



Physical Education

Skills Progression Grids for Parkland Infant and Junior

INTENT

“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does.” Nelson Mandela

Physical Education and school sport have a high profile at The Parkland Federation. We strongly believe that physical skills, a variety of sports, competitions and learning about fit and active lifestyles contribute to the holistic development of our pupils. We deliver a broad Physical Education curriculum where gender, social or economic bias are not tolerated. The aim of our Physical Education Curriculum is to instil lifelong engagement in sport and to embed an understanding of the benefits of a healthy, active lifestyle.



Aim high, work hard, dream BIG!

PKF

Our high quality PE curriculum inspires all children to succeed and excel in both competitive sport and other activities involving physical literacy.

It is through these activities that pupils become fit and physically confident. They learn that physical activity, together with a health diet, is crucial in terms of leading a healthy lifestyle. Our children compete in many different competitions and other activities which build character and embed key values such as teamwork, fairness and respect for themselves and others. We recognise that PE and school sports make an extensive contribution towards aspects of pupils' social, moral, spiritual and cultural development as well as supporting positive mental health.



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IMPLEMENTATION

All pupils in Years 1 - 6 take part in a minimum of 2 hours of timetabled physical activity each week. They also have access to a varied carousel of sporting activities during their morning break and lunchtime, including the Daily Mile. Each pupil has specialist swimming sessions in Key Stage 2 which is crucial for our learners given our close proximity to the sea. We expect all of our learners to be competent at swimming a minimum of 25m and have a thorough knowledge of water safety before they leave for Secondary Education.

The school has invested in specialist Sports Coaches from Brighton and Hove Albion (our local football team, currently competing in the Premier League). The coaches work with the teachers to deliver a broad and balanced PE curriculum. In 2020, The Parkland Federation was awarded a School Games Recognition Award for its commitment to high quality teaching in PE and its participation in Inter-School Sports Competitions.



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PKF

Yr Gp	Music and Movement	Dance	Gymnastics	Ball Skills	Tennis	Athletic Activities
R	<p>The children will:</p> <p>Move with imagination and confidence in a range of ways.</p> <p>Move with control and coordination.</p> <p>Move skilfully, negotiating space.</p> <p>Adjust speed and change direction.</p>	<p>The children will:</p> <p>Move with imagination and confidence in a range of ways such as rolling, sliding, jumping.</p> <p>Make different shapes with my body.</p> <p>Travel rhythmically on my feet, such as hopping and skipping.</p> <p>Move in different directions and at different levels e.g. high / low.</p>	<p>The children will:</p> <p>Stand momentarily on one foot when shown.</p> <p>Jump off an object and land appropriately.</p> <p>Experiment with different ways of moving, such as rolling, jumping, sliding.</p> <p>Travel with confidence and skill around, under, over and through balancing and climbing equipment.</p>	<p>The children will:</p> <p>Throw, roll and kick a ball in the direction of a target.</p> <p>Catch a ball using two hands when stood still, some of the time.</p>	<p>The children will:</p> <p>Hold a piece of equipment, such as a tennis racket or hockey stick with control.</p> <p>Control a ball when using a tennis racket or hockey stick.</p> <p>Hit a ball using a tennis racket or hockey stick.</p>	<p>The children will:</p> <p>Run at different speeds.</p> <p>Explore jumping from a standing position.</p> <p>Begin to throw an object with one hand.</p>

Yr Gp	Football	Tag Rugby	Floor Hockey	Basketball	Netball	Handball	Tennis	Cricket	Athletics	Multiskills	Gymnastics	Dance
1	Stop a ball when walking.	Carry the ball successfully whilst walking.	Stop a ball when walking.	Bounce a ball using one hand.	Catch the ball when stood still, some of the time.	Throw a ball in the direction of a target.	Begin to hold the tennis racket with the 'shaking hands grip.'	Catch the ball when stood still, some of the time.	Run at different speeds.	Change direction and stop when moving.	Balance on one leg with some control.	Copy basic dance moves.
	Kick a ball in the direction of someone else.	Carry the ball with some success while jogging.	Hit a ball in the direction of someone else.	Catch the ball when stood still, some of the time.	Throw a ball in the direction of someone else.	Catch the ball when stood still, some of the time.	Control the ball on the tennis racket.	Throw a ball in the direction of someone else.	Jump from a standing position.	Send and receive the ball throw rolling with some control and accuracy.	Explore and attempt some rolls.	Create and perform a short sequence of dance moves.
	While walking, can keep the ball close to the feet.	Pass the ball with some success while standing still.	Whilst walking, to can keep the ball close to the stick.	Throw a ball in the direction of someone else.	Shoot the ball in the direction of the net.		Explore hitting a ball with the racket.	Explore hitting a ball with a cricket bat.	Begin to throw an object with one hand.	Throw the ball with one hand and two hands with some accuracy.	Explore and attempt some jumps.	
	Kick a ball in the direction of the goal.			shoot the ball in the direction of the hoop.						Catch the ball with one hand and two hands with some accuracy.	Copy a short sequence and repeat it.	
Selecting and Applying Appropriate Tactics and Strategies		Recognise which team they are playing for. Recognise the direction they are playing in.										

Yr Gp	Football	Tag Rugby	Floor Hockey	Basketball	Netball	Handball	Tennis	Cricket	Athletics	Multi-skills	Gymnastics	Dance
2	<p>Stop a ball when jogging.</p> <p>Pass a ball to someone else using the inside of my foot.</p> <p>Jog with the ball keeping the ball close to my feet.</p> <p>Kick a ball in the direction of the goal with some accuracy, while standing still.</p>	<p>Carry the ball successfully while jogging.</p> <p>Pass the ball with some success while standing still.</p>	<p>Stop a ball using the basic handgrip.</p> <p>Pass the ball to someone else using the push pass.</p> <p>Jog with the ball keeping the ball close to my stick.</p>	<p>Dribble the ball in one direction with some success.</p> <p>Catch the ball while stood still, most of the time.</p> <p>Throw a ball to someone else with some accuracy.</p> <p>Shoot the ball in the direction of the hoop with some accuracy, while standing still.</p>	<p>Catch the ball while stood still, most of the time.</p> <p>Throw a ball to someone else with some accuracy.</p> <p>Shoot the ball in the direction of the net with some accuracy, while standing still.</p>	<p>Throw a ball at a target with some accuracy.</p> <p>Catch the ball while stood still, most of the time.</p>	<p>Hold the racket with the 'shaking hands grip.'</p> <p>Control the ball on the tennis racket for a sustained length of time.</p> <p>Begin to hit a ball with the racket with control.</p> <p>Attempt to return the ball to a partner.</p>	<p>Catch the ball while stood still, most of the time.</p> <p>Throw a ball to someone else with some accuracy.</p> <p>Begin to hit a ball with a cricket bat with control.</p>	<p>Begin to use 'arms' technique when running.</p> <p>Jump accurately from a standing position.</p> <p>Throw an object with one hand with some accuracy.</p>	<p>Change direction and stop when moving at different speeds.</p> <p>Send and receive the ball through rolling with control and accuracy.</p> <p>Throw the ball with one hand and two hands mostly accurately.</p> <p>Catch the ball with one hand and two hands mostly accurately.</p>	<p>Balance in more than one way with some control.</p> <p>Roll more than one way with some control.</p> <p>Attempt different jumps with some control.</p> <p>Plan and create short sequences with a roll, jump and balance.</p>	<p>Copy a variety of dance moves changing speed, direction and level.</p> <p>Create and perform a short dance using different speed, direction and level.</p>
Selecting and Applying Appropriate Tactics and Strategies		Recognise which team they are playing for. Recognise the direction they are playing in.										

Yr Gp	Football	Tag Rugby	Floor Hockey	Basketball	Netball	Handball	Tennis	Cricket	Athletics	Outdoor and Adventurous Activities	Gymnastics	Dance
3	<p>Stop a ball when running at speed.</p> <p>Complete a short pass to someone while standing still.</p> <p>Jog with the ball using both feet to dribble the ball.</p> <p>Kick a ball in the direction of the goal with some accuracy, while standing still.</p>	<p>Carry the ball successfully while running.</p> <p>Pass the ball to another player with some success while jogging.</p>	<p>Stop a ball while jogging using the basic handgrip.</p> <p>Complete a short pass to someone else whilst moving slowly.</p> <p>Walk while moving the ball from side to side.</p>	<p>Dribble the ball while jogging in one direction.</p> <p>Catch the ball while moving.</p> <p>Use different passes to deliver a ball to someone else whilst standing still.</p> <p>Shoot the ball in the direction of the hoop with some accuracy, while standing still.</p>	<p>Catch the ball while moving.</p> <p>Use different passes to deliver a ball to someone else whilst standing still.</p> <p>Shoot the ball in the direction of the net with some accuracy, while standing still.</p>	<p>Throw a ball at a target with increasing accuracy.</p> <p>Catch the ball while moving, some of the time.</p>	<p>Hold a good, controlled grip on the racket.</p> <p>Begin to hit the ball over the net with accuracy.</p> <p>Begin to return the ball to a partner with some accuracy.</p> <p>Begin to hold a rally with a partner.</p>	<p>Throw a ball at a target with increasing accuracy.</p> <p>Begin to use an overarm bowling technique.</p> <p>Catch the ball while moving, some of the time.</p> <p>Use a cricket bat to hit with control.</p>	<p>Use good running techniques when running at different speeds.</p> <p>Take a running jump.</p> <p>Throw a range of objects with one hand with increasing accuracy.</p>		<p>Complete a variety of balances with some control.</p> <p>Complete a forward roll with some control and attempt a backwards roll.</p> <p>Complete more than one jump with increasing control.</p> <p>Adapt sequences to suit different apparatus and perform with some control.</p>	<p>Copy a variety of dance moves with control and co-ordination.</p> <p>Create and perform a dance using a variety of moves, showing good control and co-ordination.</p> <p>Verbally provide a simple evaluation of their performance.</p>
<p>Selecting and Applying Appropriate Tactics and Strategies</p>		<p>Begin to consider their role as a defender or attacker.</p> <p>Begin to compare their performance and make some effort to achieve a personal best.</p>										
<p>Swimming (End of KS2 Expectation)</p>		<p>Swim competently, confidently and proficiently over a distance of at least 25m.</p> <p>Swim effectively using front crawl.</p> <p>Swim effectively using backstroke.</p> <p>Swim effectively using breaststroke.</p> <p>Perform safe self-rescue in different water-based situations.</p>										

Yr Gp	Football	Tag Rugby	Floor Hockey	Basketball	Netball	Handball	Tennis	Cricket	Athletics	Outdoor and Adventurous Activities	Gymnastics	Dance
4	<p>Stop a ball when running using two parts of their foot.</p> <p>Pass while moving with both the inside and instep of their foot.</p> <p>Run fast with the ball close to their feet.</p> <p>Kick a ball in the direction of the goal with accuracy, while standing still.</p>	<p>Change direction successfully while running with the ball.</p> <p>Pass the ball to another player with some success while running.</p>	<p>Stop a ball when running at speed using the correct hand grip.</p> <p>Accurately pass whilst moving using the push pass.</p> <p>Jog with the ball moving from side to side.</p>	<p>Dribble the ball while jogging using both hands.</p> <p>Catch the ball after moving into a space.</p> <p>Use different passes while moving.</p> <p>Shoot the ball in the direction of the hoop with some accuracy.</p>	<p>Catch the ball after moving into a space.</p> <p>Use different passes while moving around the court.</p> <p>Shoot the ball in the direction of the net with some accuracy.</p> <p>Begin to keep their landing foot on the floor whilst in possession of the ball.</p>	<p>Throw a ball at a target with some accuracy whilst under pressure.</p> <p>Catch the ball while moving, most of the time.</p> <p>Begin to use some basic tactics in a game situation, according to their role as attack or defence.</p>	<p>Hit the ball over a net with increasing accuracy.</p> <p>Return the ball to a partner with increasing accuracy.</p> <p>Hold a short rally with a partner.</p> <p>Begin to use an overarm technique to serve.</p>	<p>Throw a ball at a target with some accuracy whilst under pressure.</p> <p>Begin to use an overarm bowling technique with some accuracy.</p> <p>Catch the ball while moving, most of the time.</p> <p>Use a cricket bat to hit a ball with control and some accuracy.</p>	<p>Improve and sustain running techniques at different speeds.</p> <p>Begin to use good landing technique in a running jump.</p> <p>Demonstrate a variety of throwing actions using different objects.</p>		<p>Complete a variety of balances with increasing control.</p> <p>Complete a controlled forward and backwards roll.</p> <p>Complete a variety of jumps with good control.</p> <p>Work alone and with a partner to create and repeat a sequence with at least three phases.</p>	<p>Use a wide variety of dance moves with control and co-ordination.</p> <p>Create a dance to communicate basic ideas or theme.</p> <p>Perform a dance with good control, co-ordination and timing.</p> <p>Evaluate performances identifying some strengths and areas for improvement.</p>
Selecting and Applying Appropriate Tactics and Strategies		<p>Begin to use appropriate tactics in offence and defence situations.</p> <p>Begin to compare their performance and make some effort to achieve a personal best and improve on it.</p>										
Swimming (End of KS2 Expectation)		<p>Swim competently, confidently and proficiently over a distance of at least 25m.</p> <p>Swim effectively using front crawl.</p> <p>Swim effectively using backstroke.</p> <p>Swim effectively using breaststroke.</p> <p>Perform safe self-rescue in different water-based situations.</p>										

Yr Gp	Football	Tag Rugby	Floor Hockey	Basketball	Netball	Handball	Tennis	Cricket	Athletics	Outdoor and Adventurous Activities	Gymnastics	Dance
5	<p>Stop a ball still whilst under pressure from another pupil.</p> <p>Accurately pass with both the inside and instep of the foot.</p> <p>Run fast with the ball near the feet while under pressure from another pupil.</p> <p>Kick a ball in the direction of the goal with accuracy.</p>	<p>Change direction multiple times successfully while carrying the ball.</p> <p>Pass the ball to another player with some success while under pressure from another player.</p>	<p>Stop a ball when running at speed using the correct handgrip and change direction.</p> <p>Accurately pass whilst moving using the push pass and hit pass.</p> <p>Run fast with the ball close to the stick moving from side to side.</p>	<p>Run fast while dribbling the ball, using the strong hand.</p> <p>Catch the ball while under pressure.</p> <p>Use different passes accurately whilst moving.</p> <p>Begin to use a shooting technique to improve accuracy when shooting.</p>	<p>Catch the ball while under pressure.</p> <p>Use different passes accurately whilst moving around the court.</p> <p>Begin to use a shooting technique to improve accuracy when shooting.</p> <p>Keep the landing foot on the floor most of the time whilst in possession of the ball.</p>	<p>Throw a ball at a target with increasing accuracy whilst under pressure and begin to use different techniques.</p> <p>Catch the ball, then pass or shoot with some accuracy in a game.</p> <p>Begin to use some effective tactics in a game situation, according to the role as attack or defence.</p>	<p>Hit the ball over a net with accuracy.</p> <p>Return the ball to a partner with accuracy.</p> <p>Hold a sustained rally with a partner.</p> <p>Use an overarm technique to serve with some accuracy.</p>	<p>Throw a ball at a target with increasing accuracy whilst under pressure and begin to use different techniques.</p> <p>Use an overarm bowling technique with good accuracy.</p> <p>Catch a ball while under pressure, sometimes when moving.</p> <p>Use a cricket bat to hit a ball with control and accuracy.</p>	<p>Sustain good running techniques when running at different speeds and adapt the speed to the distance being run.</p> <p>Use a good running and landing technique when completing a running jump.</p> <p>Use a suitable throwing technique depending on the object thrown to ensure increasing accuracy and distance.</p>	<p>Work with others in a team to solve a problem.</p> <p>Use a map to locate basic buildings and landmarks in a given area.</p>	<p>Complete a variety of balances in a sequence with good control.</p> <p>Explore changing and adapting different rolls with control.</p> <p>Complete a variety of jumps and adapt these to a variety of apparatus.</p> <p>Begin to create and perform complex sequences alone and with a partner.</p>	<p>Show fluency I dance moves.</p> <p>Create a dance which clearly communicates an idea or theme.</p> <p>Perform a dance with good control, co-ordination, timing and some fluency.</p> <p>Evaluate a performance, comparing it with previous performances, by identifying some strengths and specific areas for improvement.</p>
<p>Selecting and Applying Appropriate Tactics and Strategies</p>		<p>Read the game well and begin to implement effective tactics in offence and defence. Compare their performance in a variety of sports and identify strengths and ways to enhance them. Have an awareness of their personal best in some areas of athletics, and make some effort to improve on them.</p>										
<p>Swimming (End of KS2 Expectation)</p>		<p>Swim competently, confidently and proficiently over a distance of at least 25m.</p> <p>Swim effectively using front crawl.</p> <p>Swim effectively using backstroke.</p> <p>Swim effectively using breaststroke.</p> <p>Perform safe self-rescue in different water-based situations.</p>										

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6	<p>Stop the ball and change directions skilfully when under pressure from another pupil.</p> <p>Pass the ball to teammates during games using both short and long passes.</p> <p>Skilfully control the ball at various speeds with both feet while under pressure from another pupil.</p> <p>Kick a ball in the direction of the goal at different speeds.</p>	<p>Change direction at speed tactically and successfully while running with the ball.</p> <p>Pass the ball to another player mostly accurately while under pressure from another player.</p>	<p>Stop a ball when under pressure from another pupil using the correct handgrip and change direction.</p> <p>Pass the ball to teammates using the push pass and hit pass.</p> <p>Run with the ball close to the stick whilst under pressure from another pupil.</p>	<p>Control the ball while running and dribbling with both hands.</p> <p>Catch the ball while under pressure and moving at speed.</p> <p>Skilfully pass to teammates during games using all passes.</p> <p>Begin to use a shooting technique to improve accuracy when shooting.</p>	<p>Catch the ball while under pressure and moving at speed.</p> <p>Skilfully pass to teammates during games using all passes.</p> <p>Begin to use a shooting technique to improve accuracy when shooting.</p> <p>Begin to keep the landing foot on the floor and pivot whilst in possession of the ball.</p>	<p>Throw a ball at a target accurately whilst under pressure, using different throwing techniques.</p> <p>Catch the ball, then pass or shoot with accuracy in a game.</p>	<p>Hit the ball over a net with accuracy.</p> <p>Return the ball to a partner with accuracy.</p> <p>Hold a sustained rally with a partner.</p> <p>Use an overarm technique to serve with accuracy.</p>	<p>Throw a ball at a target with accuracy whilst under pressure and use different techniques depending on distance.</p> <p>Use an overarm bowling technique accurately.</p> <p>Catch a ball while under pressure, whilst moving.</p> <p>Use a cricket bat to hit a ball with control and accuracy within a pressured game situation.</p>	<p>Demonstrate good technique, control, strength, speed and stamina in a variety of running events.</p> <p>Competently and accurately use running, landing, take-off technique when completing a running jump.</p> <p>Accurately select and use a suitable throwing technique depending on the object thrown to ensure increasing accuracy and distance.</p>	<p>Orientate themselves independently and with a group around a small course.</p> <p>Use a map with a key to locate different areas and read features on a map.</p>	<p>Complete a variety of balances in a sequence with good control, using strength and suppleness to enhance performance</p> <p>Complete a variety of rolls with good control, using strength and suppleness to enhance performance</p> <p>Control a variety of jumps, including some using a springboard and/or vault.</p> <p>Develop and perform sequences in a specific style.</p>	<p>Show clarity, fluency, accuracy and consistency in my dance moves.</p> <p>Create and perform a dance in a specific style.</p> <p>Evaluate own performances in detail and compare it with performances, by identifying strengths and specific ways to enhance it.</p>
Selecting and Applying Appropriate Tactics and Strategies		<p>Read the game well and implement effective tactics in offence and defence to aid my team's success.</p> <p>Confidently compare their performance, with themselves and others, in a variety of sports and clearly identify strengths and ways to enhance them.</p> <p>Have a good understanding of their personal best in most areas of athletics, and make an effort to improve on them.</p>										
Swimming (End of KS2 Expectation)		<p>Swim competently, confidently and proficiently over a distance of at least 25m.</p> <p>Swim effectively using front crawl.</p> <p>Swim effectively using backstroke.</p> <p>Swim effectively using breaststroke.</p> <p>Perform safe self-rescue in different water-based situations.</p>										



Physical Education 2020-2021
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