

# Mayflower Skills Progression Map

Subject: PE

|             |           | Autumn 1                                                                                                                                                    | Autumn 2                                                                                                                                                                                                                                                                          | Spring 1                                                                                                                                | Spring 2                                                                                                                                               | Summer 1                                                                                                                                   | Summer 2                                                                                                                                             |
|-------------|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>EYFS</b> | Nursery   | <i>Content:</i> Attack vs Defence<br><i>Skills:</i> Spatial awareness – Speed and direction – Following rules – teamwork.                                   | <i>Content:</i> Ball skills<br><i>Skills:</i><br><i>Feet:</i> Control a ball – use dominant foot.<br><br><i>Hands:</i> Bounce, roll and push ball<br><br><i>Bat and ball:</i> balance bat and ball, focus on object.                                                              | <i>Content:</i> Dance<br><br><i>Skills:</i> Move body in different ways - Use full body movement - Watch others perform.                | <i>Content:</i> Gymnastics<br><br><i>Skills:</i> Moving over and under objects safely – move in different ways.                                        | <i>Content:</i> Full body movement<br><br><i>Skills:</i> Coordination – 1 foot and 2 footed jumps.                                         | <i>Content:</i> Full body movement<br><br><i>Skills:</i> Move into spaces to avoid others – speed and direction                                      |
|             | Reception |                                                                                                                                                             |                                                                                                                                                                                                                                                                                   |                                                                                                                                         |                                                                                                                                                        |                                                                                                                                            |                                                                                                                                                      |
| <b>KSI</b>  | Year 1    | <i>Content:</i> Attack vs Defence<br><br><i>Skills:</i> Changing speed and direction when running, following rules.                                         | <i>Content:</i> Ball skills<br><i>Skills:</i><br><i>Feet:</i> Using non-kicking ball to aim, passing using inside of foot.<br><br><i>Hands:</i> pass a ball with control, two handed catching, using body parts to pass.<br><br><i>Bat and ball:</i> aim to hit towards a target. | <i>Content:</i> Gymnastics<br><br><i>Skills:</i> Balancing, combine 2 movements to create a balance, begin to understand the term flow. | <i>Content:</i> Full body movement - <i>Jumping</i><br><br><i>Skills:</i> Bending legs, using arms, combine 1 and 2 leg jumping, head up when jumping. | <i>Content:</i> Team building<br><br><i>Skills:</i> Work as a team, help each other, listening skills.                                     | <i>Content:</i> Health and wellbeing<br><br><i>Skills:</i> Encourage others, respond to others, agility, control of body, teamwork.                  |
|             | Year 2    | <i>Content:</i> Attack vs Defence<br><br><i>Skills:</i> Creating own opportunities to attack and defend. Work collaboratively in a team and against others. | <i>Content:</i> Ball skills<br><i>Skills:</i><br><i>Feet:</i> dribble, pass the ball with control.<br><br><i>Hands:</i> pass a ball with control, two handed catching, using body parts to pass.<br><br><i>Bat and ball:</i> hit towards a space, special awareness.              | <i>Content:</i> Gymnastics<br><br><i>Skills:</i> Balancing, linking movements together, use body to create different shapes.            | <i>Content:</i> Full body movement – Dodging.<br><br><i>Skills:</i> Spatial awareness, dodging techniques.                                             | <i>Content:</i> Team building<br><br><i>Skills:</i> Create and apply simple strategies, Work as a team, help each other, listening skills. | <i>Content:</i> Health and wellbeing<br><br><i>Skills:</i> Encourage others, respond to others, agility, control of body, teamwork, count own score. |

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| KS2 | Year 3 | <p><i>Content:</i> Gymnastics</p> <p><i>Skills:</i> Balance with stillness, using different levels and connection points, flow, taking turns and moving in unison.</p>                          | <p><i>Content:</i> Game sense - Invasion,</p> <p><i>Skills:</i> Use previous learnt ball skills, passing and shooting balls, working collaboratively, point scoring as a team,</p> | <p><i>Content:</i> Street Dance / Health and wellbeing - Mindfulness</p> <p><i>Skills:</i> use breathing and bodies to relax, follow and create meditative balances, flow.</p> | <p><i>Content:</i> Outdoor adventure</p> <p>Communication and tactics</p> <p><i>Skills:</i> Communication and tactics, working as a team, collaborating ideas.</p>                    | <p><i>Content:</i> Street dance / Health and wellbeing - Mindfulness</p> <p><i>Skills:</i> use breathing and bodies to relax, follow and create meditative balances, flow.</p>          | <p><i>Content:</i> Athletics</p> <p><i>Skills:</i> Correct stance, distance, bend legs when jumping and landing, perseverance.</p>                                              |
|     | Year 4 | <p><i>Content:</i> Gymnastics</p> <p><i>Skills:</i> create and follow a sequence, use apparatus, change direction and levels, peer assess.</p>                                                  | <p><i>Content:</i> Game sense</p> <p>Cricket</p> <p><i>Skills:</i> over and under arm throwing, catching, using a bat with direction and intent.</p>                               | <p><i>Content:</i> Street dance / Health and wellbeing - Mindfulness</p> <p><i>Skills:</i> balancing, flow, use emotion in movement, peer evaluation.</p>                      | <p><i>Content:</i> Street dance / Health and wellbeing - Mindfulness</p> <p><i>Skills:</i> balancing, flow, use emotion in movement, peer evaluation.</p>                             | <p><i>Content:</i> Outdoor adventure</p> <p>Orienteering</p> <p><i>Skills:</i> Orienteering, work as a team, create ideas, winning and losing.</p>                                      | <p><i>Content:</i> Athletics</p> <p><i>Skills:</i> Use body weight to change speed and distance when throwing, Self and peer evaluation. Run, throw, and catch effectively.</p> |
|     | Year 5 | <p><i>Content:</i> Street dance / Health related exercise.</p> <p><i>Skills:</i> independently warm up and cool down. Count pulse, self / peer assessment.</p>                                  | <p><i>Content:</i> Non-sequenced units</p> <p><i>Skills:</i> Collaboration, kicking skills/throwing, perseverance, working as a team and against a team.</p>                       | <p><i>Content:</i> Gymnastics</p> <p>Counter balance and counter tension.</p> <p><i>Skills:</i> Applying flow and fluidity, apply turn taking and unison in a sequence.</p>    | <p><i>Content:</i> Game sense</p> <p>Striking and fielding</p> <p><i>Skills:</i> Ball accuracy, adapt tactics, decision making, organise positions based on efficiency, teamwork.</p> | <p><i>Content:</i> Athletics</p> <p><i>Skills:</i> Use body to change speed and distance, self and peer evaluation, combine stance and accuracy, adapt to feedback.</p>                 | <p><i>Content:</i> Outdoor adventure</p> <p>Problem solving</p> <p><i>Skills:</i> Problem solving, think tactically and be adaptive, take responsibility.</p>                   |
|     | Year 6 | <p><i>Content:</i> Games sense</p> <p>Net and wall</p> <p><i>Skills:</i> Recover and return a ball, work collaboratively, use accuracy and pace, organise positions, resolve disagreements.</p> | <p><i>Content:</i> Health related exercise.</p> <p><i>Skills:</i> independently warm up and cool down. Count pulse, self / peer assessment.</p>                                    | <p><i>Content:</i> Athletics</p> <p>Competitions</p> <p><i>Skills:</i> consistently throw, run and jump accurately, Teamwork, self and peer evaluate, decision making.</p>     | <p><i>Content:</i> Outdoor adventure</p> <p>Leadership</p> <p><i>Skills:</i> Support and guide teams, listen effectively, clear instructions.</p>                                     | <p><i>Content:</i> Gymnastics</p> <p>Matching and mirroring</p> <p><i>Skills:</i> Match and mirror sequences on an apparatus, Use a variety of apparatus, self and peer evaluation.</p> | <p><i>Content:</i> Dance</p> <p><i>Skills:</i> perform with high energy, match movement to audience, timing, rhythm, self and peer assessment.</p>                              |