

NMPS: Knowledge and skills progression by year group *(Review previously taught skills and layer on new skills introduced in your Year group)*

P.E.	Invasion Games	Net & Wall Games	Striking & Fielding Games	Precision games	Dance	Gymnastics	Athletics	Swimming
EYFS	<ul style="list-style-type: none"> Work individually and with others. Engage in cooperative physical activities Participate in team games. Understand how to use equipment safely. 				<ul style="list-style-type: none"> Explore and copy basic body actions and rhythms. To be able to negotiate space confidently, using appropriate strategies. To be able to use their bodies to imitate motifs from stories and topics such as animals, trees, etc... To begin to respond with their bodies to different types of music. 	<ul style="list-style-type: none"> Run on the spot for 30 seconds. Sit in tuck, pike, straddle. Stand with tall stretch and star. Front and back support. Jump in and out of hoop. Transfer weight from 1 foot to the other. From crouch, bunny jump. Rock backwards and forwards in tuck. Matched and mirrored sequences of arm positions. Explore patterns using ribbons or scarves Walk forwards on a bench on tiptoes. 	<ul style="list-style-type: none"> Learn skills of running, jumping and throwing with a range of equipment. Vary speed of running based on commands given. Use comparative language i.e. faster, longer, and be able to physically demonstrate this. 	
	<ul style="list-style-type: none"> To be able to move and stop confidently, negotiating the space around them effectively. Show good control over their bodies when exploring different skills. Start showing an ability to use their dominant hand to work with a partner in different activities. Explore and use skills effectively for particular games: Roll a ball or hoop. Throw a ball underarm. Explore balancing. 							
1	<ul style="list-style-type: none"> Begin to apply basic movements in a range of activities. Work individually and with others. Engage in cooperative physical activities. Engage in competitive physical activities (both against self and against others) Participate in team games. Understand how to use equipment safely. 				<ul style="list-style-type: none"> Explore movement ideas and respond imaginatively to a range of stimuli. Move confidently and safely in their own general space using changes of speed level and direction. Compose and link movements to make simple beginnings, middles and ends. Perform movement phrases using a range of body actions and body parts. 	<ul style="list-style-type: none"> Run freely for 45 seconds. Bent leg dish. Back support raising 1 leg at a time toward the vertical. Stand and jump to safe landing. 1 foot balance on bench or box top. Form front support jump in and up. Rock backwards and forwards in pike and straddle. Front and back support, lower to the floor with control. Bounce and catch ball 3 times. Walk forwards along a bench and full turn in middle. 	<ul style="list-style-type: none"> Remember, repeat and link combinations of actions. Use their bodies and a variety of equipment with greater control and co-ordination. Develop the following skills with increasing accuracy and velocity Explore and throw a variety of objects with one hand. Jump from a stationary position with control. Change speed and direction whilst running. 	
	<ul style="list-style-type: none"> To be confident and keep themselves safe in the space in which an activity/game is being played. Explore and use skills, actions and ideas individually and in combination to suit the game that is being played. Show ability to work with a partner in throwing and catching games. Choose and use skills effectively for particular games: Throw a ball accurately to a target using increasing control. Explore throwing and catching in different ways. 	<ul style="list-style-type: none"> To be confident and keep themselves safe in the space in which an activity/game is being played. Explore and use skills, actions and ideas individually and in combination to suit the game that is being played. Show ability to work with a partner in throwing and catching games. Hit a ball with control using an appropriate object. 	<ul style="list-style-type: none"> To be confident and keep themselves safe in the space in which an activity/game is being played. Explore and use skills, actions and ideas individually and in combination to suit the game that is being played. Show ability to work with a partner in throwing and catching games. Choose and use skills effectively for particular games: 					

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	<ul style="list-style-type: none"> Explore kicking in different ways with increasing control. 		<ul style="list-style-type: none"> Throw a ball accurately underarm to a target using increasing control. Show increasing control when rolling an object, using a technique. Hit a ball with control using an appropriate object. Explore throwing and catching in different ways 				
2	<ul style="list-style-type: none"> Engage in competitive physical activities (both against self and against others). Participate in team games. Developing simple tactics for attacking and defending. Able to reflect on and develop skills to improve. Understand how to use equipment safely. 				<ul style="list-style-type: none"> Explore, remember, repeat and link a range of actions with coordination, control and awareness of the expressive qualities of dance. Explore the change of rhythm, speed, level and direction. Compose and perform short dances that express and communicate moods, ideas and feelings choosing and varying simple compositional ideas. 	<ul style="list-style-type: none"> Follow leader in pairs using different actions. Dish and arch. Press up forward and backward. Hop jump along floor. Pike v-sit with hand support. Travelling bunny jumps. Rock backwards and forwards tucked to stand. Side support on 1 arm, turn slowly to other. With partner, roll and catch ball / hoop. Walk backwards along bench. 	<ul style="list-style-type: none"> Review Year 1 Skills
	<ul style="list-style-type: none"> Improve the way they coordinate and control their bodies in various activities. Remember, repeat and link combinations of skills where necessary. Develop basic tactics in simple team games and use them appropriately. Choose use and vary simple tactics. Catch and control a ball in movement working with a partner or in a small group. Take part in games where there is an opposition. Decide where to stand during a team game, to support the game. Begin to lead others in a simple team game. Be able to pass and stop a ball to a team mate accurately. Understand how to intercept a moving ball. Understand role of attacker and defender. 	<ul style="list-style-type: none"> Improve the way they coordinate and control their bodies in various activities. Remember, repeat and link combinations of skills where necessary. Develop basic tactics in simple team games and use them appropriately. Choose use and vary simple tactics. Catch and control a ball in movement working with a partner or in a small group. Take part in games where there is an opposition. Decide where to stand during a team game, to support the game. Begin to lead others in a simple team game. To develop hand eye co-ordination to be able to receive and send balls using equipment if appropriate. 	<ul style="list-style-type: none"> Improve the way they coordinate and control their bodies in various activities. Remember, repeat and link combinations of skills where necessary. Develop basic tactics in simple team games and use them appropriately. Choose use and vary simple tactics. Catch and control a ball in movement working with a partner or in a small group. Take part in games where there is an opposition. Decide where to stand during a team game, to support the game. Begin to lead others in a simple team game. To be able to hit a ball accurately using a piece of equipment. 				
OAA	1 NIGHT RESIDENTIAL						

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<p>3</p>	<ul style="list-style-type: none"> Pupils are familiar with basic rules of games. They are beginning to apply them in a range of situations. Pupils can identify when they are successful and the next steps in their learning. Pupils are able to identify the sporting spirit values; Determination (Grit), Passion (Growth), Respect (Kindness), Honesty (Integrity), Self-Belief (Growth / Grit) and Teamwork (Belonging) and link them to our school values. They can give examples of when they could demonstrate them during a game situation. Understand how to use equipment safely. 	<ul style="list-style-type: none"> Move with a ball towards goals with increasing control. Understand their role as an attacker and as a defender Move into space to help support a team. Defend an opponent and try to win the ball. 	<ul style="list-style-type: none"> Return a ball to a partner. Use basic racket skills. Play a range of basic shots. Move quickly around the court using a variety of movement patterns. 	<ul style="list-style-type: none"> Use overarm and underarm throwing, and catching skills. Begin to strike a bowled ball after a bounce. Bowl a ball towards a target. Develop an understanding of tactics and begin to use them in game situations. 	<ul style="list-style-type: none"> Create dance phrases that communicate ideas. Create dance phrases with a partner and in a small group using canon and unison. Repeat, remember and perform these phrases in a dance. Use dynamic and expressive qualities in relation to an idea. Use counts to keep in time with a group and the music. Recognise and talk about the movements used and the expressive qualities of dance. 	<ul style="list-style-type: none"> Leap from 1 foot to other. Japana to 45 degree. Move sideways from dish to arch. Hop, step and jump. T-Balance. Bunny jumps over bench side to side. Tucked forward roll down an incline. Front support with partner. Run, hurdle step 2 footed rebound jump. 	<ul style="list-style-type: none"> Run at fast, medium and slow speeds. Use different take off and landings when jumping. Develop jumping for distance and height. Take part in a relay activity, remembering when to run and what to do. Throw a variety of objects, changing my action for accuracy and distance. Record my distances, numbers and times. 	<ul style="list-style-type: none"> Show a partner how to make a safe, shallow entry. Climb out of pool at side or at steps. Push & Glide to & from wall, with or without aids. Perform back glide with arms at side then stand. Travel on front with feet off floor for minimum 5m. Show basic alternate arm & leg stroke on front or back. Blow an object with the mouth in the water. Float on front or back then stand. Suggest shapes. Submerge whole face. Shout & wave for help; stand in shallow water, clothed; remove clothes whilst shoulders submerged (feet can touch floor). In depth throw 1 handed, catch 2 handed. Answer 3 questions on water safety.
<p>4</p>	<p>Review Year 3 Skills</p> <ul style="list-style-type: none"> Pass, receive and shoot the ball with increasing control. Work as part of a team to keep possession and score goals when attacking. Defend one on one and know when and how to win the ball. Use simple tactics to help a team score or gain possession. 	<ul style="list-style-type: none"> To play continuous games. Use a range of basic racket skills and variety of shots in different areas of the court. Demonstrate good footwork on the court. Return to the ready position to defend my own court. 	<ul style="list-style-type: none"> Use overarm and underarm throwing, and catching skills with increasing accuracy. Strike a bowl and ball after a bounce. Bowl a ball with some accuracy, and consistency. Choose and use simple tactics for different situations. 		<ul style="list-style-type: none"> Respond imaginatively to a range of stimuli related to character and narrative. Use simple motifs and movement patterns to structure dance phrases on my own, with a partner and in a group. Use formation, canon and unison to develop a dance. 	<ul style="list-style-type: none"> Skip for 30 seconds. Low lunges with both legs – forwards and sideways. Shoulder stand with hips supported. Cat leaps, 2 times, each leg. Frog balance. Straddle bunny jumps across bench side to side. Tucked backwards roll down an incline. Chassis steps with arm swing, facing partner. Hula hooping. From box top – star jump to safe landing. 	<ul style="list-style-type: none"> Demonstrate the difference between sprinting and running over varying distances. Demonstrate different throwing techniques. Jump for distance and height with control and balance. Throw with some accuracy and power into a target area. 	<ul style="list-style-type: none"> Show a safe swivel entry and exit. Show a front glide, arms extended, face in, for minimum 2m then stand. Kick 5m breaststroke legs. Kick 5m dolphin on front or back. Swim 10m any stroke to ASA standard. Kick 10m with a float on front or back. Kick 10m with a float on front, showing aquatic breathing. Hold a star float on back for 3 seconds. Swim through sunken hoop (shallow)

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					<ul style="list-style-type: none"> Refine, repeat and remember dance phrases and dances. Perform dances clearly and fluently. Describe, interpret and evaluate dance, using appropriate language. 			<ul style="list-style-type: none"> Handstand in 0.9m depth. Retrieve object from pool floor (shallow). Show H.E.L.P. Head first sculling; 5m. Throw buoyant aid 5m to partner. Instruct partner to kick to safety; secure them at pool side. Throw & catch with a partner out of depth. Answer 3 questions on water safety.
OAA	2 NIGHT RESIDENTIAL							
5	<ul style="list-style-type: none"> Pupils are able to show a good understanding of a variety of games. They can adapt the rules of a game for an intended purpose. Pupils are able to assess their own performance and the performance of others to identify areas for development. Pupils consistently demonstrate the sporting spirit and school values in a range of games situations. Understand how to use equipment safely. 				<ul style="list-style-type: none"> Adapt and refine actions, dynamics and relationships in a dance. Perform different styles of dance clearly and fluently. Recognise and comment on dances, showing an understanding of style. Suggest ways to improve their own and other people's work. 	<ul style="list-style-type: none"> Skip for 45 seconds. Japana flat. Headstand with knees bent and lower into frog. Tuck jump. Headstand with knees bent. Cartwheel. Forward roll. Throw jump and catch hand apparatus. Squat on box top and stretch jump off. Teddy bear roll back to back with partner. 	<ul style="list-style-type: none"> Choose the best pace for a running event. Perform a range of jumps showing some technique. Show control at take-off in jumping activities. Show accuracy and good technique when throwing for distance. Understand how stamina and power help people to perform well in different athletic activities. Lead a partner through short warm-up routines. 	<ul style="list-style-type: none"> Straddle entry into deep water (min 1.8m) Show safe exit without using steps. Kick 15m BS legs, front and back. Swim 25m continuously, any stroke to ASA standards. Continuous swim for 50m using 2 strokes. Swim 25m retrieving item from pool floor. On back, head first sculling 10m. On back, feet first sculling 10m. Tread deep water 1 minute. Wave & shout for help. Show H.E.L.P. for 2 mins. Throw and catch ball whilst treading water. Answer 3 questions on water safety.
	<ul style="list-style-type: none"> Understand there are different skills for different situations and begin to use these. Move into space to help a team. Play in a range of positions and know how to contribute when attacking and defending. Pass, receive and shoot the ball with some control under pressure. 	<ul style="list-style-type: none"> Develop wider range of skills and begin to use these under some pressure. Select and apply preferred skills with increasing consistency. Understand the need for tactics and make decisions about when best to use them. Play cooperatively with a partner. Demonstrate good footwork to cover a court space in a game situation. 	<ul style="list-style-type: none"> To sometimes strike a bowled ball. Begin to develop a wider range of skills and use these under some pressure. Use tactics effectively in a competitive situation. 					
6	Review Year 5 Skills				<ul style="list-style-type: none"> Work creatively and imaginatively individually, with a partner and in a group to choreograph motifs and structure simple dances. 	<ul style="list-style-type: none"> 6 shuttle runs. Bridge. Half lever with 1 foot raised only – change legs. Jump half turn. Headstand. Cartwheel quarter turn off bench. Backward roll. 	<ul style="list-style-type: none"> Select and apply the best pace for a running event. Exchange a baton with success. Perform jumps for height and distance using good technique. 	Review Year 5 skills
	<ul style="list-style-type: none"> Pass, receive and shoot the ball with increasing control under pressure. Select the appropriate action for the situation. 	<ul style="list-style-type: none"> Use a wider range of skills in game situations. Play cooperatively with a partner / in a team. 	<ul style="list-style-type: none"> Strike a bowled ball with increasing consistency. Use some tactics in the game as a batter, bowler and fielder. 					

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	<ul style="list-style-type: none"> • Create and use a variety of tactics to help a team. • Create and use space to help a team. • Select and apply different movement skills to lose a defender. • Use marking, and/or interception to improve defending. 	<ul style="list-style-type: none"> • Demonstrate good decision making when making shots within a game. • Identify and use a variety of tactics. 	<ul style="list-style-type: none"> • Select the appropriate action for the situation. 		<ul style="list-style-type: none"> • Adapt and refine actions, dynamics and relationships to improve a dance. • Choreograph a dance using props. • Perform dances fluently and with control. • Use appropriate language to evaluate and refine their own and others' work. 	<ul style="list-style-type: none"> • Counter balance • Single knee balance, throw and catch hand apparatus. • Squat on box top and tuck jump off. 	<ul style="list-style-type: none"> • Show accuracy and good technique when throwing for distance. • Lead a small group through a short warm-up routine. 	
<p>Outdoor & Adv</p>	<p>(4 night residential)</p> <ul style="list-style-type: none"> • Select appropriate equipment for outdoor and adventurous activity • Identify possible risks and ways to manage them, asking for and listening carefully to expert advice • Embrace both leadership and team role and gain the commitment and respect of a team 							<ul style="list-style-type: none"> • Empathise with others and offer support without being asked - Seek support from the team and the experts if in any doubt • Remain positive even in the most challenging circumstances, rallying others if need be • Use a range of devices in order to orientate themselves • Quickly assess changing conditions and adapt plans to ensure safety comes first