



PE ~ Progression of skills

Key Stage 1

End of key stage expectations

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.

Pupils should 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.

	Year 1 I can	Year 2 I can
Physical Pupil Dance	<ul style="list-style-type: none">• move to music• copy dance moves• perform my own dance moves• make up a short dance	<ul style="list-style-type: none">• change rhythm, speed, level and direction• dance with control and coordination• make a sequence by linking sections together• use dance to show a mood or feeling
Gymnastics	<ul style="list-style-type: none">• make my body curled, tense, stretched and relaxed• control my body when travelling and balancing• copy sequences and repeat them• roll, curl, travel and balance in different ways	<ul style="list-style-type: none">• plan and perform a sequence of movements• improve my sequence based on feedback• think of more than one way to create a sequence which follows some rules• work on my own and with a partner
Games	<ul style="list-style-type: none">• throw underarm• hit a ball with a bat• move and stop safely• throw and catch with both hands• throw and kick in different ways	<ul style="list-style-type: none">• use hitting, kicking and/or rolling in a game• decide the best space to be in during a game• use a tactic in a game• follow rules
Swimming		<ul style="list-style-type: none">• swim 5 metres using back stroke leg action without aids• swim 5 metres front crawl without aids• push and glide confidently
Thinking Pupil Evaluating and improving	<ul style="list-style-type: none">• describe what other people did• say how I could improve	<ul style="list-style-type: none">• talk about what is different between what I did and what someone else did• say how I could improve

Social Pupil Acquiring and developing skills	<ul style="list-style-type: none"> • move with control and care • copy and remember actions 	<ul style="list-style-type: none"> • copy and remember actions • work cooperatively with a partner and in a small group
Healthy Pupil Health and Fitness	<ul style="list-style-type: none"> • describe how my body feels before, during and after an activity • show how to exercise safely • know how to carry and place equipment 	<ul style="list-style-type: none"> • show how to exercise safely • describe how my body feels during different activities • explain what my body needs to keep healthy • know how to carry, lift and place equipment

Key Stage 2

End of key stage expectations

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.

Pupils should be taught to:

- 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 I can	Year 4 I can
Physical Pupil Dance	<ul style="list-style-type: none"> • improvise freely and translate ideas from a stimulus into movement • share and create phrases with a partner and small group • repeat, remember and perform phrases 	<ul style="list-style-type: none"> • perform taught motifs • compose dance phrases and motifs in response to a range of stimuli • use shape, levels and pathways effectively in my work
Gymnastics	<ul style="list-style-type: none"> • travel in a range of different ways showing changes in speed, direction and levels • select, link and perform with control, a variety of actions • adapt sequences to suit different types of apparatus and criteria 	<ul style="list-style-type: none"> • include change of speed and direction • include a range of shapes • work with a partner to create, repeat and improve a sequence

Games	<ul style="list-style-type: none"> • throw and catch with control • am aware of space and use it to support team mates • choose a range of skills to make a game hard for my opponent • know and use rules fairly 	<ul style="list-style-type: none"> • throw and catch accurately • hit a ball accurately with control • keep possession of the ball • vary tactics and adapt skills depending what is happening in a game
Athletics and OAA	<ul style="list-style-type: none"> • run at fast, medium and slow speeds, changing speed and direction • make up and repeat a short sequence of linked jumps • cooperate in team building activities • follow a map in familiar context 	<ul style="list-style-type: none"> • run over a long distance • sprint over a short distance • throw and jump in different ways • Solve problems by using and applying a range of approaches
Swimming	<ul style="list-style-type: none"> • swim 25 metres unaided • use a variety of basic arm and leg actions on front and back • swim on the surface and lower myself under water 	<ul style="list-style-type: none"> • swim 50 metres • use 3 different strokes, swimming on front and back • swim confidently on the surface and under the water
Thinking Pupil Evaluating and improving	<ul style="list-style-type: none"> • recognise how my work and performances can be improved 	<ul style="list-style-type: none"> • explain how my work is similar and different from that of others • suggest improvements to my own and other people's performances
Social Pupil Acquiring and developing skills	<ul style="list-style-type: none"> • select and use the most appropriate skill, actions or ideas • move and use actions with coordination and control 	<ul style="list-style-type: none"> • select and use the most appropriate skills or actions • make up my own small sided game • show control and coordination in movements
Healthy Pupil Health and Fitness	<ul style="list-style-type: none"> • explain why it is important to warm up and cool down • understand and explain the effects of exercise 	<ul style="list-style-type: none"> • explain why warming up is important • explain why keeping fit is good for health • explain the effect of exercise on the body