# Grove Primary School

# Whole School Physical Education Progression of Skills 2026-2027

| KNOWLEDGE/SKILL | Year 1/2 | Year 3/4 | Year 5/6 |
|---|---|---|---|
| **FOOTBALL ATTACK AND DEFENCE** | • To practice basic movements including running, jumping, throwing and catching.<br>▪ To experience opportunities to improve agility, balance and coordination.<br>▪ Use and apply simple strategies for invasion games.<br>▪ Can send a ball using feet and can receivea ball using feet.<br>▪ Recall and link combinations of skills, e.g. dribbling and passing. | ▪ Able to show basic control skills including sending and receivingthe ball.<br>▪ To send the ball with some accuracy to maintain possessionand build attacking play.<br>▪ To implement the basic rules of football.<br>▪ Introduce some defensive skills. | ▪ To play effectively in a variety of positions and formations on the pitch.<br>▪ Become more skilful when performing movements at speed.<br>▪ Choose and implement a range of strategies to attack and defend. |

# Grove Primary School

# Whole School Physical Education Progression of Skills 2026-2027

| DANCE | Year 1/2 | Year 3/4 | Year 5/6 |
|---|---|---|---|

# Grove Primary School

# Whole School Physical Education Progression of Skills 2026-2027

| | | | |
|---|---|---|---|
| | ▪ Respond to a range of stimuli and types of music.<br>▪ Explore space, direction, levels and speeds.<br>▪ Experiment creating actions and performing movements with different body parts.<br>▪ Work as part of a group to create and perform short movement sequencesto music. | ▪ Practice different sections of a dance aiming to put together a performance.<br>▪ Perform using facial expressions.<br>▪ Building basic creative choreography skills in travelling, dynamics and partner work.<br>▪ Develop a dance to perform asa group with a set starting position.<br>Developing choreography and devising skills in relation to a theme. | ▪ Perform different styles of dance fluently and clearly.<br>▪ Refine & improve dances adapting them to include the use of space rhythm & expression.<br>▪ Talk about different styles of dance with understanding, using appropriate language& terminology.<br>▪ Showing tension through pattern and formation. |
| **GYMNASTICS** | **Year 1/2** | **Year 3/4** | **Year 5/6** |
| | ▪ Identify and use simple gymnastics actions and shapes.<br>▪ Begin to carry basic apparatus such as mats and benches. | ▪ Modify actions independently using different pathways, directions and shapes.<br>▪ Develop body management over a range of floor exercises. | ▪ Create longer and more complex sequences and adapt performances.<br>▪ Take the lead in a group when preparing a sequence. |

# Grove Primary School

# Whole School Physical Education Progression of Skills 2026-2027

| | | | |
|---|---|---|---|
| | ▪ To introduce turn, twist, spin, rock and roll and link these into movement patterns.<br>▪ To perform longer movement phrases and link with confidence. | ▪ Attempt to bring explosive moves into floor work through jumps and leaps.<br>▪ To become increasingly competent and confident to perform skills more consistently.<br>▪ Refine taking weight on small and large body parts, for example, hand and shoulder. | ▪ Perform more complex actions, shapes and balances with consistency.<br>▪ Demonstrate accuracy, consistency, and clarity of movement.<br>▪ Have worked independently and in smallgroups to make up own sequences.<br>▪ To begin to use music in sequences. |
| **BASKETBALL - NET AND WALL GAMES** | **Year 1/2** | **Year 3/4** | **Year 5/6** |
| | ▪ Hit the ball in a varietyof ways Track, intercept, stop and catch balls and smallequipment consistently.<br>▪ Describe some basic rules, simple tactics and the way to score. | ▪ Throw and catch with control when under limited pressure to keep possession and score goals.<br>▪ Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding and net games. | ▪ Perform skills with greater speed, fluency and accuracy in invasion, strikingand net games.<br>▪ Understand, choose and apply a range of tactics and strategies for defenceand attack. |

# Grove Primary School

# Whole School Physical Education Progression of Skills 2026-2027

| | | | |
|---|---|---|---|
| | ▪ Show good awareness of space and the actions of others. | ▪ Use simple rules fairly and extend them to devise their own games.<br>▪ Identify that playing extended games improves their stamina. | |
| **ATHLETICS** | **Year 1/2** | **Year 3/4** | **Year 5/6** |
| | ▪ Pupils will begin to link running and jumping.<br>▪ To learn and refine a range of running which includes varying pathways andspeeds.<br>▪ Develop throwing techniques to send objects over long distances.<br>▪ Develop power, agility, coordination and balance over a variety of activities.<br>▪ Experience and improve on jumping | ▪ Demonstrate agility and speed.<br>▪ Jump for height and distance with control and balance.<br>▪ Throw with speed and power and apply appropriate force.<br>▪ Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws. | ▪ Sustain pace over short and longer distances such as running 100m and running for 2 minutes.<br>▪ Able to run as part of a relay team working at their maximum speed.<br>▪ Perform a range of jumps and throws demonstrating increasing power and accuracy.<br>▪ Apply strength and flexibility to a broad range of throwing, running and jumping activities. |

# Grove Primary School

# Whole School Physical Education Progression of Skills 2026-2027

| | | | |
|---|---|---|---|
| | for distance and height. | | |
| **CRICKET** | **Year 1/2** | **Year 3/4** | **Year 5/6** |
| | ▪ Pupils will have used a variety of balls, beanbags, bats and markers.<br>▪ Develop sending and receiving skills to benefit fielding as a team.<br>▪ Distinguish between the roles of batters and fielders.<br>▪ To developing hitting skills with a variety of bats.<br>▪ Practice feeding/bowling skills | ▪ To be able to adhere to some of the basic rules of cricket.<br>▪ To use basic skills with more consistency including striking a bowled ball.<br>▪ To develop the range of Cricket skills they can apply in a competitive context. | ▪ Collaborate with a team to choose, use and adapt rules in games.<br>▪ Recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance.<br>▪ Apply with consistency standard cricket rules in a variety of different styles of games.<br>▪ 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** |

# Grove Primary School

# Whole School Physical Education Progression of Skills 2026-2027

| | | | |
|---|---|---|---|
| | ▪ Explore different ways of using a ball.<br>▪ Explore ways to send a ball or other equipment.<br>▪ To begin to participate in team games.<br>▪ Develop simple attacking and defending techniques.<br>▪ Pass and receive a ball in different ways with increased control. | ▪ Handle a rugby ball with confidence.<br>▪ Evade attackers using footwork and body control.<br>▪ Use basic game principles of tag rugby and play within simpler rules.<br>▪ Implement rules and develop tactics in competitive situations.<br>▪ To increase speed and build endurance during gameplay. | ▪ To combine basic tag rugby skills such as catching and quickly passing in one movement.<br>▪ To be able to select and implement appropriate skills in a game situation.<br>▪ To increase the power of passes so the ball can be moved quickly over greater distance.<br>▪ Choose and implement a range of strategies and tactics to attack and defend.<br>▪ Observe, analyse and recognise good individual and team performances. |
| **HOCKEY** | **Year 1/2** | **Year 3/4** | **Year 5/6** |

# Grove Primary School

# Whole School Physical Education Progression of Skills 2026-2027

| | | | |
|---|---|---|---|
| | N/A | ▪ To be able to consistently perform basic hockey skills such as dribbling and push pass.<br>▪ To implement the basic rules of hockey.<br>▪ To develop tactics and apply them in competitive situations.<br>▪ To increase speed and endurance during gameplay. | ▪ Combine basic hockey skills such as dribbling and push pass.<br>▪ Select and apply skills in a game situation confidently.<br>▪ To increase power and strength of passes, moving the ball over longer distances.<br>▪ 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 | ▪ Play games using throwing and catching skills.<br>▪ Vary strength, length and direction of throw.<br>▪ Understand where to stand when receiving.<br>▪ Understand attack and defence tactics. | ▪ Hit the ball in the court away from opponent, howto outwit them using speed height and direction of ball.<br>▪ Know where to stand when attacking and defending. |

# Grove Primary School

# Whole School Physical Education Progression of Skills 2026-2027

| | | | |
|---|---|---|---|
| | | | ▪ Understand practices to help with precision and consistency and speed |
| **ROUNDERS** | **Year 1/2** | **Year 3/4** | **Year 5/6** |
| | N/A | ▪ To be able to play simple rounders games.<br>▪ To apply some rules to games.<br>▪ To develop and use simple rounders skills.<br>▪ Identify different positions in rounders and the roles of those positions. | ▪ Collaborate with a team to choose, use and adapt rules in games.<br>▪ Recognize how some aspects of fitness apply to rounders, e.g. power, flexibility and cardiovascularendurance.<br>▪ Apply rounders rules consistently in conditioned games.<br>▪ 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** |

# Grove Primary School

# Whole School Physical Education Progression of Skills 2026-2027

| | | | |
|---|---|---|---|
| | ▪ To begin to work with others to solve problems.<br>▪ To begin to lead others and be led.<br><br>To begin to plan and refine strategies to solve problems | N/A | N/A |
| **MULTI SKILLS KS1** | **Year 1/2** | **Year 3/4** | **Year 5/6** |
| | ▪ To begin to develop special awareness<br>▪ To begin to develop movement with a ball<br>▪ To begin to develop sending and receiving skills through throwing and catching. | N/A | N/A |