



Whiston Willis Primary Academy

Curriculum Progression

Subject: PE

	Fundamental Skills	Dance	Gymnastics	
EYFS	<ul style="list-style-type: none"> - Pupils should be introduced to the seven fundamental movement skills of Running, Jumping, Coordination, Throwing, Catching, Kicking, Striking. 	<ul style="list-style-type: none"> - Move freely and with pleasure and confidence in a range of ways. - Experiment with different ways of moving. - Complete simple sequences to different stimulus. 	<ul style="list-style-type: none"> - Move freely and with pleasure and confidence in a range of ways including, rolling, floor shapes, ways of travel. - Experiments with different ways of moving. - To jump off an object and land appropriately. - Stand on one foot to hold a balance. 	-
	<ul style="list-style-type: none"> • Progress towards a more fluent style of moving with developing control and grace. • Develop overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines such as dance, gymnastics and swimming. • Combine different movements with ease and fluency. • Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming. • Develop confidence, competence, precision, and accuracy when engaging with activities that involve a ball. • Engage in dance, performing solo or in groups. 			

Year 1 and 2	Fundamental Skills	Dance	Gymnastics	
	<ul style="list-style-type: none"> - Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. - They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations - Pupils should be taught to master basic movements. - Be taught to participate in team games, developing simple tactics for attacking and defending. - To recognise what others do well, resulting in ideas of how to improve themselves. 	<ul style="list-style-type: none"> - Pupils should be taught to perform dances using simple movement patterns. - To link moves together. - To remember and repeat dance phrases. - To choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling. 	<ul style="list-style-type: none"> - To balance on isolated parts of the body using the floor and hold balance. - To link together a number of gymnastic actions into a sequence. - To choose and use a variety of gymnastic actions to make a sequence. 	

Year 3 and 4

Fundamental Skills	Dance	Gymnastics	Swimming
<ul style="list-style-type: none"> - Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. - They should enjoy communicating, collaborating, and competing with each other. - To modify their own skills and communicate how they can improve through observation and discussion. 	<ul style="list-style-type: none"> - To begin to warm up and cool down independently with support from partner/group members. - To perform dances using rhythm and expression. - To work co-operatively with a group to create a dance piece. - To perform in front of others with confidence. 	<ul style="list-style-type: none"> - Work with a partner to create a sequence. - To plan, perform and repeat longer sequences that include changes of speed and level, clear shapes and quality of movement. - Explore balancing with a partner: facing, besides, behind and on different levels - Move in and out of balance fluently. 	<ul style="list-style-type: none"> - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations.

Year 5 and 6

Fundamental Skills	Dance	Gymnastics	
<ul style="list-style-type: none"> - Pupils should use running, jumping, throwing and catching in isolation and in combination. - To compare their skill with previous ones and to demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> - To warm up and cool down independently. - To perform dances fluently and with control. - To work creatively and imaginatively on their own, with a partner and in a group to compose motifs and structure simple dances. - To demonstrate an awareness of the music's rhythm and phrasing when improvising. - To talk about dance using appropriate language and terminology. - To perform and evaluate own and others' work. 	<ul style="list-style-type: none"> - To create longer, more complex sequences, including changes of direction, level and speed. - Perform balances with control, showing good body tension. - Mirror and match partner's balance i.e. making same shape on a different level or in a different place. - To lead small groups in warm-up activities. 	<ul style="list-style-type: none"> -

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