

PE Skills Progression

	Year 1 and Year 2	Year 3 and Year 4	Year 5 and Year 6
	Pupils will be taught to: • 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	Pupils will be taught to: • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, basketball, cricket, football, hockey, netball 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 performance with previous ones and demonstrate improvement to achieve their personal best	

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Gym	Perform different body shapes Perform at different levels Perform 2 footed jump Balance with some control Explore and creates different pathways and patterns with control and coordination. Use equipment in a variety of ways to create a sequence Link movements together to create a sequence	Develop good technique when travelling, balancing, using equipment etc Link skills with control, technique, co-ordination and fluency. Understand composition by performing more complex sequences. Begin to use gym vocabulary to describe how to improve and refine performances. Develop strength, technique and flexibility throughout performances. Create sequences using various body shapes and equipment. Combine equipment with movement to create sequences	Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions. Perform difficult actions, with an emphasis on extension, clear body shape and changes in direction. Gradually increase the length of sequence work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement, either individually, with a partner or a small group. Draw on what they know about strategy, tactics and composition when performing and evaluating. Analyse and comment on skills and techniques and how these are applied in their own and others' work. Use more complex gym vocabulary to describe how to improve and refine performances. Develop strength, technique and flexibility throughout performances.

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Dance	Copy and explore basic movements with clear control. Vary levels and speed in sequence Can vary the size of their body shapes Add change of direction to a sequence Use space well and negotiates space clearly. Can describe a short dance using appropriate vocabulary. Respond imaginatively to stimuli.	Improvise with a partner or on their own. Begin to create longer dance sequences in a larger group. Demonstrate precision and some control in response to stimuli. Begin to vary dynamics and develop actions and motifs. Demonstrate rhythm and spatial awareness. Modify parts of a sequence as a result of self-evaluation. Use simple dance vocabulary to compare and improve work	Begin to exaggerate dance movements and motifs (using expression when moving) Demonstrate strong movements throughout a dance sequence. Combine flexibility, techniques and movements to create a fluent sequence. Move appropriately and with the required style in relation to the stimulus. Begin to show a change of pace and timing in their movements. Use the space provided to his maximum potential. Improvise with confidence, still demonstrating fluency across their sequence. Modify parts of a sequence as a result of self and peer evaluation. Use more complex dance vocabulary to compare and improve work Perform with confidence, using a range of movement patterns

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Athletics	Change speed and direction whilst running. Jump from a standing position with accuracy. Perform a variety of throws with control and co-ordination. Use equipment safely	Begin to build a variety of running techniques and use with confidence. Perform a running jump with more than one component. Demonstrate accuracy in throwing and catching activities. Describe good athletic performance using correct vocabulary. Use equipment safely and with good control	Begin to build a variety of running techniques and use with confidence. Perform a running jump with more than one component. Begin to record peers performances, and evaluate these. Demonstrate accuracy and confidence in throwing and catching activities. Describe good athletic performance using correct vocabulary. Use equipment safely and with good control

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Games	Travel in a variety of ways including running and jumping. Confident to send the ball to others in a range of ways. Begin to apply and combine a variety of skills (to a game situation) Develop strong spatial awareness. Begin to develop own games with peers. Understand the importance of rules in games. Develop simple tactics and use them appropriately. Begin to develop an understanding of attacking/ defending	Vary skills, actions and ideas and link these in ways that suit the games activity. Communicate with others during game situations. Show confidence in using ball skills in various ways, and can link these together. Use skills with co-ordination, control and fluency. Take part in competitive games with a strong understanding of tactics and composition. Create their own games using knowledge and skills. Work well in a group to develop various games. Make suggestions as to what resources can be used to differentiate a game. Apply basic skills for attacking and defending. Use running, jumping, throwing and catching in isolation and combination	Vary skills, actions and ideas and link these in ways that suit the games activity. Show confidence in using ball skills in various ways, and can link these together effectively. Keep possession of balls during games situations. Consistently use skills with co-ordination, control and fluency. Take part in competitive games with a strong understanding of tactics and composition. Create their own games using knowledge and skills. Modify competitive games. Compare and comment on skills to support creation of new games. Make suggestions as to what resources can be used to differentiate a game. Apply knowledge of skills for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.

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Swimming		Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively e.g. front crawl, backstroke, breaststroke Perform safe self-rescue in different water-based situations	
Outdoor and adventure		Develop listening skills. Use simple maps. Listen to instructions from a partner/ adult. Begin to think activities through and problem solve. Discuss and work with others in a group. Demonstrate an understanding of how to stay safe.	Develop strong listening skills. Use and interpret simple maps. Think activities through and problem solve using general knowledge. Choose and apply strategies to solve problems with support. Discuss and work with others in a group. Demonstrate an understanding of how to stay safe.
Evaluation	Comment on own and others performance Give comments on how to improve performance. Use appropriate vocabulary when giving feedback.	Watch and describe performances accurately. Begin to think about how they can improve their own work. Work with a partner or small group to improve their skills. Make suggestions on how to improve their work, commenting on similarities and differences.	
Healthy Lifestyles	Describe the effect exercise has on the body Explain the importance of exercise and a healthy lifestyle.	Describe the effect exercise has on the body Explain the importance of exercise and a healthy lifestyle. Understand the need to warm up and cool down.	