

## PE Skills Progression

	<b>Invasion Games (Tag-rugby, Netball, Basketball, Handball, Hockey)</b>	<b>Striking &amp; Fielding (Cricket &amp; Rounders)</b>	<b>Net/Wall (Tennis)</b>	<b>Dance &amp; Gymnastics</b>	<b>Athletics</b>	<b>Outdoor Adventure Activities (Problem Solving, Communication, Orienteering)</b>	<b>Swimming</b>	<b>Health Related Exercise</b>
YR	<p>Progress towards a more fluent style of moving, with developing control and grace</p> <p>Can begin to work together as part of a team</p> <p>Can move around a congested space safely</p> <p>Can move at different speeds and in different directions</p> <p>Can begin to throw and catch with some accuracy</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, and aiming</p>	<p>Can roll a ball in the direction of another child or target</p> <p>Can stop or trap a moving ball that is coming towards them</p> <p>Can begin to throw a small ball/beanbag towards a target</p> <p>Further develop and refine a range of ball skills including: throwing, catching, batting, and aiming</p>	<p>Can identify the different equipment used in Net sports</p> <p>Can hit a tennis ball off of a tee</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping &amp; climbing</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance &amp; gymnastics</p> <p>Jump from a standing position</p> <p>Can walk across a bench showing good balance</p> <p>Can perform a long roll from one end of a gym mat to the other</p> <p>Can respond to a variety of different dance instructions</p> <p>Can jump and land securely from the small box top</p> <p>Can perform dance based on mood and feeling</p>	<p>Walk swinging arms with opposite arm and leg action, pointing their toes forward, head focussed straight ahead looking where they are going</p> <p>Explore different ways of walking</p> <p>Understand which way of walking is easiest/hardest</p>			
Y1	<p>Can catch a large ball 8/10 times</p> <p>Can kick a ball in the direction they want it to go</p> <p>Can identify the difference between defence and attack</p> <p>Can identify players within their team</p> <p>Can run at different speeds</p>	<p>Catch a beanbag and small ball 8/10 times</p> <p>Throw an object underarm in the right direction and with accuracy towards a target or partner</p> <p>Can grip and hold a bat in the correct way</p> <p>Can connect with and strike a small ball from a still position off of a tee</p>	<p>Can balance a tennis ball on a racquet in standing position</p> <p>Can connect with a slow-moving ball using a racquet/hand</p>	<p>Balance along a beam/bench in different ways with confidence</p> <p>Jump along a standing position and land safely, keeping their balance</p> <p>Follow basic dance routines with simple actions</p>	<p>Run on the balls of their feet, keeping their heads up and staying in a space whilst pumping their arms</p> <p>Try to make their bodies run as fast as possible</p> <p>Can jump, hop or leap staying in a space, bending their knees, using their arms and keeping their head up.</p> <p>Skip and land safely, using their toes, bending their knees and keeping their head up</p> <p>Understand why we may need to jump far or run fast</p>			
Y2	<p>Can change direction with speed/fluency and jump over hurdles and weave in and out of agility poles securely</p> <p>Can keep a ball bouncing to the floor with one hand</p> <p>Can complete an underarm and bounce pass with accuracy</p> <p>Can work together within a team to complete a specific goal</p> <p>Can stop moving a ball using their feet</p> <p>Can begin to dribble a ball, keeping it under control and close to their body</p>	<p>Throw an object overarm in the right direction and with accuracy</p> <p>Catch a small object such as a tennis ball coming from a 2M distance</p> <p>Can bowl a small ball underarm toward small target</p> <p>Can hit a ball from a tee with good aim and direction</p>	<p>Hit a tennis ball/wall ball using a racquet after one bounce</p> <p>Can balance a ball on a racquet while moving around slowly</p> <p>Can direct a ball towards a target (net)</p>	<p>Perform partner and solo dances with some control</p> <p>Perform a variety of different rolls such as a forward roll, pencil roll and backwards roll</p> <p>Perform a variety of different jumps from the medium box top e.g. star jump &amp; pencil jump</p> <p>Follow basic dance routines with some complex actions</p>	<p>Sequence hopping, stepping and jumping by linking them together</p>			
Y3	<p>Can complete a variety of different passing techniques e.g. underarm, chest pass, bounce pass, overarm</p> <p>Pass a rugby a rugby ball over varying distances</p> <p>Remember the basic rules to a range of sports</p> <p>Participate in small sided invasion games</p> <p>Start to utilise players on their team</p>	<p>Throw and catch a small ball over a variety of different distances, using a number of different techniques e.g. overarm &amp; underarm</p> <p>Can bowl underarm with accuracy towards a batting opponent</p> <p>Can hit a moving ball using a bat</p>	<p>Sometimes hit the ball in net/wall games</p> <p>Can keep a tennis ball bouncing up off of their racquet with control and precision 5-10 times</p> <p>Can direct a ball towards a space on the court</p> <p>Understands the basic rules in a variety of Net/Wall sports</p> <p>Can explore a variety of different shots e.g. volleyball, backhand, forehand</p>	<p>Start to think about their own performance and how they can improve it</p> <p>Perform pencil, star &amp; tuck jumps accurately and with control</p> <p>Demonstrate basic solo and partner balance routines</p> <p>Compose and perform short solo and group dance routines</p>	<p>Execute a standing long jump, swinging their arms, bending their knees when they take off and land, landing on two feet and remain balanced</p> <p>Execute a standing triple jump, swinging their arms, bending their knees when they take off and land, landing on two feet and remain balanced</p> <p>Apply the correct technique to jump further</p>	<p>Work within a team and identify the attributes of a successful team</p> <p>Co-operate as part of a team, including everyone and taking responsibility for each other</p> <p>Listen to each other's ideas and communicate with each other, beginning to think tactically</p>	<p>Jump in from poolside and submerge</p> <p>Sink, push away from wall and maintain a streamlined position</p> <p>Push and glide on the front with arms extended and log roll onto the back</p> <p>Push and glide on the back with arms extended and log roll onto the front</p> <p>Travel 5 metres on the front, perform a tuck to rotate onto</p>	

					Perform hop, skip, and jump in sequence, linking them smoothly together Use correct technique to throw a discus and javelin, and push the shot put Rotate body to create greater power to throw Transfer body weight, to throw further Apply accurate stance combined with a well-timed release to throw further		the back and return on the back Fully submerge to pick up an object Correctly identify three of the four key water safety messages Push and glide and travel 10 metres on the back and the front Perform a tuck float and hold for three seconds Exit the water without using steps	
Y4	To shoot at a basket/net with some accuracy Have knowledge of a variety of different team sports in order to play small sided games with fluency Show an understanding of basic tactics in a variety of different invasion games sports	Demonstrate good knowledge and understanding of the rules of cricket and rounders Can field effectively and react quickly to get opponents out Can often hit a moving ball with the aim of outwitting opponents Can use a variety of different fielding techniques	Often hit the ball in net/wall games but needs to develop accuracy and tactics to outwit opponent Can keep a tennis ball up while moving around in different directions Can begin to bounce a tennis ball off of the floors using a racquet Can begin to rally with a partner over a small distance Can direct a ball towards a target with accuracy	Continually demonstrate rhythm & spatial awareness Copy, remember, explore & repeat simple actions, and link & vary ideas with control & coordination Perform pencil, star, tuck jumps and half/full twists accurately and with control Start to build complex dance routines in small groups	Extend arms with release Sling the discus and make it spin correctly in the air Understand the importance of applying the correct technique Understand you can jump further with correct technique, compared to incorrect technique Select correct foot to start with	Understand each other's role in the team and why it is important for the success of their team Begin to show leadership skills, taking responsibility for others and leading the group in an effective way	Perform a sequence of changing shapes whilst floating on the surface and demonstrate an understanding of floating Push and glide from the wall towards the pool floor Kick 10 metres backstroke, front crawl, butterfly and breaststroke (one item of equipment optional) Perform a head first sculling action for 5 metres in a flat position on the back Travel on back and log roll in one continuous movement onto front Travel on front and log roll in one continuous movement onto back Push and glide and swim 10 metres	
Y5	Find space in invasion games and understand the principles of attacking and defending Control the ball and pass while on the move In rugby demonstrate good positional play to find space to be in the right position to send and receive passes in competitive game situations Understand the rules to a range of sports and to be able to play to the rules	Understand the rules to cricket and rounders in order to be able to play games with fluency Identify good spaces to hit the ball into when batting Reacting quickly and throwing with accuracy in order to get opponents out Showing knowledge of when is a good time to complete runs Being able to play to the rules and umpiring games independently Can perform a long arm bowl with some accuracy	Understand the rules to a range of net/wall sports and can score and umpire in these sports Can rally an opponent on a court Can compete a variety of different shots in order to outwit an opponent Can direct a ball with accuracy	Compose and perform complex dance routines in small groups Create short gymnastics routines in small groups and as an individual Evaluate own performance	Run as fast as possible, staying in their lane, heads up focussed forwards, on the balls of their feet with a pumping action with their arms and elbows bent, dipping at the finish line. Understand why to change a stride pattern during a race Apply accurate head and arm technique to make themselves quicker Understand how to run faster Collaborate and run in a team Successfully change over the baton Hold their hands ready, palms upwards to receive the baton Successfully clear a hurdle, looking forward, extending their leg whilst bending their trailing leg, pushing off, applying accurate head arm and foot technique (running) Physically demonstrate how their stride length changes in order to clear a hurdle	Collaborate and work together in teams, applying the rules of the game Work against other teams collaboratively Communicate clearly with each other	Perform a flat stationary scull on the back Perform a feet first sculling action for 5 metres in a flat position on the back Perform a sculling sequence with a partner for 30-45 seconds to include a rotation Tread water for 30 seconds Perform three different shaped jumps into deep water Push and glide and swim 10 metres backstroke, front crawl, breaststroke and butterfly Perform a handstand and hold for a minimum of three seconds Perform a forward somersault Demonstrate an action for getting help	Warm themselves up Complete fitness assessment in pairs Cool themselves down Understand the impact of exercise on their bodies Compare their scores and discuss their findings Encourage their partner as they work through the fitness assessment Continue to try and improve their own performance
Y6	Influence game situations and show knowledge of importance of space Understand the skills needed for different positions and display positional awareness when playing Have knowledge of the rules of tag rugby and implement tactics and strategies into game situations Find space, pass and receive and shoot across a variety of invasion games Understand the rules to a wide range of sports and can score in these sports	Understand the skills needed for different roles and display positional awareness when playing Can use a long arm bowling during match play Can connect when batting a ball coming at speed Can direct a ball into space when batting at speed Can identify when and where to throw a ball to when fielding	Rally with fluency and accuracy at different speeds and distances Can use a variety of different shots during match play Can show awareness of opponent's position to outwit them Can umpire and score points independently Can hit a ball regularly with accuracy	Demonstrate jumps with good technique to create height and distance Perform & create movement sequences with some complex skills & displaying accuracy & consistency Evaluate own performance along with peer performances Create complex group routines in both gymnastics and dance	Apply accurate head, arm and foot technique to make themselves quicker Apply effective running tactics to their races Understand the term, "pace", and apply it over 3 laps Understand the consequences of sprinting in an endurance race for too long Can push the shot put and not throw the shot put Identify the strengths and weakness in their own and other performances Show the correct techniques for the running and field events Identify who should compete in an event and explain why	Create ideas which help complete an activity Co-operate with a partner and encourage each other Identify the attributes of a successful pair Orientate a map correctly, locate points and return Identify aspects on a map	Give two examples of how to prepare for exercise and understand why it is important Sink, push off on side from the wall, glide, kick and rotate into backstroke and front crawl Push and glide and swim front crawl, breaststroke, butterfly and backstroke to include at least six rhythmical breaths Push and glide and swim 25 metres, choice of stroke is optional Perform a 'shout and signal' rescue Perform a surface dive	(continued) Warm themselves up Complete fitness assessment in pairs Cool themselves down Understand the impact of exercise on their bodies Compare their scores and discuss their findings Encourage their partner as they work through the fitness assessment Continue to try and improve their own performance