

Skill Progression in P.E. at Key Stage 1

National Curriculum	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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. 		
Year 1	Outdoor Games	Dance	Gymnastics
	<p>Au 1</p> <ul style="list-style-type: none"> • I can play safely with a range of equipment. • I can travel with a small ball. <p>Au 2</p> <ul style="list-style-type: none"> • I can play safely with a range of equipment. • I can travel with a quoit in 2 different ways. <p>Sp 1</p> <ul style="list-style-type: none"> • I can I can send and receive a medium ball in two ways with my hands. <p>Sp 2</p> <ul style="list-style-type: none"> • I can I can aim a beanbag at a target in two different ways. <p>Su1</p> <ul style="list-style-type: none"> • I can skip with a rope making a pattern that can be repeated. <p>Su 2</p> <ul style="list-style-type: none"> • I can make a pattern that can be repeated involving bouncing a ball using a bat. 	<p>Au1- Su2</p> <ul style="list-style-type: none"> • I can use different body shapes and levels in my dance - individually • I can develop a sequence with three movements – individually • I can respond to teacher directed stimulus 	<p>Au1- Su2</p> <ul style="list-style-type: none"> • I can perform basic gymnastic actions - travelling, rolling, weight on hands and jumping • I can perform basic movements slowly • I can link together two basic actions • I can perform basic actions in two different ways • I can work quietly and safely on the floor apparatus

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Year 2	Outdoor Games	Dance	Gymnastics
	<p>Au 1</p> <ul style="list-style-type: none"> • I can play safely with a partner using a range of equipment. • I can make up a travelling game with a partner using a small ball. <p>Au 2</p> <ul style="list-style-type: none"> • I can play with a partner using a range of equipment. • I can make up a travelling game with a partner using a quoit. <p>Sp 1</p> <ul style="list-style-type: none"> • I can make up patterns with a medium ball and repeat them. • I can make up a game with a medium ball that has simple rules and a collaborative scoring system. <p>Sp 2</p> <ul style="list-style-type: none"> • I can work with a partner to make up patterns with a bean bag game that have a collaborative scoring system. <p>Su1</p> <ul style="list-style-type: none"> • I can make up a catching game over a line with a partner. • I can develop rules and a collaborative scoring system for the game. <p>Su 2</p> <p>I can make up a sending and receiving game in 3s with a large ball which is scores by travelling towards and hitting a target.</p>	<p>Au1- Su2</p> <ul style="list-style-type: none"> • I can use different body shapes and levels in my dance and speed in my dance • I can progress from a sequence of three movements and use repetition • I can respond to teacher directed stimulus 	<p>Au1- Su2</p> <ul style="list-style-type: none"> • I can perform basic gymnastic actions - travelling, rolling, weight on hands and jumping • I can perform basic movements slowly • I can link together three basic actions • I can perform basic actions in three different ways • I can work quietly and safely on the floor apparatus

Skill Progression in P.E. at Key Stage 2

National Curriculum	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders 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 performances with previous ones and demonstrate improvement to achieve their personal best. 		
Year 3	Outdoor Games	Dance	Gymnastics
	<p>Au 1</p> <ul style="list-style-type: none"> • I can read a simple map. • I can turn and thumb a map to orientate it to match the area. • I can navigate a simple course. • I can develop my sustained sunning technique. • I can match a key to the symbols on a map. <p>Au 2</p> <ul style="list-style-type: none"> • I can individually travel with a ball, around and between markers in a grid. • I can show increased spatial awareness. • I can dribble, pass, shoot and kick a ball. <p>Sp 1</p> <ul style="list-style-type: none"> • I can dribble the ball. • I can pass using a chest pass, overhead pass and bounce pass. • I can catch a ball while moving. <p>Sp 2</p> <ul style="list-style-type: none"> • I can hit a ball with a bat by myself. • I can rally with a partner. • I can play a competitive game of tennis over a rope/low net. <p>Su1</p> <ul style="list-style-type: none"> • I can field a ball and return it accurately. • I can self-feed to hit a ball in different directions. • I can bowl underarm to a partner. <p>Su 2</p> <ul style="list-style-type: none"> • I can I can run for distance and speed. • I can hurdle over low barriers. • I can throw for distance. • I can jump for distance and height. 	<p>Au1-Su2</p> <ul style="list-style-type: none"> • I can use a range of levels, speed with pathways with increased awareness of my whole-body shape • I can link movements and stills in my dance, working individually and with a partner • I can begin to develop my own response and ideas around a stimulus 	<p>Au1- Su2</p> <ul style="list-style-type: none"> • I can work quietly and safely on the floor apparatus • I can perform basic gymnastic actions - travelling, rolling, weight on hands and jumping • I can link together pairs of actions with individuality and increased fluency • I can perform some actions more slowly than others • I can perform actions with contrasting body shapes ie. Wide and narrow • I can use turning jumps (quarter and half turns) and link them together to other actions • I can link pairs of actions with increased fluency • I can plan and perform a sequence of 3-5 actions with smooth transitions and using one sequencing criteria

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	Year 4	Outdoor Games	Dance
	<p>Au 1</p> <ul style="list-style-type: none"> • I can pass and receive a ball. • I can make up a small sided game using netball skills, which includes scoring. • I can vary tactics and adapt skills depending on what is happening in a game. <p>Au 2</p> <ul style="list-style-type: none"> • I can pass accurately to my teammates. • I can run holding the ball. • I can score by running to a line and touching the ball down. • I can dodge a player from the opposite team. <p>Sp 1</p> <ul style="list-style-type: none"> • I can vary tactics and adapt skills depending on what is happening in a game. • I can keep possession of the ball against one or more defenders. 	<p>Au1-Su2</p> <ul style="list-style-type: none"> • I can use a range of levels, speed with pathways with increased awareness of my whole-body shape • I can link movements and stills in my dance, working individually and with a partner • I can begin to develop my own response and ideas around a stimulus 	<p>Au1- Su2</p> <ul style="list-style-type: none"> • I can work quietly and safely on the floor apparatus • I can perform basic gymnastic actions - travelling, rolling, weight on hands and jumping • I can select pairs of actions to link and improve control and fluency of performance • I can link pairs of actions showing contrasting speed and repeat the actions accurately • I can perform a range of stable balances demonstrating clarity of shape and linking to other actions • I can perform stretched actions which are wide or narrow and contrast them with curled actions Perform a series of actions with a change of speed or shape or direction • I can plan and perform a sequence of 4 - 6 actions including two of the sequencing criteria

	<ul style="list-style-type: none"> • I can dribble, pass, shoot and receive the ball. <p>Sp 2</p> <ul style="list-style-type: none"> • I can hit and pass the ball to my partner's fist using a sponge ball/low bounce volleyball. • I can pass the ball high over the net. • I can serve underarm or overarm. <p>Su1</p> <ul style="list-style-type: none"> • I can throw and catch accurately with one hand • I can hit a ball accurately with control • I can use a 2 handed catch • I can hit a ball with a bat (cricket/rounders/ tennis) • I can return the ball effectively back to the bowler or batting space • I can develop my bowling accuracy towards an opponent batting • I can develop my speed running with a bat to a desired area or marker <p>Su 2</p> <ul style="list-style-type: none"> • I can read a simple map • I can turn and thumb a map to orientate it to match the area • I can navigate a simple course • I can develop my sustained running technique • I can draw my own map to fit with a specific area • I can match a key to the symbols on a match • I can run for distance and speed • I can hurdle over low barriers • I can throw for distance • I can jump for distance and height 		
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Skill Progression in P.E. at Key Stage 2

National Curriculum	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders 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 performances with previous ones and demonstrate improvement to achieve their personal best. 		
	Year 5	Outdoor Games	Dance
<p>Au 1</p> <ul style="list-style-type: none"> • I can read an orienteering map • I can turn and thumb a map to orientate it to match the area • I can navigate a simple course • I can draw my own map to fit with a specific area • I can write my own simple instructions to fit with a map • I can match a key to the symbols on a match <p>Au 2</p> <ul style="list-style-type: none"> • I can gain possession of a ball working in a team • I can use a number of techniques to pass, dribble and shoot accurately • I can use space appropriately <p>Sp 1</p> <ul style="list-style-type: none"> • I can gain possession by working a team and pass in different ways • I can choose a specific tactic for defending and attacking • I can use a number of techniques to pass, dribble and shoot • I can develop smooth and quick transition between attacking and defending as possession changes • I can find space • I can move off the ball smoothly and with purpose 		<p>Au1-Su2</p> <ul style="list-style-type: none"> • I can show a sense of dynamic, expressive and rhythmic qualities in my dance • I can use weight bearing without contact • I can use a range of techniques including lead and follow, and mirror, individually, in partners and in small groups • I can draw upon a range of ideas from previous work to develop a creative response 	<p>Au1- Su2</p> <ul style="list-style-type: none"> • I can work quietly and safely on the floor apparatus • I can select and link three actions and improve control and fluency of performance eg rolling, weight on hands, jumping, balancing • I can link three consecutive actions showing contrasting speed and repeat the actions accurately • I can use different basic actions to move in and out of a range of stable balances with contrasting shapes • I can perform actions which are symmetrical and contrast them with actions which are asymmetrical • I can perform a series of actions (including a balance) demonstrating both linear and zig-zag pathways • I can plan and perform a sequence of 4-7 actions including two or three of the sequencing criteria

	<ul style="list-style-type: none"> • I can receive and keep possession of the ball • I can shoot accurately into a goal <p>Sp 2</p> <ul style="list-style-type: none"> • I can develop various strokes (forehand/backhand) • I can rally with a partner and aim to improve the length each time • I can start play by serving the ball to my opponent • I can target a ball into a specific space that an opponent cannot reach <p>Su1</p> <ul style="list-style-type: none"> • I can bat a ball to deceive fielders • I can use and develop an effective bowling techniques (underarm or for HA chn overarm) • I can develop an effective batting technique • I can return a ball accurately to a teammate • I can use a range of catching and throwing techniques <p>Su 2</p> <ul style="list-style-type: none"> • I can run for distance and speed • I can run as part of a team • I can hurdle over low barriers • I can throw for distance using two throwing techniques • I can jump for distance and height (with run up for length) 		
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Year 6	Outdoor Games	Dance	Gymnastics
	<p>Au 1</p> <ul style="list-style-type: none"> • I can play as a team and communicate a plan • I can pass/ shoot a ball accurately • I can pivot I can use a correct shooting technique • I can pass accurately and consistently to keep possession for longer periods • I can develop smooth and quick transition between attacking and defending as possession changes • I can find space <p>Au 2</p> <ul style="list-style-type: none"> • I can pass accurately to my teammates • I can run holding the ball • I can score by running to a line and touching the ball down • I can dodge a player from the opposite team <p>Sp 1</p> <ul style="list-style-type: none"> • I can vary tactics and adapt skills depending on what is happening in a game • I can keep possession of the ball against one or more defenders • I can dribble, pass, shoot and receive the ball <p>Sp 2</p>	<p>Au1-Su2</p> <ul style="list-style-type: none"> • I can show a sense of dynamic, expressive and rhythmic qualities in my dance • I can use weight bearing with contact • I can use a range of techniques including lead and follow, and mirror, individually, in partners and in small groups • I can draw upon a range of ideas from previous work to develop a creative response 	<p>Au1- Su2</p> <ul style="list-style-type: none"> • I can work quietly and safely on the floor and apparatus • I can select and link at least four actions demonstrating control and fluency of performance eg rolling, weight on hands, jumping, balancing • I can select and link at least 4 actions showing changes of speed and/or acceleration and deceleration • I can move in and out of a range of stable balances with differing points of contact • I can perform a sequence demonstrating an understanding of contrasting body shape • I can perform a sequence which demonstrates changes between linear and zig-zag pathways • I can plan and perform a sequence of 4 - 8 actions including two or three of the sequencing criteria

	<ul style="list-style-type: none"> • I can hit and pass the ball to my partner's fist using a low bounce volleyball • I can pass the ball high over a net • I can serve underarm or overarm • I can pass to a player in my team • I can strike the ball to score/ aim into a specific area <p>Su1</p> <ul style="list-style-type: none"> • I can throw and catch accurately with one hand • I can hit a ball accurately with control • I can use a 2 handed catch • I can hit a ball with a bat (cricket/ rounders) • I can return the ball effectively back to the bowler or batting space • I can bowl accurately towards an opponent batting • I can develop my speed running with a bat to a desired area or marker Su 2 <p>Su2</p> <ul style="list-style-type: none"> • I can run for distance and speed I can run as part of a team • I can hurdle over low barriers • I can throw for distance using two throwing techniques • I can jump for distance and height (with a run for length) 		
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