

Skills Progression in PE

	EYFS	KS1	LKS2	UKS2
Gymnastics	Perform a range of rolls (pencil, log, teddy bear) and jumps (straight, tuck, half turn) Travel in various ways following different pathways Perform a standing balance Control body when performing a sequence of movements	Perform a range of <i>controlled</i> rolls (pencil, log, teddy bear) and perform a crouched forward roll Perform a range of <i>controlled</i> jumps off apparatus Travel in various ways following different pathways on apparatus Perform standing and kneeling balances and shapes (star, tuck, straddle, front support, back support, pike), individually, with a partner and on apparatus Perform sequences of own composition with coordination	Perform a forward roll from standing, a tucked backwards roll and forwards and backwards straddle rolls Perform 1, 2, 3 & 4 point balances and shapes individually, on apparatus and with and <i>against</i> a partner Use a range of jumps in their sequences Perform learnt skills and techniques with control and confidence Perform and create sequences with fluency and expression	Perform a forward roll from standing, a tucked backwards roll and forwards and backwards straddle rolls Perform backwards roll to pike and backwards roll to standing Perform balances and shapes in group formations Perform own longer, more complex sequences in time to music Use a range of jumps in their sequences on and off apparatus Perform and apply a variety of skills and techniques confidently, consistently and with precision Begin to record peers' performances, and evaluate these
Dance	Join a range of movements together Create a short movement phrase which demonstrates their own ideas Control body when performing a sequence of movements Talk about what they & others have done	Create a short motif inspired by a stimulus Use simple choreographic devices such as unison, canon and mirroring Move in time to music Perform sequences of their own composition with coordination Watch and describe performances, and use what they see to improve their own performance	Compare and adapt movements and motifs over a range of levels (low, medium & high) to create a larger sequence Confidently improvise with a partner or on their own Demonstrate rhythm and spatial awareness Perform and apply skills and techniques with control and accuracy Watch, describe and evaluate the effectiveness of performances, giving	Use dramatic expression in dance movements and motifs Compose individual, partner and group dances that reflect the chosen dance style Use transitions to link motifs smoothly together to create a sequence and move rhythmically and accurately in that sequence Perform and apply a variety of skills and techniques confidently, consistently, with precision and in time with the music

			ideas for improvements using simple dance vocabulary	Using more complex dance vocabulary, thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements
Games (General)	Move safely around the space Follow simple rules Participate in simple games	Use and choose the best space in a game Understand the importance of rules Compete against self and others	Find a useful space and get into it to support teammates Apply and follow rules fairly Adapt rules to alter games Take part in a range of competitive games and activities	Demonstrate a good awareness of space Devise and adapt rules to create their own game Take part in competitive games with a strong understanding of tactics and composition
Games (Invasion) (I)	Play a range of chasing games	Begin to understand and use the terms attacking and defending Use simple defensive skills such as marking a player or defending a space Use simple attacking skills such as dodging to get past a defender	Use a range of attacking and defending skills and techniques in a game Pass a ball to another player with increasing accuracy Know how to keep and win back possession of a ball	Think ahead and create a plan of attack or defence Apply knowledge of skills for attacking and defending Pass and <u>receive</u> a ball from another player with increasing accuracy Keep and win back possession of a ball in <u>variety of ways</u>
Games (Net and Wall) (NW)	Move a ball in different ways, including bouncing and kicking Kick an object at a target	Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency Use kicking/dribbling skills in a game Pass a ball to another player in different ways	Move with the ball using a range of techniques showing control and fluency Use a racquet to hit a ball or shuttlecock with accuracy and control Hit an object (ball/shuttlecock) into space Use hand-eye coordination to hit a moving and a stationary ball	Show confidence in using ball skills in various ways in a game situation, and link these together effectively Hit an object (ball/shuttlecock) into space with accuracy and control Use good hand-eye coordination to be able to direct a ball when striking or hitting Outwit partner to score points

Games (Striking and Fielding) (SW)	Hit a ball with a bat/racquet Catch a ball with two hands	Strike or hit a ball with increasing control Learn skills for playing striking and fielding games Position the body to strike a ball Throw underarm and overarm and catch consistently	Use a bat or stick (hockey) to hit a ball with accuracy and control Serve underarm Use fielding skills as an individual to prevent a player from scoring Develop different ways of throwing and catching	Use different techniques to hit a ball Serve overarm Work as a team to develop fielding strategies to prevent the opposition from scoring Consolidate different ways of throwing and catching, and know when each is appropriate in a game
Athletics	Run in different ways for a variety of purposes Jump in a variety of ways and land safely Throw underarm at a target Participate in simple games	Vary pace and speed when running Maintain and control a run over different distances Perform and compare different types of jumps: e.g. two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot Jump for distance from a standing position with accuracy and control Throw underarm and overarm at a target with increasing accuracy Compete against self and others	Focus on their arm and leg action to improve their sprinting technique Combine running with jumping over hurdles Develop an effective take-off for the standing long jump Begin to measure distance jumped Perform push throws and pull throws Take part in a range of competitive games and activities	Confidently and independently select the most appropriate pace for different distances and different parts of the run Develop techniques for the standing vertical jump Perform a fling throw and a heave throw Develop and refine techniques to throw with accuracy Take part in competitive games with a strong understanding of tactics and composition
Outdoor Adventurous Activity			Start to recognise features of an orienteering course Communicate clearly with others in the team Try a range of equipment for completing an activity Begin to use a map to complete and orienteering course	Design an orienteering course that is clear to follow but offers a challenge Complete an orienteering course both as part of a team and independently Choose the best equipment for completing an activity

				Identify a key on a map and successfully use the map to complete the course
Swimming			Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations	
Keeping Healthy	Understand the importance of physical exercise and a healthy diet for good health Talk about different ways to keep healthy and safe	Talk about what our bodies do during exercise e.g. breathing and start to find their pulse Practice skills to warm up and cool down before and after exercises Discuss how the body changes during exercise	Keep up an activity over a period of time Describe what happens to their heart, breathing and temperature during different types of athletic activity Learn some of the main muscles groups during warm up and cool down Know a warm routine involving dynamic stretches, led by an adult or child	Take their pulse before, during and after exercise and explain the effect Can start to lead their own warm up using dynamic stretches in small groups, know what muscles to warm up effectively for different exercises Understands why exercise is good for their fitness, health and physical and mental wellbeing Value exercise outside of the school day