



All Souls' CE P PE Progression of Skills

Revised March 2020



All Souls' CEP Physical Education Long Term Plan

- Pupil's at All Souls' are exposed to a vast variety of Physical Education skills and School Sports activities with opportunities to progress and extend their fundamental competences as they progress through the year groups.
- All pupils are encouraged and supported to meet the Governments' current recommendation of 60 minutes physical activity each day, with at least 30 minutes of that taking place during the school day. This may be through the provision of Physical Education lessons, structured morning and lunchtime plays and after school clubs.
- All pupils are provided with the opportunity to participate in intra school competitions allowing them to achieve and better personal bests, some pupils will follow this by partaking in inter school and county competitions.
- Pupils are provided ample opportunities to develop and improve skills required for swimming, enabling a high proportion of pupils in Year 6 able to leave Primary School with the ability to confidently and independently swim 30 metres.
- To allow for active staff CPD and all pupils to have the opportunity to experience a range of sports, All Souls' are supported in their delivery of Physical Education by The Shepway Sports Trust. This will include specifically trained coaches regularly working alongside class teachers and Physical Education Leads recurrently liaising with the Shepway School Games Officer.
- Current Government guidelines allow for a Sports Premium budget which is closely monitored in adherence to 5 key indicators and published in the public domain on the school website www.allsouls.kent.sch.uk

Year Group 1	Autumn 1 Infant Agility	Autumn 2 Gymnastics	Spring 1 Dance	Spring 2 Tag Rugby	Summer 1 Kwik Cricket	Summer 2 Athletics
<p>By the end of each term pupils will have been taught the skills needed to undertake the following:</p>	<ul style="list-style-type: none"> ● To learn the correct running technique for short distance running. ● To learn the correct technique to perform the chest push pass. ● To learn and understand different ways to balance. ● To learn how to jump and land correctly. ● To develop hand-eye coordination. 	<ul style="list-style-type: none"> ● To learn how to create a variety of different shapes using parts of the body. ● To begin to put shapes together and be able to perform a small sequence. ● To learn how to move around an area when bodies are at high and low levels. ● To explore different ways of using hand and feet to travel around an area. ● To learn how to perform a variety of different balances. ● To use apparatus safely and to create a small routine with all skills learnt in previous weeks. 	<ul style="list-style-type: none"> ● To have an introduction to learning basic actions and pupils learn how to copy simple movement patterns. ● To learn how to respond to a variety of stimuli e.g. words, pictures, sounds, videos and objects. They explore different ways to use movement to reflect the stimulus. ● To learn different directions used in dances. ● To attempt to use these directions in the basic movement patterns they have created. ● To learn how to express moods and feelings in dance to tell a story or convey an idea. ● To learn how to create a clear middle and end to their routines by using stillness. ● To work in pairs to communicate ideas. ● Competition week—to learn basic performance skills and use these in their final dance. 	<ul style="list-style-type: none"> ● To learn how to dodge and weave an object using speed and direction. ● To learn how to become familiar with a rugby ball. How to hold it and how to catch it with two hands. ● To learn how to use the correct technique to throw the rugby ball in a straight line. Focus on aiming at a target. ● To learn how to mark/shadow another person and why we do this. ● To have an introduction into tagging. ● To learn how to pass and move towards a goal area. Combining passing and running skills. ● To learn how to score in rugby by placing the ball down in target areas. Learn how to work as a team communicating ideas and rules. 	<ul style="list-style-type: none"> ● To learn fundamental ball/beanbag skills focussing on throwing. ● To learn basic underarm bowling/throwing with tactics and aspects of fielding. ● To learn basic catching and fielding skills. ● To field a ball and return it to the wicket. ● To learn the basic concept of playing a Kwik cricket game. ● To develop the basic concept of playing a Kwik cricket game. 	<ul style="list-style-type: none"> ● To experience running for different distances. ● To experience many ways of performing different jumps for different situations. ● To develop skills of throwing and catching a ball, attempting to hold a rally. ● To learn different ways of passing and throwing objects. ● To demonstrate all the skills learnt this term. ● To participate in at least one event during whole school Sports Day.

Year Group 2	Autumn 1 Infant Agility	Autumn 2 Dance	Spring 1 Gymnastics	Spring 2 Team Games Tag Rugby	Summer 1 Team Games Kwik Cricket	Summer 2 Athletics
<p>By the end of each term pupils will have been taught the skills needed to undertake the following:</p>	<ul style="list-style-type: none"> ● To learn the correct running technique for short distance running. ● To learn the correct technique to perform the chest push pass. ● To learn and understand different ways to balance. ● To learn how to jump and land correctly. ● To develop hand-eye coordination. 	<ul style="list-style-type: none"> ● To learn how to improvise and copy basic movement patterns in partners. ● To respond to a variety of stimuli e.g. words, poetry, pictures, sounds, videos and objects. They explore different ways to use movement to reflect the stimulus. ● To practice dance routines in unison. ● To learn different stage directions used in dances. ● To express moods and feelings in dance to tell a story or convey an idea. Creating scenarios to expand the storyline and expression in their dance. ● To create a clear middle and end to their routines by using stillness. Focusing on working in pairs to communicate ideas. ● Competition week— Pupils learn basic performance skills and use these in their final dance. 	<ul style="list-style-type: none"> ● To learn how to use their hands and feet to travel around an area. ● To learn how to create a variety of different shapes with their body. ● To learn how to jump effectively and safely and apply this to a routine. ● To learn how to perform a variety of different balances. ● To learn how to use small apparatus safely within a routine. ● To learn how to develop a gymnastics sequences, using shapes, balancing, jumping and travel. 	<ul style="list-style-type: none"> ● To learn how to dodge and weave an object using speed and direction. Learning the basics of agility in Tag Rugby. ● To learn how to become familiar with a rugby ball. How to hold it and catch it with two hands. ● To learn how to use the correct technique to throw the rugby ball in a straight line. Focus on aiming at a target. ● To learn how to mark/ shadow another person and why we do this. Introduction into tagging. ● To learn how to pass and move towards a goal area. Combining passing and running skills. ● To learn how to score in rugby by placing the ball down in target areas. To work as a team communicating ideas and rules. 	<ul style="list-style-type: none"> ● To learn and understand basic fielding skills using the one handed under-arm throwing technique. ● To learn the basic under-arm bowling action and to introduce the role of the wicket keeper. ● To learn basic fielding skills catching a low ball. ● To learn fundamental fielding skills, running a batter/runner out by returning the ball to the Wicket Keeper. ● To learn the basic concepts of playing a Kwik Cricket game. ● To develop the basic concepts of playing a Kwik Cricket game. 	<ul style="list-style-type: none"> ● To experience running for different distances. ● To show many ways of performing different jumps for different situations. ● To develop skills of throwing and catching a ball, attempting to hold a rally. ● To learn different ways of passing and throwing objects. ● To demonstrate all the skills learnt this term. ● To participate in at least one event during whole school Sports Day.

Year Group 3	Autumn 1 Multi Skills	Autumn 2 Dance	Spring 1 Gymnastics	Spring 2 Team Games Handball	Summer 1 Team Games Kwik Cricket	Summer 2 Athletics
<p>By the end of each term pupils will have been taught the skills needed to undertake the following:</p>	<ul style="list-style-type: none"> ● To become familiar with different movement patterns and techniques. ● To understand how to land in an effective balanced position. ● To learn to react to a stimuli. ● To understand what is meant by the term agility,. ● To learn the dribbling technique in a number of different spotting situations. ● To demonstrate the skills learn in a number of game situations. 	<ul style="list-style-type: none"> ● To have a re cap of basic movements and learn how to create and develop basic movement patterns in small groups. ● To learn how to respond to a variety of stimuli e.g. words, poetry, pictures, sounds, videos and objects. They explores different ways to use movement to reflect the stimulus and they link movements together in a small group. ● To learn different stage directions used in dance. They attempt to use these directions in the dance that has been created up to now. ● To learn how to use formations in dance to make it more creative and nice to watch. T learn to make formation flow in a smooth and controlled way. ● To learn how to create a clear middle and end to their routines by using stillness and symmetrical shapes. To work in groups to communicate ideas. ● Competition week—pupils to recap their performance skills and use these in their final dance. 	<ul style="list-style-type: none"> ● To learn a variety of different ways to travel across a small area using different levels and body parts. ● To explore and link different shapes to create a small sequence. ● To learn how to jump effectively and safely and apply this in a sequence. ● To learn point and patch balances and how to link them together within their sequences. ● To learn the fundamental skills of rolling and link them together in a controlled way. ● To perform a full routine that involves shapes, travelling, balances, jumping, rolling and small apparatus. 	<ul style="list-style-type: none"> ● To lean ball familiarisation and movement. ● To lean how to throw overarm with a handball. ● To learn how to get into the correct position to catch a handball. ● To introduce movement focusing on throwing and catching. ● To introduce the skills required for shooting and goal keeping. ● To learn how to travel before shooting or passing. 	<ul style="list-style-type: none"> ● To learn fundamental skills of fielding and throwing. Introduction of the over arm throw. ● To further develop throwing and catching and include fielding tactics. ● To learn fundamental skills of batting with a Kwik cricket bat. ● To develop batting and fielding skills in Kwik cricket. ● To play a Kwik cricket game effectively. ● To use tactics and team work in a Kwik cricket game. 	<ul style="list-style-type: none"> ● To learn the correct technique used for short distance running. ● To understand how to perform a long jump correctly. ● To lean how to perform a seated overhead throw. ● To understand the importance of pacing in long distance running. ● To understand and perform the correct technique required to throw a foam javelin. ● To demonstrate all the skills learnt this term.

Year Group 4	Autumn 1 Multi Skills	Autumn 2 Dance	Spring 1 Gymnastics	Spring 2 Team Games Handball	Summer 1 Team Games Kwik Cricket	Summer 2 Athletics
<p>By the end of each term pupils will have been taught the skills needed to undertake the following:</p>	<ul style="list-style-type: none"> ● To explore different ways to move on their own. ● To explore different ways to test their agility. ● To understand the importance of concentration when balancing. ● To understand how to incorporate fielding techniques with movement. ● To understand how to link movement patterns and dodging. ● To combine skills learnt throughout the previous weeks. 	<ul style="list-style-type: none"> ● To learn how to be creative when exploring basic movement patterns using travel and floor patterns, ● To develop ways to respond to different stimuli using different directions, levels and dynamics. Pupils link movements together in a small group. ● To learn how using different stage directions in their dances can make them more creative and aesthetically pleasing. Pupils will also develop their dance by using different direction at different times. ● To develop their use of formations in dance in their dances can make it more creative and nice to watch. Pupils learn to make formations flow in a smooth and controlled way using unison, canon and different levels. ● To learn how to create a clear middle and end to their routines by using stillness, different levels, directions and symmetrical shapes. Pupils work in groups to communicate ideas. ● Competition week—to recap performance skills and use these in their final dance. 	<ul style="list-style-type: none"> ● To learn a variety of different ways to travel across a small area using different levels and body parts. ● To explore and link different shapes to create a small sequence. ● To demonstrate how to jump effectively and safely and apply this in a sequence. ● To demonstrate point and patch balances and how to link them together within their sequences. ● To demonstrate the fundamental skills of rolling and link them together in a controlled way. ● To perform a full routine that involves shapes, travelling, balances, jumping, rolling and small apparatus. 	<ul style="list-style-type: none"> ● To learn ball control and body positions. ● To learn different types of passes and knowing when to use them. ● To learn when to use different passes in a game. ● To develop the variety of passes in a game. ● To learn different types of shooting in handball. ● To decide when to use certain passing and shooting techniques in a game situation. 	<ul style="list-style-type: none"> ● To learn how to field the ball and attack the stumps. ● To continue to develop fielding/catching skills and returning the ball on the move. ● To learn basic batting skills and focussing on the hook shot. ● To develop batting and fielding skills in Kwik cricket with over arm bowling. ● To play a Kwik cricket game with the use of overarm bowling. ● To develop the knowledge of bowling and batting rules in a Kwik cricket game. 	<ul style="list-style-type: none"> ● To learn the correct technique for running a short distance at speed. ● To understand what the bet technique to jump effectively is. ● To learn how to generate power in the push pass. ● To understand what pacing is and the importance of pacing when running long distances. ● To understand and perform the correct technique required to throw a foam javelin. ● To demonstrate all the skills learnt over the previous weeks.

Year Group 5	Autumn 1 Multi Skills	Autumn 2 Dance	Spring 1 Gymnastics	Spring 2 Team Games Handball	Summer 1 Team Games Kwik Cricket	Summer 2 Athletics
<p>By the end of each term pupils will have been taught the skills needed to undertake the following:</p>	<ul style="list-style-type: none"> ● To explore different running speeds required in different situations. ● To explore a number of different ways to jump in a number of situations. ● To explore different ways to hop in a number of activities. ● To learn to dribble a football in a number of different situations. ● To discover a number of different ways the can dribble a basketball. ● To demonstrate all the skills learnt over the course of the term. 	<ul style="list-style-type: none"> ● To have an introduction to learning how to adapt a basic motif in small groups. ● To learn how to respond to a different piece of stimuli. Exploring different ways to use movement to reflect the theme and link the movements together in a small group. ● To learn different dance relationships used in dances. To attempt to use these relationships within their dances. ● To learn how to use cannon. ● To learn how to create a clear middle and end to their routines by using stillness. Pupils use partner balance to develop their stillness ideas. ● Competition week— pupils to recap their performance skills and use these in their final dance. 	<ul style="list-style-type: none"> ● To learn how to perform point and group balances. ● To learn the difference between symmetric and asymmetric shapes. ● To be able to link balances and shapes to create a short routine. ● TO b able to incorporate a piece of equipment into a short routine. ● To understand the principles behind effective jumping. ● TO be able to create and perform a routine which involves all skills learnt from previous weeks. 	<ul style="list-style-type: none"> ● To lean different types of passing and shooting available in handball. ● To learn basic dribbling in handball. ● To be able to link dribbling and passing together, ● To be able to link dribbling and shooting together. ● To use decision making focussing on when to pass, take 3 steps or dribble. ● To use all of the learn skills in a game situation. 	<ul style="list-style-type: none"> ● To develop accuracy of throwing whilst fielding the ball. ● To develop retrieving, catching and returning the ball whilst fielding. ● To develop batting and learning how to play a defensive shot. ● To develop speed and accuracy in the overarm bowling. ● To develop rules in a Kwik Cricket games with the use of overarm bowling. ● To understand the rules of Kwik Cricket and how to run between the wickets. 	<ul style="list-style-type: none"> ● To learn how to pace to run a long distance race. ● To learn the correct technique to perform the standing long jump and the running long jump. ● To learn how to use and perform the sprint start technique. ● To experiment different techniques required to take part in a number of throwing events. ● To learn how to perform relay races with a relay baton. ● To compete in a number of exercises encouraging pupils to perform the skills they have learnt.

Year Group 6	Autumn 1 Multi Skills	Autumn 2 Dance	Spring 1 Gymnastics	Spring 2 Team Games Handball	Summer 1 Team Games Kwik Cricket	Summer 2 Athletics
<p>By the end of each term pupils will have been taught the skills needed to undertake the following:</p>	<ul style="list-style-type: none"> ● To learn and understand what the term agility means. ● To learn to test their agility using a number of different tests. ● To continue to develop their understanding of agility. ● To take part in a number of agility drills which require them to move at speed. To understand that speed, coordination and balance are all required to perform well at agility exercises. ● To understand what is meant by the term coordination and how they can test their coordination in a number of tests. ● To take part in a number of balance drills and learn to test their balance using a number of tests. ● To combine and link all the skills they have learnt over the course of the term. 	<ul style="list-style-type: none"> ● To have an introduction to learning how to adapt a basic motif in small groups. ● To learn how to respond to a different piece of stimuli. ● To explore different ways to use movement to reflect the theme and link movements together in a small group, ● To learn different dance relationships and attempt to use these within their dances. ● To learn how to use canon effectively, ● To learn how to use formations in dance to make it more creative and aesthetically pleasing. ● To learn how to flow into formations using different relationships. ● To learn how to create a clean middle and end to their routines by using stillness. To use partner balance to develop their stillness ideas. ● Competition week—recap their performance skills and use these in their final dance. 	<ul style="list-style-type: none"> ● To be able to perform shapes and balances with a partner and incorporate them into a short sequence. ● To be able to perform counterbalances. ● To understand the principles behind effective jumping and build sequences that include this skill. ● To be able to perform inversion through a headstand. ● To learn how to perform basic vaults. ● To be able to create and perform a routine which involves all skills learnt from previous weeks. 	<ul style="list-style-type: none"> ● To recap the various handball passing and shooting techniques. ● To learn how to dribble and pass the ball in handball. ● To learn how to dribble and deceive an opponent in handball. ● To learn how to create a shooting opportunity in handball. ● To learn how to play an effective game of handball. 	<ul style="list-style-type: none"> ● To learn basic fielding skills whilst moving, ● To catch and receive the ball on the move and throw it at the correct wicket. ● To develop batting skills to be able to use the correct shot to hit the ball away from fielders. ● To develop batting and fielding skills in Kwik cricket with over arm bowling. ● To further develop playing a game of Kwik cricket with the use of over-arm bowling. ● To understand the tactics of a game of Kwik cricket. 	<ul style="list-style-type: none"> ● To be introduced to running at speed and sprint starts. ● To learn to run whilst changing direction at speed. ● To take part in a number of activities which help them improve their ability to jump for distance. ● To learn the correct technique for throwing the shot putt. ● To take part in a number of activities which helps them improve their ability to jump high. ● Competition week—to perform all the skills learnt over the previous weeks.