



Physical Education Skills Progression – Danesfield School

Year 1

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Lesson Examples:

In partners practise ball skills including rolling, kicking, throwing and catching. Use a variety of different sized balls. Develop skills by increasing pace/distance/ using one hand/two hands/ one foot/both feet.

In house teams children compete in relay races whilst dribbling with feet, balancing ball on racket, dribbling by bouncing.

Complete in sports day obstacle races including running between cones, small hurdles, skipping, moving through hoops.

Ball skill circuits- throwing in partners- catching with one hand/two hands, throwing a bean bag through hoops of different distances whilst receiving points, aim ball into basketball hoops, catching/ rolling/kicking with child in middle of circle.

Agility and attacking/defending warm up games including: traffic lights, speed control, Foxes and Rabbits (take tags from opposing team), stuck in the mud.

Team bean bag games- How many bean bags can you collect for your team from the middle. Can you defend your teams beanbags? Can you create strategies to get the most beanbags e.g. directing team mates to different areas of playground/ taking from other teams.

Developing aiming skills by rolling a hoop/throwing a ball towards equipment in the centre. If the hoop/ball touches a piece of equipment take that piece for the team.

Gymnastics- Performing straight, tuck and star jumps by jumping off different equipment.

Develop balancing skills by performing gymnastic balances using one or two points. (Using gym equipment and wall bars).

Perform a variety of rolls including log roll, rock n roll and teddy bear roll,

Copy a sequence of dance movements created by Becky Patterson (supporting dancer for Little Mix).

Follow Just dance kids dance sequences.

Use dance movements to rainforest music performing different animal travel movements.

Retell the story of The Gruffalo through dance.

First Funs lessons developing co-ordination and balance.

Run to Lapland and Santa Fun Run

Great Marlow Football coaches running football sessions

Chance to Shine cricket running cricket sessions

Wycombe Wanderers Football coaches running football sessions.

Evidence:

(Twitter links)

[Danesfield Year 1 on Twitter: "Year 1 have LOVED their football skills session with @GMS_PEdoing lots of fun activities based on the story Aladdin @DanesfieldSch](#)

<https://t.co/rBgzGjdTfd> / Twitter

Danesfield Year 1 on Twitter: "Look at our controlled gymnastics jumps. Today we performed straight, tuck and star jumps. Well done everyone. 🙌 @DanesfieldSchl

<https://t.co/wKrRM9wDJW> / Twitter

Danesfield Year 1 on Twitter: "A bit of fun in Year 1 as we practised our bat and ball skills! 🙌 @DanesfieldSchl 🙌 <https://t.co/iKYj78a6y9>" / Twitter

Danesfield Year 1 on Twitter: "We loved the superhero team challenge... who got the winning time!? 🙌 🙌 🙌 🙌 🙌 #RedNoseDay #ShareASmile <https://t.co/i1li7PmMOC>" / Twitter

Danesfield Year 1 on Twitter: "We loved 'crossing the swamp' as our team building exercise. @DanesfieldSchl <https://t.co/7ERZPOLAkD>" / Twitter

Danesfield School on Twitter: "It's Friday! It's half term! Let's celebrate by...DANCING! The whole school came together for a boogie this morning. 🙌 @MicrosoftTeams

@EdtechDemo @olymurs <https://t.co/lyNiuLy7N8>" / Twitter

Danesfield Year 1 on Twitter: "What an exciting day we have had! We wore our Christmas jumpers, ran with Santa this morning and had our special Christmas lunch. 🙌 🙌

<https://t.co/8EXD9WQWyz>" / Twitter

Danesfield Year 1 on Twitter: "Our favourite morning superhero movement break 🙌 🙌 🙌 @DanesfieldSchl <https://t.co/SM6HZnZ82R>" / Twitter

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Year 2

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Lesson examples:

- Throwing and catching with a variety of equipment and different sized balls; can we catch with two hands, one hand or any other part of our body, how many times can we throw and catch a ball with a partner, how far away from each other can we stand to throw and catch accurately.
- Making up our own games with rules and teaching them to other children. Playing this as a competitive game.
- Learning the skills of tennis to engage in a rally over a net.
- Learning to strike with a Kwik cricket bat and to bowl and field to engage in small sided games.
- Learning to dribble with and kick a ball to develop football skills. Learning to aim at a target and use this in small sided games to develop attacking and defending skills.
- Sprinting for individual races and relay races for Sports Day.
- Improving balance, agility and co-ordination with 'First Funs' stories.
- Learning to perform a sequence of gymnastic movements to create a routine which is practised to improve aesthetics.
- Performing dances of different eras linked to History topic.
- Performing an 'African' adventure dance linked to Geography topic.

Evidence: (Twitter links)

<https://twitter.com/DanesfieldY2/status/1368976690102349826?s=20>

<https://twitter.com/DanesfieldY2/status/1370655488073990145?s=20>

<https://twitter.com/DanesfieldY2/status/1372303006109163523?s=20>

<https://twitter.com/DanesfieldY2/status/1388128294076358656?s=20>

<https://twitter.com/DanesfieldY2/status/1390732201319411717?s=20>

<https://twitter.com/DanesfieldY2/status/1395061836878385156?s=20>

Year 3

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders, and tennis], and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Lesson examples:

- Euro football tournament
- Football skills leading up to matches
- Wycombe Wanderers FC visit
- Cross Country running, improving on their time weekly
- Run to Lapland
- Cricket visit from 'Chance to Shine'
- Volcano dance set to music
- Personal best challenge for sports week
- Sports day preparation – obstacles, relay and skipping

Evidence: (Twitter links)

Learning to clap while the ball is in the air <https://twitter.com/DanesfieldY3/status/1371483176250527745>

Creating a dance to represent a volcano eruption <https://twitter.com/DanesfieldY3/status/1332821443822972941>

Keeping active in the classroom <https://twitter.com/DanesfieldY3/status/1388205162011955202>

<https://twitter.com/DanesfieldY3/status/1377228480287494150>

Danesfield School on Twitter: "It's Friday! It's half term! Let's celebrate by...DANCING! The whole school came together for a boogie this morning. 🕺 @MicrosoftTeams @EdtechDemo @ollymurs <https://t.co/lyNiuLy7N8>" / Twitter

Year 4

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders, and tennis], and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and Water Safety

- 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.

Lesson examples:

- Learning a dance with the stimulus of 'James Bond'
- Allowing children time to choreograph their own 'James Bond' themed dance
- Daily mile running to increase stamina
- 'Run to Lapland' challenge
- Catching games for different sports (rounders, netball, cricket)
- Develop passing skills during football games with Wycombe Wanderers
- Learning different passing techniques in netball
- Four aside football and netball games to develop attacking and defending skills
- Developing strength and control through circuit training activities
- Developing throwing techniques and accuracy through games of bench ball
- Children designing own 'Joe Wicks' style workouts
- Developing ability to perform dance routines taught by dance teacher
- Pentathlon competition linking to Greek topic learning about the Olympics

Evidence: (Twitter links)

<https://twitter.com/DanesfieldY4/status/1333512298124763136?s=20>

<https://twitter.com/DanesfieldY4/status/1332322145897164804?s=20>

<https://twitter.com/DanesfieldY4/status/1331961398897889281?s=20>

<https://twitter.com/DanesfieldY4/status/1328707205122691072?s=20>

<https://twitter.com/DanesfieldY4/status/1325887574687293442?s=20>

<https://twitter.com/DanesfieldY4/status/1315650438260285441?s=20>

<https://twitter.com/DanesfieldY4/status/1314538516458676224?s=20>

<https://twitter.com/DanesfieldY4/status/1371769395207401474?s=20>

<https://twitter.com/DanesfieldY4/status/1374712805820088325?s=20>

<https://twitter.com/DanesfieldY4/status/1404539736463745025?s=20>

Year 5

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders, and tennis], and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Lesson Examples:

- Develop passing skills during football games with Wycombe Wanderers
- Develop strength and control through circuit training activities.
- Develop strategic teamwork through games of bench ball
- Develop skills in throwing and catching in isolation and combination through a visit from a cricket coach
- Perform 'groovy' dances from the 1960s

- Play competitive games of netball applying principles of attack and defence
- Learn sprinting techniques and work towards improving personal bests.

Evidence:

(Twitter links)

<https://twitter.com/danesfieldy5/status/1370419871939502087?s=21>

<https://twitter.com/danesfieldy5/status/1335978419914420225?s=21>

<https://twitter.com/danesfieldy5/status/1325824652728545288?s=21>

<https://twitter.com/danesfieldy5/status/1323278488896446466?s=21>

<https://twitter.com/danesfieldy5/status/1312031437177135104?s=21>

Year 6

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders, and tennis], and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Lesson Examples:

Children learnt cricket skills taught by teachers and an outside agency.

Children learnt the hockey skills of passing, blocking, defending and attacking by an outside agency.

Children learnt the basic rules of rugby and played tag rugby games.

Children completed gymnastics lessons where they created and performed a routine. They then listened to feedback and changed their routine.

Children went on a residential trip where they learnt a range of team building skills and completed many adventurous challenges.

Children completed 7 weeks of dance classes with a trained dance teacher, learning different parts of a routine to perform at the end.

Football sessions with Wycombe Wanderers.

Evidence:

<https://twitter.com/danesfieldy6/status/1407383689693179905?s=21> Hockey tournament

<https://twitter.com/danesfieldy6/status/1405840796817952772?s=21> Residential team challenge

<https://twitter.com/danesfieldy6/status/1405123966373556226?s=21> Residential adventure

<https://twitter.com/danesfieldy6/status/1385355674272534530?s=21> Hockey lesson

<https://twitter.com/danesfieldy6/status/1371853381732564996?s=21> Cricket
<https://twitter.com/danesfieldy6/status/1369710138123296773?s=21> Football sessions with outside agency
<https://twitter.com/danesfieldy6/status/1331704076539731969?s=21> Football with Wycombe Wanderers
<https://twitter.com/danesfieldy6/status/1329491284873125890?s=21> Gymnastics
<https://twitter.com/danesfieldy6/status/1329490204718194695?s=21> Gymnastics
<https://twitter.com/danesfieldy6/status/1317092804649254912?s=21> Rugby
<https://twitter.com/danesfieldy6/status/1313939210571780097?s=21> Cross country
<https://twitter.com/danesfieldy6/status/1311042802311192578?s=21> Dance