

Progression skills for: PE



	Year 1 and 2	Year 3 and 4	Year 5 and 6
Gymnastics	<ul style="list-style-type: none"> ✓ Move around, under, over, and through different objects and equipment with increasing control and care. ✓ Perform simple stretches. ✓ Hold still shapes and simple balances, controlling the body and in different ways. ✓ Travel and jump in different ways, changing direction and speed (roll, turn, curl) and landing with increasing control and balance. ✓ Climb onto and jump off the equipment safely. ✓ Hold a still shape whilst balancing on different points of the body. ✓ Travel in a variety of ways, including rolling. ✓ Copy, explore and remember actions (contrasting: low/high, narrow/wide) and movements with a beginning, middle and end to create their own sequence. ✓ Link actions to make a sequence. (Balances - standing, kneeling and large body part balances as well as balancing on apparatus) ✓ <u>Evaluate</u> ✓ Watch and describe performances ✓ Improve sequence based on feedback ✓ Talk about the differences between their work and that of others. 	<ul style="list-style-type: none"> ✓ Explain how strength and suppleness affect performance ✓ Develop strength, technique and flexibility throughout performances ✓ Begin to develop good technique when travelling, balancing, and using equipment. ✓ Create interesting body shapes while holding balances with control and confidence ✓ Carry out balances, recognising the position of their centre of gravity and how this affects the balance. ✓ Use equipment to vault in a variety of ways. ✓ Improve the placement and alignment of body parts in balances. ✓ Use turns whilst travelling in a variety of ways ✓ Develop the quality of their actions, shapes and balances. ✓ Travel and jump in different ways, including using flight. ✓ Show changes of direction, speed and level during a performance. ✓ Use an increasing range of actions, directions and levels in their sequences. ✓ Move with clarity, fluency and expression. ✓ Link combinations of actions with increasing confidence, including changes of direction, speed or level. ✓ Choose ideas to compose a movement sequence independently, and with others ✓ Create a sequence of actions that fits a theme. ✓ (Balances - Year 2 and 3 balances, as well as 1,2-,3- and 4-point balances and balances with and against a partner) 	<ul style="list-style-type: none"> ✓ Combine equipment with movement to create sequences ✓ Apply skills and techniques consistently, showing precision and control. Develop strength, technique and flexibility throughout performances ✓ Confidently use equipment to vault and incorporate this into sequences. ✓ Demonstrate precise and controlled placement of body parts in their actions, shapes and balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance. ✓ Perform jumps, shapes and balances fluently and with control. ✓ Adapt their sequences to fit new criteria or suggestions. ✓ Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. ✓ (Balances - Year 4 and 5 balances, as well as full body weight partner balances)
Dance	<ul style="list-style-type: none"> ✓ Begin to improvise independently to create a simple dance. ✓ Use simple choreographic devices such as unison, canon and mirroring and improve the timing of their actions ✓ Vary the speed and level of their actions and move in time to music. ✓ Put a sequence of actions together to create a motif and use different transitions. ✓ Create a short motif inspired by a stimulus (to show mood or feeling, could be linked to topic) ✓ Copy, remember and repeat actions. ✓ Compete against self and others. ✓ Perform learnt skills with increasing control. ✓ Perform sequences of their own composition using a range of actions and body parts with coordination. ✓ <u>Evaluate</u> ✓ Watch and describe performances. 	<ul style="list-style-type: none"> ✓ Improvise with a partner and/or small group to create a simple dance ✓ Create motifs from different stimuli ✓ Use simple dance vocabulary when comparing and improving work. ✓ Change parts of a dance as a result of self-evaluation. ✓ Demonstrate rhythm and spatial awareness. ✓ Begin to vary dynamics and develop actions and motifs in response to stimuli. ✓ Demonstrate precision and some control in response to stimuli. ✓ Compose longer dance sequences in a small group. ✓ Compose a dance that reflects the chosen dance style. ✓ Confidently improvise with a partner or on their own ✓ Remember and repeat dance phrases 	<ul style="list-style-type: none"> ✓ Use complex dance vocabulary to compare and improve work. ✓ Modify some elements of a sequence as a result of self and peer evaluation ✓ Ensure their actions fit the rhythm of the music ✓ Demonstrate consistent precision when performing dance sequences. ✓ Dance with fluency and control, linking all movements and ensuring that transitions flow. ✓ Improvise with confidence, still demonstrating fluency across their sequence. ✓ Use transitions to link motifs smoothly together ✓ Move rhythmically and accurately in dance sequences. ✓ Show a change of pace and timing in their movements. ✓ Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.

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	<ul style="list-style-type: none"> ✓ Improve sequence based on feedback ✓ Talk about differences between their work and that of others. 	<ul style="list-style-type: none"> ✓ Identify and repeat the movement patterns and actions of a chosen dance style. ✓ Perform and apply skills and techniques with control and accuracy. ✓ Perform and create sequences with fluency and expression 	<ul style="list-style-type: none"> ✓ Demonstrate strong and controlled movements throughout a dance sequence. Combine flexibility, techniques and movements to create a fluent sequence. ✓ Perform with confidence, using a range of movement patterns and consistently perform and apply skills and techniques with accuracy and control. ✓ Use dramatic expression in dance movements and motifs ✓ Demonstrate imagination and creativity in the movements they devise in response to stimuli ✓ Develop an awareness of their use of space ✓ Show a change of pace and timing in their movements ✓ Compose individual, partner and group dances that reflect the chosen dance style. ✓ Identify and repeat the movement patterns and actions of a chosen dance style. ✓ Perform the sequence in time to music ✓ Link actions to create a complex sequence using a full range of movement
<p>Basic Movement and Team Games Athletics</p>	<ul style="list-style-type: none"> ✓ <u>Running</u> ✓ Develop running technique by: running at different paces and travel at different speeds. ✓ Run with a basic technique over different distances ✓ Show good posture and balance ✓ Jog and sprint in a straight line ✓ Begin to select the most suitable pace and speed for distance ✓ Vary the speed and direction when they are travelling ✓ Be able to maintain and control a run over different distances, changing direction when jogging and sprinting ✓ <u>Jumping</u> ✓ Perform and compare different types of jumps ✓ Combine different jumps together with some fluency and control ✓ Jump for distance from a standing position, with accuracy and control ✓ Land safely and with control ✓ Investigate and choose the best jump to cover different distances ✓ <u>Throwing</u> ✓ Throw with accuracy at targets - eg towards a partner, targets at different heights ✓ Confidently send and receive a ball in a range of ways with basic control, using a range of throws, eg. throw underarm and overarm ✓ Develop hand-eye coordination ✓ Throw, catch and bounce a ball with a partner 	<ul style="list-style-type: none"> ✓ <u>Running</u> ✓ Focus on leg and arm action ✓ Demonstrate agility and changing direction quickly ✓ Begin to combine running and jumping ✓ Identify and demonstrate how different techniques can affect their performance ✓ Confidently demonstrate an improved technique for sprinting - accelerate run over a short distance ✓ Show stamina when running over a long distance ✓ Perform a baton exchange, evaluate this technique, and improve it as a team ✓ Demonstrate when to increase speed and/or decrease speed ✓ Use running to increase the distance of jumps ✓ <u>Jumping</u> ✓ Perform a variety of jumps for distance and height, using correct technique ✓ Take off 1 foot when running to increase distance of jumps ✓ Learn how to combine a hop, step and a jump to perform the triple jump ✓ Measure the distance/height of jumps to evaluate and improve ✓ Perform a variety of jumps for distance and height, using correct technique ✓ Take off 1 foot when running to increase distance of jumps ✓ Learn how to combine a hop, step and a jump to perform the triple jump ✓ Measure the distance/height of jumps to evaluate and improve ✓ Land safely and accurately and with control 	<ul style="list-style-type: none"> ✓ <u>Running</u> ✓ Confidently and independently select the most appropriate pace for different distances and different parts of a run ✓ Identify reaction times when performing a sprint start ✓ Accelerate from a variety of different starting positions ✓ Develop technique for running and jumping over hurdles ✓ Build up speed quickly for a sprint finish ✓ Use their preferred leg when running over hurdles ✓ Accelerate to pass other competitors ✓ Work as a team to competitively perform a relay ✓ <u>Jumping</u> ✓ Improve techniques for jumping different distances ✓ Continue to develop technique to perform the triple jump ✓ Develop the technique for the standing vertical jump ✓ Maintain control at each of the different stages of the triple jump ✓ Develop and improve their techniques for jumping for height and distance - support others to improve their performance ✓ Land safely and with control ✓ <u>Throwing</u> ✓ Continue to develop techniques to throw for increased distance ✓ Pass and receive a ball on the move ✓ Accurately receive a ball using the correct technique ✓ Know when it is appropriate to use each throw in a game ✓ Develop the technique for the push, pull and sling throw, with accuracy and control ✓ Support others in improving their performance ✓ Accurately measure and record the distance of their throws ✓ Throw and catch accurately and when under pressure in a game

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- ✓ Increase the distance of throws by using the correct technique and more power
- ✓ Pass and receive a ball whilst moving towards a goal
- ✓ Striking
- ✓ Develop tracking technique by tracking a ball by watching it as it moves towards them
- ✓ Begin to strike a ball with a bat and using hands
- ✓ Develop a good technique for striking a ball and receiving a ball
- ✓ Use a range of different bats - decide which one to use for the activity
- ✓ Strike a ball towards a target
- ✓ Begin to develop foot-eye coordination
- ✓ Decide on the direction you want to hit the ball in (forwards, left, right etc)
- ✓ Begin to use basic rules for striking and fielding games in small game situations
- ✓ Position the body correctly to strike the ball
- ✓ Attack, defend and shoot
- ✓ Use the correct language for attacking and defending,
- ✓ Begin to use the word intercept and know how to intercept and object
- ✓ Develop an understanding of attacking and defending skills (eg. marking and dodging)
- ✓ Know where to stand to defend or attack an area or a target
- ✓ Know how to stop an object from hitting a target
- ✓ Know how to attach a target and score points
- ✓ Pass the ball within a team and move towards a target or goal
- ✓ Develop working as a team to attack a goal, deciding on what the team are going to do together to score points
- ✓ Develop working as a team to defend a goal, choosing a simple tactic to use to stop another team from scoring - within the rules of the game situation
- ✓ Confidently pass a ball to others in a range of ways - e.g. striking, throwing or kicking
- ✓ Develop the correct technique for kicking and dribbling a ball
- ✓ Develop throwing, kicking, and dribbling a ball towards a target with control and some accuracy
- ✓ Develop spatial awareness in a game and decide on the best space to be in during a game
- ✓ Tactics and rules
- ✓ Understand the importance of rules in a game
- ✓ Develop simple tactics and use them appropriately
- ✓ Practise in simple games

- ✓ Throwing
- ✓ Accurately perform an underarm throw
- ✓ Accurately perform an overarm throw
- ✓ Accurately perform a chest pass
- ✓ Accurately use a bounce pass to outwit players
- ✓ Implement each throwing technique into a range of sports
- ✓ Continue to develop techniques to throw for increased distance
- ✓ Use a 'sling' technique for throwing discus
- ✓ Develop the correct technique for catching a ball and use it in a game
- ✓ Perform a range of catching and gathering skills with accuracy and control
- ✓ Striking
- ✓ Accurately track and receive a ball and return it to another player
- ✓ Use the correct body position to strike a ball
- ✓ Use a bat or racket to strike a ball with accuracy and control
- ✓ Continue to develop serving underarm
- ✓ Begin to serve overarm
- ✓ Develop the technique of forehand shot and know when to use it in a game situation
- ✓ Begin to use backhand shots and develop a good technique
- ✓ Begin to use the techniques for an overhead clear shot
- ✓ Strike a ball accurately and choose the direction to hit the ball in
- ✓ Develop using striking and fielding rules in game situations, competing against self and others
- ✓ Strike the ball for distance, aiming for a target and to hit over a distance
- ✓ Use at least two different shots in a game
- ✓ Use hand-eye coordination to strike a moving and stationary ball
- ✓ Attacking and defending
- ✓ Accurately use attacking and defending skills in a game situation
- ✓ Develop communication as a team, discussing possible tactics to start a game
- ✓ Begin to make changes to attacking and/or defending tactics to improve game play - as an individual and as a team
- ✓ Develop attacking and moving towards a goal or target by using simple tactics
- ✓ Develop fielding skills in order to prevent another player from scoring - e.g. being in the right position, spatial awareness etc

- ✓ Striking
- ✓ Track a high ball to catch players out in competitive game situations
- ✓ Develop and perfect the correct body position for striking a ball in a range of different sports
- ✓ Strike a bowled ball over longer distances
- ✓ Use hand-eye coordination accurately and with control to be able to direct a ball/shuttlecock when striking it
- ✓ Use the correct technique to accurately complete forehand, backhand, overhead clear and net shots in a game
- ✓ Develop reaction times, knowing when to strike the ball and how hard or soft to strike it
- ✓ Develop the overhead clear shot and net shot
- ✓ Develop the serving technique with a ball and shuttlecock
- ✓ Use all techniques and shots in game situations
- ✓ Accurately serve underarm and continue to develop serving overarm
- ✓ Develop the correct technique for the smash shot and drop shot
- ✓ Know how hard or soft to strike a ball or shuttlecock to outwit opponents
- ✓ Begin to develop a technique to serve to start a game
- ✓ Attacking and defending
- ✓ Independently and in a team, communicate effectively to create a tactical plan for attacking
- ✓ and defending
- ✓ Apply knowledge of skills for attacking and defending, choosing the best tactics to beat the opposition
- ✓ In a team, develop own fielding strategies to prevent the opposition from scoring
- ✓ Choose the best pass in a game situation and link a range of skills together with fluency e.g. passing and receiving the ball on the move
- ✓ Confidently shoot accurately, at a target or towards a goal, using the correct power and speed (kicking, throwing and striking)
- ✓ Confidently use a range of ball skills in a variety of ways in a game situation and link them together effectively.
- ✓ Confidently use attacking skills as a batter, by choosing the direction to hit the ball in and the power to hit the ball over long distances
- ✓ Pass a ball with accuracy, control and speed, using appropriate techniques in a game situation
- ✓ Dribble a ball using a range of techniques, with success, in a game situation. Use these skills in various ways and link them together
- ✓ Continue to develop shooting towards targets, stationary or moving, (kicking, throwing and striking)
- ✓ Develop and use tactics to win back and keep possession effectively in a team game
- ✓ Demonstrate effective awareness of space and use this throughout a game to attack and defend a goal/target
- ✓ Tactics and rules
- ✓ Use several techniques to pass, dribble and shoot in a game

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		<ul style="list-style-type: none"> ✓ Develop passing a ball with accuracy, control and speed to a partner or teammate to move towards a target ✓ Continue to develop defending a goal or target by working collaboratively as a team and using marking and dodging skills ✓ Develop dribbling a ball with accuracy, control and speed, using a range of techniques ✓ Develop a shooting style, to hit a target. (kicking, throwing and striking) ✓ Use aim to accurately hit a target every time (kicking, throwing and striking) ✓ Develop skills to keep and win back possession in a team game ✓ Use the space effectively to pass and receive the ball, as well as to outwit opponents ✓ <u>Tactics and rules</u> ✓ Apply and follow rules fairly ✓ Understand and apply the basic principles of invasion games ✓ Know how to play a striking and fielding game fairly ✓ Vary the tactics that are used in a game ✓ Adapt tactics depending on what is happening in a game ✓ Follow the rules during a game situation ✓ <u>Competing</u> ✓ Perform and apply skills and techniques with control, accuracy and confidence. ✓ Take part in a range of competitive games and activities. ✓ Develop the quality of the actions in their performances. ✓ Compete against self and others in a controlled manner ✓ Take part in a relay, remembering when to run and what to do 	<ul style="list-style-type: none"> ✓ Choose a specific tactic for defending and attacking ✓ Devise and adapt rules to create their own games ✓ Create and follow complicated rules to play a game successfully ✓ Agree and explain rules to others ✓ Work as a team to communicate a plan ✓ Lead others in a game situation when the need arises ✓ <u>Competing</u> ✓ Perform and apply a variety of skills and techniques confidently, consistently and with precision. ✓ Take part in competitive games with a strong understanding of tactics and composition. ✓ Perform and apply a variety of skills and techniques confidently, consistently and with precision ✓ Take part in competitive games with a good understanding of tactics and composition
<p>Outdoor and Adventurous Activity</p>	<ul style="list-style-type: none"> ✓ Begin to develop listening skills ✓ Listen to instructions from partners and adults and begin to communicate with others ✓ Begin to orient themselves with increasing confidence around a short trail ✓ Follow a trail that has been planned for them ✓ Begin to recognise symbols in a key ✓ Begin to demonstrate an understanding of how to stay safe and follow a route safely 	<ul style="list-style-type: none"> ✓ Develop strong listening skills ✓ Listen to instructions from a partner/adult and communicate clearly with other people in a team and with others ✓ Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each ✓ Orientate themselves with confidence and accuracy around a short trail ✓ Start to recognise features of an orienteering course ✓ Identify symbols used on a key ✓ Plan and organise a trail that others can follow ✓ Associate the meaning of a key in the context of the environment ✓ Follow a map in a more demanding familiar context ✓ Use clues to follow a route within a time limit ✓ Demonstrate an understanding of how to stay safe and follow a route safely 	<ul style="list-style-type: none"> ✓ Communicate clearly and effectively with others when under pressure ✓ Work effectively as part of a team, demonstrating leadership skills ✓ Compete in orienteering activities both as part of a team and independently, with confidence and accuracy when under pressure. ✓ Design an orienteering course that is clear to follow and offers challenge to others, using a range of clues ✓ Use navigation equipment (maps, compasses) to improve the trail ✓ Identify a key on a map and use the information in activities ✓ Follow a map into an unknown location ✓ Use clues and a compass to navigate a route ✓ Change a route to overcome a problem and use new information to change a route ✓ Use a range of map styles and make an informed decision on the most effective ✓ Choose the best equipment for an outdoor activity ✓ Prepare an orienteering course for others to follow

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		<ul style="list-style-type: none">✓ Investigate a range of equipment for creating and completing an activity✓ Make an informed decision on the best equipment to use for an activity	<ul style="list-style-type: none">✓ Identify the quickest route to accurately navigate an orienteering course✓ Plan routes with others, considering safety and danger
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