

Curriculum Area Progression Summary

Area of Learning: PD – Physical knowledge and skills



Stage	Summary of key skills and knowledge to be acquired
1	<ul style="list-style-type: none"> • Is able to close their hand firmly around an object placed in the palm. • Demonstrate awareness of passive touch by body language/facial expression. • Makes movements with arms and legs which gradually become more controlled. • Reach out for, touch and begin to hold objects.
2	<ul style="list-style-type: none"> • Sit unsupported on the floor. • Crawl, bottom shuffles or rolls continuously to move around • Standing independently • Take the first few steps independently. • Standing on one foot (holding on for balance)
3	<ul style="list-style-type: none"> • Walk upstairs holding a hand • Comes downstairs backwards on knees (crawling). • Walking safely holding an object • Picking up objects from the floor without falling over • Attempts new and unfamiliar tasks with support or prompting
4	<ul style="list-style-type: none"> • Run safely on the whole foot (with control). • Responds to both verbal directions to show understanding of the language used in movement and physical activities. • Climb confidently and begin to pull themselves up on low level play climbing equipment. • Kick a stationary ball from a stationary position. • Balance in high kneeling to play for up to 2-5 minutes • Demonstrate static and dynamic balances at different levels, reflecting different body shapes e.g. wide, narrow, twisted, curled
5	<ul style="list-style-type: none"> • Move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, and sliding. • Catch a large ball (with or without a bounce) with some success • Grip a bat or racket for 1 minute or more • Throws a small object (e.g. ball or beanbag) to a wall, target or partner with some accuracy (3m to 5m distance) • Jump and hop • Walk up stairs alternating feet (with handrail) • Walks downstairs (with handrail) 2 feet on the same step • Walk on tiptoes • Pedal a tricycle
6	<ul style="list-style-type: none"> • Jump off an object and land appropriately. • Runs around obstacles maintaining balance • Show increasing control over an object in pushing, patting, throwing, catching or kicking it. • Grip a bat/racket in the correct way (relevant to the activity) and swing it effectively • Walk along a line • Climb a static ladder • Walk down stairs with alternating feet (hand rail) • Scoot/balance on a scooter whilst moving

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7	<ul style="list-style-type: none"> • Handle a range of balls with control & confidence. • Negotiate space successfully when playing racing and chasing games with other pupils, adjusting speed or changing direction to avoid obstacles • Supports body weight on different body parts to perform static balances using different bases and different shapes with control e.g. Tuck sit, v sit, plank, front support, rear support or with a partner • Move individual body parts with coordination and control in line with expectations of a task (i.e move arms/hands towards a ball move leg/foot to kick) occasionally achieving the intended outcome • Independently swing a bat/racket hitting from a tee with some success (limited power and accuracy) • Copy, repeat and explore simple skills and actions with basic control and coordination
8	<ul style="list-style-type: none"> • Move in a range of ways and in a range of directions with confidence and control • Begin to perform some basic rolls – pencil, teddy bear & forward roll. • Move a ball from one point to another under control with success • Accurately copy jumping ‘shapes’ including, star, tuck, pike & straddle. • Kicking a stationary ball with varied accuracy and power • Pedal a bicycle with some control • Take body weight on hands and head (attempt a headstand/handstand) • Identify that effects such as heart racing, breathing quickly, feeling hot are a normal part of being active
9	<ul style="list-style-type: none"> • Combine travelling, leaping and turning actions with some control • Throw and catch a range of balls with <i>some</i> success. • Consistently perform jumping ‘shapes’ including, star, tuck, pike & straddle with confidence • Safely & accurately perform a forward roll • Sustain vigorous activity for 5 minutes or more • Pivots and changes direction in a continuous manner (run, skip, gallop) • Move individual body parts with control & fluency
10	<ul style="list-style-type: none"> • Perform and link a short sequence of actions with some control and coordination. • Begin to dribble a ball with some control and coordination. • Participate effectively in a small sided game – 1v1 or 2v2 • Identify how to maintain possession (turn, pass, movement) • Demonstrate running, turning, spinning and circling in different directions with control and fluency. • Kick a football with reasonable accuracy over a short distance with power and consistency. • Jump performing half and full twists with control • Perform and link a <i>short sequence</i> of actions with <i>some control and coordination</i>.
11	<ul style="list-style-type: none"> • Participate in a game with some influence over the outcome • Demonstrate some quality in their performance or skill • Demonstrate strong problem-solving skills • Estimate time and distance • Make up and play a game

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	<ul style="list-style-type: none"> • Ride a bike with confidence (2 wheeled) • Hop on one foot (sustained) with good push off and balance • Using a skipping rope correctly • Perform a sequence of basic moves demonstrating fluency and control
12	<ul style="list-style-type: none"> • Use the depth and width of playing area to create space with some success • Pass to a teammate in open space • Adopt a role that plays to their strengths e.g. a winger who runs fast, first in relay, • Defends space by preventing a opponent’s movement with some success • Copy, repeat and explore more advanced skills and actions with basic control and coordination • Perform and link a short sequence of actions with basic control and coordination.
13	<ul style="list-style-type: none"> • Successfully combine a hop, step and jump in a sequence • Be able to jump for distance using a combination of speed, arm and leg power • Understand how to adjust force and speed of an object and applies this to improve accuracy and control • Transitions smoothly from one skill to another e.g transitions from receiving an object (catch) to propelling an object (throw) • Combines sequences that use rolling actions, tumbling, weight transfer and balance actions • Kick along the ground and in the air accurately to a partner or target with control and precision (isolated skill) • Continues to participate in physical activity after being unsuccessful in initial attempts
14	<ul style="list-style-type: none"> • Kick a ball with accuracy, power and consistency over a variety of distances. • Catch a ball travelling at varied heights • Perform a sequence of moves demonstrating fluency and control • Riding a bike with awareness, vision, balance & control (not on the road) • Play competitive games with 7 or more teammates showing influence over the game. • Recognises, respects and actively involves others in physical activities and group activities regardless of ability levels • Recognises how changes in rules and tactics influence an outcome • Consistently copy, repeat and explore more advanced skills and actions with control and coordination • Compose a short dance of an appropriate genre which demonstrates a use of levels, pathways and interpretation of the music.