

PE Skills Map



Year Group	Key Skills					
	Invasion Games	Gymnastics	Dance	Net and Wall Games	Striking and Fielding	Multi Skills and Athletics
1	<p>Explore different ways of using a ball.</p> <p>Explore ways to send a ball or other equipment.</p> <p>Retrieve and stop a ball using different parts of the body.</p> <p>Play a variety of running and avoiding games.</p> <p>Explain why they enjoy playing games and physical activities.</p> <p>Talk about what our bodies do during exercise e.g. breathing</p> <p>Participate in team games.</p> <p>Develop simple attacking and defending techniques.</p> <p>Pass and receive a ball in different ways with increased control.</p>	<p>Respond to instructions and commands.</p> <p>Move between mats and small apparatus and change the speed of movement.</p> <p>Learn a variety of basic gym actions.</p> <p>Be still in different body shapes and balances and combine different ways of travelling.</p> <p>Handle apparatus safely.</p> <p>Recognise how it feels when the body is tense.</p> <p>Discuss how the body changes during exercise.</p> <p>Develop balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction.</p>	<p>Learn basic movements relating to feelings.</p> <p>Show that they have a clear starting and finishing position.</p> <p>Respond to different music showing a range of emotions.</p> <p>Perform dance movements and simple routines using simple movement patterns.</p>	<p>Focus on throwing and catching.</p> <p>Play games based on net games (like tennis and badminton). Children have an opportunity to play 1 v 1, 1 v 2, and 1 v 3.</p> <p>Play running and avoiding games.</p> <p>Explain how practicing skills can help you feel warmer and why is it good to play and get out of breath.</p> <p>Participate in team games.</p> <p>Pass and receive a ball in different ways with control and increased accuracy.</p> <p>Perform fielding techniques with</p>	<p>Be confident and safe in the spaces used to play games.</p> <p>To learn skills for striking and fielding games.</p> <p>Practise basic striking, sending and receiving.</p> <p>Use throwing and catching skills in a game.</p> <p>Practise accuracy of throwing and consistent catching.</p> <p>Strike with a racket or bat.</p> <p>Play a game fairly and in a sporting manner.</p>	<p>Use varying speeds when running.</p> <p>Explore footwork patterns.</p> <p>Explore arm mobility.</p> <p>Explore different methods of throwing.</p> <p>Practise short distance running</p>

				increased control and co-ordination.	Use fielding skills to play a game. Perform fielding techniques with increased control and co-ordination.	
2	<p>Use hand-eye coordination to control a ball.</p> <p>Catch a variety of objects.</p> <p>Vary types of throw.</p> <p>Kick and move with a ball.</p> <p>Develop catching and dribbling skills.</p> <p>Participate in team games</p> <p>Understand and develop tactics for attacking and defending.</p>	<p>Remember and repeat simple gymnastic actions with control.</p> <p>Balance on isolated parts of the body using the floor and hold balance.</p> <p>Develop a range of gymnastic moves.</p> <p>Say when a movement or skill is performed well.</p> <p>Have a clear beginning, middle and end.</p> <p>Have a clear focus when watching others perform.</p> <p>Use imagination to find different ways of using equipment.</p>	<p>Explore different levels and speeds of movement.</p> <p>Compose and perform simple dance phrases.</p> <p>Show contrasts in simple dances with good body shape and position.</p> <p>Develop a range of dance movements and improve timing.</p> <p>Work to music, creating movements that show rhythm and control.</p> <p>To work to music, creating movements that show rhythm and control.</p>	<p>Use their skills to play end to end games, games over a barrier and fielding games.</p> <p>Perform fielding techniques with increased control.</p>	<p>To learn skills for playing striking and fielding games.</p> <p>Position the body to strike a ball.</p> <p>Develop catching skills.</p> <p>Throw a ball for distance.</p> <p>Practise throwing skills in a circuit.</p> <p>Play a game fairly and in a sporting manner.</p> <p>Use fielding skills to play a game.</p>	<p>Run with agility and confidence.</p> <p>Learn the best jumping techniques for distance.</p> <p>Throw different objects in a variety of ways.</p> <p>Hurdle an obstacle and maintain effective running style.</p> <p>Run for distance.</p> <p>Complete an obstacle course with control</p>
3	<p>Be aware of others when playing games.</p> <p>Choose the correct skills to meet a challenge.</p> <p>Perform a range of actions, maintaining control of the ball.</p> <p>Perform a range of catching and gathering skills with control.</p> <p>Master the basic catching technique.</p> <p>Catch with increasing control and accuracy.</p> <p>Master the basic throwing technique.</p>	<p>Explore jumping techniques and link them with other gymnastic actions.</p> <p>Select and adapt gymnastics actions to meet the task.</p> <p>Work with a partner or a small group to create a sequence that develops jumping skills.</p> <p>Improve the ability to choose appropriate actions when creating a sequence of gymnastic movements.</p> <p>Practice and concentrate on quality of movement.</p>	<p>Explore dance movements and create patterns of movement.</p> <p>Work with a partner to create dance patterns.</p> <p>Perform a dance with rhythm and expression.</p> <p>Use knowledge of dance to create a story in small groups.</p> <p>Develop precision of movement.</p> <p>Work co-operatively with a group to create a dance piece.</p>	<p>Practise throwing and catching with a variety of different balls and using different types of throwing.</p> <p>Hit the ball with a racket.</p> <p>Use different shots.</p> <p>Play games using throwing and catching skills.</p> <p>Vary strength, length and direction of throw.</p> <p>Know how can they make it difficult for</p>	<p>Throw and hit a ball in different ways (e.g. high, low, fast or slow).</p> <p>Consolidate and develop a range of skills in striking and fielding.</p> <p>Practise the correct batting technique and use it in a game situation.</p> <p>Practise the correct technique for fielding and use it in a game situation.</p>	<p>Run in different directions and at different speeds, using a good technique.</p> <p>Improve throwing technique.</p> <p>Reinforce jumping techniques.</p> <p>Understand the relay and passing the baton.</p> <p>Choose and understand appropriate running</p>

	<p>Apply skills and tactics in small-sided games. Identify and follow the rules of games. Choose and use simple tactics to suit different situations. React to situations in ways that make it difficult for opponents to win. Use communication skills to help others know where they are going. Look when travelling and what happens after they have passed ball. Play games that involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games. Know which passes are best, tactics to keep possession. Find space to receive and support. Know what to think about when team has and hasn't got the ball. How to organise themselves differently to play each of the games successfully. Understand patterns of play- if ball is in a certain position where they should stand.</p>	<p>Link different balances moving in and out of positions of stillness. Transfer weight from one part of the body to another. Use the floor and apparatus. Adapt movements on apparatus.</p>	<p>Perform in front of others with confidence.</p>	<p>opponent to receive ball. Stand when receiving. Understand attack and defence tactics. Understand rules about the games.</p>	<p>Consolidate the throwing, catching and batting skills already learned. Strike the ball for distance. Know how to play a striking and fielding game competitively and fairly.</p>	<p>techniques. Compete in a mini competition, recording scores.</p>
4	<p>Football/Hockey Keep possession of a ball. Use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation. Use accurate passing</p>	<p>Identify practise body shapes. Identify and practise symmetrical and asymmetrical body shapes. Construct sequences using balancing and linking movements.</p>	<p>Identify and practise the patterns and actions of chosen dance style. Demonstrate an awareness of the music's rhythm and phrasing when improvising. Create an individual</p>	<p>Become familiar with balls and short tennis rackets. Get the ball into play. Accurately serve underarm. Build up a rally. Build a rally, focusing</p>	<p>Cricket/Rounders Develop and investigate different ways of throwing, and to know when each is appropriate. Use ABC (agility, balance, co-</p>	<p>Select and maintain a running pace for different distances. Practise throwing with power and accuracy.</p>

	<p>and dribbling in a game. Identify and apply ways to move the ball towards an opponent's goal.</p> <p>Learn concepts of attack and defence.</p> <p>Play in a mini competition</p> <p>Evaluate how successful their tactics have been, use appropriate language to describe performance and identify what they do that makes things difficult for their opponents.</p> <p>Know what they need to improve their game and what they need to practice.</p>	<p>Use counterbalances and incorporate them into a sequence of movements.</p> <p>Perform movements in canon and in unison.</p> <p>Perform and evaluate own and others' sequences.</p>	<p>dance that reflects the chosen dancing style.</p> <p>Create partnered dances that reflect the dancing style and apply the key components of dance.</p> <p>Perform dance using a range of movement patterns.</p> <p>Perform and evaluate own and others' work.</p>	<p>on accuracy of strokes.</p> <p>Play a variety of shots in a game situation and explore when different shots should be played.</p> <p>Learn to play a competitive tennis game.</p>	<p>ordination) to field a ball well.</p> <p>Use ABC (agility, balance, co-ordination) to move into good positions for catching and apply it in a game situation.</p> <p>Use hand-eye coordination to strike a moving and a stationary ball.</p> <p>Develop fielding skills and understand their importance when playing a game.</p> <p>Play in a competitive situation, and to demonstrate sporting behaviour.</p>	<p>Throw safely and with understanding.</p> <p>Demonstrate good running technique in a Competitive situation.</p> <p>Explore different footwear patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>Utilise all the skills learned in this unit in a competitive situation.</p> <p>Practise 5 basic jumps e.g hop, step, jump.</p> <p>Combine basic actions and form simple jump combinations.</p> <p>Throw into a target using slinging, pushing and pulling actions.</p>
5	<p>Basketball/Netball</p> <p>Demonstrate basic passing and receiving skills using a ball.</p> <p>Use good hand/eye co-ordination to pass and receive a ball successfully.</p> <p>Develop skills in the range of passes – chest pass, overhead pass, bounce pass and to</p>	<p>Identify and practise body shapes and balances.</p> <p>Identify and practise symmetrical and asymmetrical body shapes.</p> <p>Use and refine the following skills: flexibility, strength, balance, power and mental focus.</p>	<p>Identify and practise the patterns and actions of the chosen dance style.</p> <p>Demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>Create and perform an individual dance that</p>	<p>Identify and apply techniques for hitting a tennis ball.</p> <p>Develop the techniques for ground strokes and volleys.</p> <p>Develop a backhand technique and use it in a game.</p>	<p>Cricket</p> <p>Develop skills in batting and fielding.</p> <p>Choose fielding techniques.</p> <p>Run between the wickets.</p> <p>Run, throw and catch.</p> <p>Develop a safe and</p>	<p>Use correct technique to run at speed.</p> <p>Develop the ability to run for distance.</p> <p>Throw with accuracy and power.</p>

	<p>understand which pass to use depending on the distance the ball needs to travel.</p> <p>Understand the importance of 'getting free' in order to receive a pass.</p> <p>Understand how to make space by moving away and coming back and by dodging.</p> <p>Be able to demonstrate a range of defending skills and understand how to mark an opponent.</p> <p>Understand how to intercept a pass.</p> <p>Learn how to shoot.</p> <p>Recognise which positions are attacking and which are defending</p>	<p>Develop skills for movement, including rolling, bridging and dynamic movement.</p> <p>Use counterbalances and incorporate them into a sequence of movements.</p> <p>Perform movements in canon and in unison.</p> <p>Perform and evaluate own and others' sequences.</p>	<p>reflects the chosen dance style.</p> <p>Create partnered dances that reflect the chosen dancing style and apply the key components of dance.</p> <p>Create group dances that reflect the dance style.</p> <p>Perform a dance using a range of movement patterns.</p> <p>Perform and evaluate own and others' work.</p>	<p>Practise techniques for all strokes.</p> <p>Use the scoring system and court for singles tennis.</p> <p>Play a tennis game using an overhead serve and the correct selections of shots.</p> <p>Understand and use doubles scoring in a tennis game.</p>	<p>effective overarm throw.</p> <p>Learn batting control.</p> <p>Use all the skills learned by playing in a mini tournament.</p>	<p>Identify and apply techniques of relay running.</p> <p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>Learn how to use skills to improve the distance of a pull throw.</p> <p>Demonstrate good techniques in a competitive situation.</p> <p>Mark a run up for jumping.</p>
6	<p>Rugby</p> <p>Understand the basic rules of tag rugby.</p> <p>Work as a team, using ball-handling skills.</p> <p>Pass and carry a ball using balance and coordination.</p> <p>Use skills learned to play a game of tag rugby.</p> <p>Apply rules and skills learned to a game.</p> <p>Play in a mini tag rugby competition.</p> <p>Know what makes a good warm up</p> <p>Run warm ups with small groups</p>	<p>Identify and practise gymnastic shapes and balances.</p> <p>Identify and practise symmetrical and asymmetrical body shapes.</p> <p>Construct sequences using balancing and linking movements</p> <p>Use counterbalances and incorporate them into a sequence of movements.</p> <p>Perform movements in canon and in unison.</p> <p>Perform and evaluate own and others' sequences.</p>	<p>Identify and practise the patterns and actions in a street dance style.</p> <p>Demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>Create a dance that represents a street dance style.</p> <p>Create a dance as a group, using any street dance moves.</p> <p>Perform and analyse own and others' performance.</p>	<p>Tennis/badminton</p> <p>Demonstrate and use the correct grip of the racket and understand how to get into the ready position.</p> <p>Use good hand/eye co-ordination to be able to contact the ball/shuttle with the face of the racket.</p> <p>Understand how to serve the shuttle in order to start the game.</p> <p>Recognise the difference between the low serve and the high serve.</p> <p>Develop children's ability to perform and</p>	<p>Rounders</p> <p>Throw and catch under pressure.</p> <p>Use fielding skills to stop the ball effectively.</p> <p>Learn batting control.</p> <p>Learn the role of backstop.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team.</p> <p>Play in a tournament</p>	<p>Investigate running styles and changes of speed.</p> <p>Practise throwing with power and accuracy.</p> <p>Throw safely and with understanding.</p> <p>Demonstrate good running technique in a Competitive situation.</p> <p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when</p>

				<p>understand the 'overhead clear' shot and the impact that playing the overhead clear can have on winning points during game play. Understand that the drop shot is an attacking shot, and why. Know where the drop should be aimed for, for it to be most productive, and why. Understand how to use different shots to outwit an opponent in a game. Develop knowledge, understanding and principles within a doubles game, including tactics and strategies used.</p>	<p>and work as team, using tactics in order to beat another team.</p>	<p>jumping for distance. Utilise all the skills learned in this unit in a competitive situation.</p>
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EYFS

DEVELOPMENT MATTERS

PHYSICAL DEVELOPMENT: EARLY LEARNING GOALS (ELG)

Moving and Handling

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Health and Self Care

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.					
CHILDREN WILL BE TAUGHT TO: Move freely using suitable spaces and speed. Draw lines and circles. Hold a pen correctly. Understand their own needs hunger/ toilet/ personal hygiene. Dress with support. Know equipment needs to be used safely	CHILDREN WILL BE TAUGHT TO: Move freely in a variety of different ways. Use scissors and other tools safely. Show a dominant hand. Make anticlockwise movement. Understand the need for varied and healthy food.	CHILDREN WILL BE TAUGHT TO: Stand on one foot. Write some letters and copy their name. Experiment moving in different ways on equipment and jump landing safely. Manage own risk	CHILDREN WILL BE TAUGHT TO: Demonstrate increasing control over objects. Catch a ball Use tools to change to materials. Move confidently. Use safety measures without direct supervision.	CHILDREN WILL BE TAUGHT TO: Demonstrate good control and co-ordination in large and small movement. Understand the importance for good health of physical exercise, healthy diet and talk about different ways to keep healthy and safe.	CHILDREN WILL BE TAUGHT TO: Participate in Sports day and physical activities that are included within this using a variety of equipment, taking turns and celebrating other's successes

<h1>Year 5 and 6</h1>	<h2>Swimming</h2>	<h2>Additional Skills</h2>
	Develop basic pool safety skills and confidence in water. Develop travelling in vertical or horizontal position and introduce floats. Develop push and glides, any kick action on front and back with or without support aids. Develop entry and exit, travel further, float and submerge. Develop balance, link activities and travel further on whole stroke. Show breath control. Introduction to deeper water. Treading water.	Children learn to recognise what makes a good performance Children offer feedback and support to others Children can evaluate their own performance and look at ways to improve Children can recognise the impact sport can have on their health and wellbeing Children can feedback during team games to help support their team improve Pupils can share roles fairly during team games Evaluate tactics during team games.