



Whole School Physical Education Progression of Skills 2025-2026

KNOWLEDGE/SKILL	Year 1/2	Year 3/4	Year 5/6
FOOTBALL ATTACK AND DEFENCE	<ul style="list-style-type: none">• To practice basic movements including running, jumping, throwing and catching.▪ To experience opportunities to improve agility, balance and coordination.▪ Use and apply simple strategies for invasion games.▪ Can send a ball using feet and can receive a ball using feet.▪ Recall and link combinations of skills, e.g. dribbling and passing.	<ul style="list-style-type: none">▪ Able to show basic control skills including sending and receiving the ball.▪ To send the ball with some accuracy to maintain possession and build attacking play.▪ To implement the basic rules of football.▪ Introduce some defensive skills.	<ul style="list-style-type: none">▪ To play effectively in a variety of positions and formations on the pitch.▪ Become more skilful when performing movements at speed.▪ Choose and implement a range of strategies to attack and defend.



Grove Primary School



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DANCE	Year 1/2	Year 3/4	Year 5/6
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	<ul style="list-style-type: none">▪ Respond to a range of stimuli and types of music.▪ Explore space, direction, levels and speeds.▪ Experiment creating actions and performing movements with different body parts.▪ Work as part of a group to create and perform short movement sequences to music.	<ul style="list-style-type: none">▪ Practice different sections of a dance aiming to put together a performance.▪ Perform using facial expressions.▪ Building basic creative choreography skills in travelling, dynamics and partner work.▪ Develop a dance to perform as a group with a set starting position. <p>Developing choreography and devising skills in relation to a theme.</p>	<ul style="list-style-type: none">▪ Perform different styles of dance fluently and clearly.▪ Refine & improve dances adapting them to include the use of space rhythm & expression.▪ Talk about different styles of dance with understanding, using appropriate language & terminology.▪ Showing tension through pattern and formation.
GYMNASTICS	Year 1/2	Year 3/4	Year 5/6
	<ul style="list-style-type: none">▪ Identify and use simple gymnastics actions and shapes.▪ Begin to carry basic apparatus such as mats and benches.	<ul style="list-style-type: none">▪ Modify actions independently using different pathways, directions and shapes.▪ Develop body management over a range of floor exercises.	<ul style="list-style-type: none">▪ Create longer and more complex sequences and adapt performances.▪ Take the lead in a group when preparing a sequence.



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	<ul style="list-style-type: none"> ▪ To introduce turn, twist, spin, rock and roll and link these into movement patterns. ▪ To perform longer movement phrases and link with confidence. 	<ul style="list-style-type: none"> ▪ Attempt to bring explosive moves into floor work through jumps and leaps. ▪ To become increasingly competent and confident to perform skills more consistently. ▪ Refine taking weight on small and large body parts, for example, hand and shoulder. 	<ul style="list-style-type: none"> ▪ Perform more complex actions, shapes and balances with consistency. ▪ Demonstrate accuracy, consistency, and clarity of movement. ▪ Have worked independently and in small groups to make up own sequences. ▪ To begin to use music in sequences.
BASKETBALL - NET AND WALL GAMES	Year 1/2	Year 3/4	Year 5/6
	<ul style="list-style-type: none"> ▪ Hit the ball in a variety of ways Track, intercept, stop and catch balls and small equipment consistently. ▪ Describe some basic rules, simple tactics and the way to score. 	<ul style="list-style-type: none"> ▪ Throw and catch with control when under limited pressure to keep possession and score goals. ▪ Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding and net games. 	<ul style="list-style-type: none"> ▪ Perform skills with greater speed, fluency and accuracy in invasion, striking and net games. ▪ Understand, choose and apply a range of tactics and strategies for defence and attack.



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	<ul style="list-style-type: none">Show good awareness of space and the actions of others.	<ul style="list-style-type: none">Use simple rules fairly and extend them to devise their own games.Identify that playing extended games improves their stamina.	
ATHLETICS	Year 1/2	Year 3/4	Year 5/6
	<ul style="list-style-type: none">Pupils will begin to link running and jumping.To learn and refine a range of running which includes varying pathways and speeds.Develop throwing techniques to send objects over long distances.Develop power, agility, coordination and balance over a variety of activities.Experience and improve on jumping	<ul style="list-style-type: none">Demonstrate agility and speed.Jump for height and distance with control and balance.Throw with speed and power and apply appropriate force.Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.	<ul style="list-style-type: none">Sustain pace over short and longer distances such as running 100m and running for 2 minutes.Able to run as part of a relay team working at their maximum speed.Perform a range of jumps and throws demonstrating increasing power and accuracy.Apply strength and flexibility to a broad range of throwing, running and jumping activities.



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	for distance and height.		
CRICKET	Year 1/2	Year 3/4	Year 5/6
	<ul style="list-style-type: none">▪ Pupils will have used a variety of balls, beanbags, bats and markers.▪ Develop sending and receiving skills to benefit fielding as a team.▪ Distinguish between the roles of batters and fielders.▪ To developing hitting skills with a variety of bats.▪ Practice feeding/bowling skills	<ul style="list-style-type: none">▪ To be able to adhere to some of the basic rules of cricket.▪ To use basic skills with more consistency including striking a bowled ball.▪ To develop the range of Cricket skills they can apply in a competitive context.	<ul style="list-style-type: none">▪ Collaborate with a team to choose, use and adapt rules in games.▪ Recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance.▪ Apply with consistency standard cricket rules in a variety of different styles of games.▪ Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.
INVASION GAMES	Year 1/2	Year 3/4	Year 5/6



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	<ul style="list-style-type: none">▪ Explore different ways of using a ball.▪ Explore ways to send a ball or other equipment.▪ To begin to participate in team games.▪ Develop simple attacking and defending techniques.▪ Pass and receive a ball in different ways with increased control.	<ul style="list-style-type: none">▪ Handle a rugby ball with confidence.▪ Evade attackers using footwork and body control.▪ Use basic game principles of tag rugby and play within simpler rules.▪ Implement rules and develop tactics in competitive situations.▪ To increase speed and build endurance during gameplay.	<ul style="list-style-type: none">▪ To combine basic tag rugby skills such as catching and quickly passing in one movement.▪ To be able to select and implement appropriate skills in a game situation.▪ To increase the power of passes so the ball can be moved quickly over greater distance.▪ Choose and implement a range of strategies and tactics to attack and defend.▪ Observe, analyse and recognise good individual and team performances.
HOCKEY	Year 1/2	Year 3/4	Year 5/6



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	N/A	<ul style="list-style-type: none"> ▪ To be able to consistently perform basic hockey skills such as dribbling and push pass. ▪ To implement the basic rules of hockey. ▪ To develop tactics and apply them in competitive situations. ▪ To increase speed and endurance during gameplay. 	<ul style="list-style-type: none"> ▪ Combine basic hockey skills such as dribbling and push pass. ▪ Select and apply skills in a game situation confidently. ▪ To increase power and strength of passes, moving the ball over longer distances. ▪ To choose and implement a range of strategies and tactics to attack and defend.
TENNIS	Year 1/2	Year 3/4	Year 5/6
	N/A	<ul style="list-style-type: none"> ▪ Play games using throwing and catching skills. ▪ Vary strength, length and direction of throw. ▪ Understand where to stand when receiving. ▪ Understand attack and defence tactics. 	<ul style="list-style-type: none"> ▪ Hit the ball in the court away from opponent, howto outwit them using speed height and direction of ball. ▪ Know where to stand when attacking and defending.



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			<ul style="list-style-type: none">Understand practices to help with precision and consistency and speed
ROUNDERS	Year 1/2	Year 3/4	Year 5/6
	N/A	<ul style="list-style-type: none">To be able to play simple rounders games.To apply some rules to games.To develop and use simple rounders skills.Identify different positions in rounders and the roles of those positions.	<ul style="list-style-type: none">Collaborate with a team to choose, use and adapt rules in games.Recognize how some aspects of fitness apply to rounders, e.g. power, flexibility and cardiovascular endurance.Apply rounders rules consistently in conditioned games.Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.
KS1 OAA	Year 1/2	Year 3/4	Year 5/6



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	<ul style="list-style-type: none">▪ To begin to work with others to solve problems.▪ To begin to lead others and be led. <p>To begin to plan and refine strategies to solve problems</p>	N/A	N/A
MULTI SKILLS KS1	Year 1/2	Year 3/4	Year 5/6
	<ul style="list-style-type: none">▪ To begin to develop special awareness▪ To begin to develop movement with a ball▪ To begin to develop sending and receiving skills through throwing and catching.	N/A	N/A