>• Large team games</li> <li>• Following of rules, student officiating and score keeping</li> <li>• Analysing individual and team performance</li> </ul>
<b>Swimming</b>	<ul style="list-style-type: none"> <li>• Simple entries and exits, floating, submerging, moving unassisted through water.</li> <li>• Water confidence games</li> </ul>	<ul style="list-style-type: none"> <li>• Slide entry, sculling, floating from back to front.</li> <li>• Push and glide (With aids)</li> <li>• Submerge and retrieve object</li> </ul>	<ul style="list-style-type: none"> <li>• Basic stroke development.</li> <li>• Push, glide and kick (without aids)</li> <li>• Pencil jump into depth</li> </ul>	<ul style="list-style-type: none"> <li>• Swim continuously for 25m.</li> <li>• Develop and refine stroke technique</li> <li>• Introduce more complex strokes</li> </ul>	<ul style="list-style-type: none"> <li>• Swim 25m using a variety of strokes.</li> <li>• Introduce peer observation</li> <li>• Swim for 6 minutes.</li> <li>• Dive entry (progressions)</li> </ul>	<ul style="list-style-type: none"> <li>• Swim 25-50m using all strokes.</li> <li>• Peer observation and use of feedback to improve performance</li> <li>• Perform various survival skills.</li> <li>• Tread water.</li> </ul>
<b>Athletics &amp; Cross-Country</b>	<ul style="list-style-type: none"> <li>• Simple relays.</li> </ul>	<ul style="list-style-type: none"> <li>• Sprint and longer distance running.</li> </ul>	<ul style="list-style-type: none"> <li>• Sprint starts. Introduction of</li> </ul>	<ul style="list-style-type: none"> <li>• Strategies/tactics of running events.</li> </ul>	<ul style="list-style-type: none"> <li>• Event specific in running, throwing and jumping.</li> </ul>	<ul style="list-style-type: none"> <li>• Running over short, middle and long distance.</li> </ul>



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	<ul style="list-style-type: none"><li>• Basic running, throwing and jumping.</li><li>• Agility course and hurdle running</li><li>• Effect of exercise on body</li></ul>	<ul style="list-style-type: none"><li>• Variety of running distances.</li><li>• Throwing different objects.</li></ul>	circular and shuttle relays. <ul style="list-style-type: none"><li>• Jumping to include standing broad jump, scissor high jump.</li><li>• Throwing improvised equipment e.g. turbo javelins.</li></ul>	<ul style="list-style-type: none"><li>• Different throwing methods e.g. forehand, sling actions.</li><li>• Introduce Fosbury technique for High jump</li></ul>	Introduce simple triple jump and Fosbury high jump. <ul style="list-style-type: none"><li>• Evaluating all events</li><li>• Comparison to WR and School records</li></ul>	<ul style="list-style-type: none"><li>• Throwing to include shot put, javelin, quoit (discus).</li><li>• Jumping includes long, triple and high.</li><li>• Devise tactics and strategies and modify them in light of own performance.</li></ul>
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