



Aberford C of E Primary School – PE Progression of skills

Class 1	Class 2		Class 3		Class 4	
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and developing skills						
<p>Move with confidence, imagination and in safety.</p> <p>Move with basic control and co-ordination.</p> <p>Travel around, under, over and through balancing and climbing equipment.</p>	<p>Pupils copy, repeat and explore simple skills and actions with basic control and co-ordination.</p>	<p>Pupils explore simple skills.</p> <p>They copy, remember, repeat and explore simple action with control and co-ordination.</p>	<p>Pupils select and use skills, action and ideas appropriately, applying them with co-ordination and control.</p>	<p>Pupils link skills, techniques and ideas and apply them appropriately. Their performance shows control and fluency.</p>	<p>Pupils link skills, techniques and ideas and apply them accurately and appropriately. Their performance shows precision, control and fluency.</p>	<p>Pupils select and combine their skills, techniques and ideas and apply them accurately and appropriately, consistently showing precision, control and fluency.</p>
Selecting and applying skills, tactics and compositional ideas						
<p>Use their imagination in, dance.</p> <p>Express and communicate their ideas, thoughts and feelings through movement.</p>	<p>They start to link these skills and actions in ways that suit the activities.</p>	<p>They vary skills, actions and ideas and link these in ways that suit the activities.</p> <p>They begin to show some understanding of simple tactics and basic compositional ideas.</p>	<p>They show that they understand tactics and composition by starting to vary how they respond.</p>	<p>Their performance shows that they understand tactics and composition. They vary their responses appropriately.</p>	<p>Their performance shows that they understand tactics and composition.</p>	<p>When performing, they draw on what they know about strategy, tactics and composition.</p>
Evaluating and improving performance						

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<p>Show awareness of space, of themselves and of others.</p>	<p>They describe and comment on their own and others' actions.</p>	<p>They talk about differences between their own and others' performance and suggest improvements.</p>	<p>They can see how their work is similar to and different from others' work and use this understanding to improve their own performance.</p>	<p>They compare and comment on skills, techniques and ideas used in their own and others' work, and use their understanding to improve their performance.</p>	<p>They compare and comment on skills, techniques and ideas used in their own and others' work.</p> <p>They use their understanding to improve their performance, advising others using appropriate terminology.</p>	<p>They analyse and comment on skills and techniques and how these are applied in their own and others' work.</p> <p>They modify and refine skills and techniques to improve their performance.</p>
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Knowledge and understanding of fitness and health

<p>They explain how the body reacts during different types of exercise, and warm up and cool down in ways that suit the activity.</p> <p>They explain why regular, safe exercise is good for their fitness and health.</p>	<p>They talk about how to exercise safely, and how their bodies feel during an activity.</p>	<p>They understand how to exercise safely, and describe how their bodies feel during different activities.</p>	<p>They give reasons why warming up before and activity is important, and why physical activity is good for their health.</p>	<p>They give reasons why warming up before and activity is important.</p> <p>They can explain the effects exercise has on their bodies and why it is valuable to their health.</p>	<p>They explain and apply basic safety principles in preparing for exercise.</p> <p>They describe what effects exercise has on their bodies, and how if done regularly it is valuable to their fitness and health.</p>	<p>They explain how the body reacts during different types of exercise, and warm up and cool down in ways that suit the activity.</p> <p>They explain why regular, safe exercise is good for their fitness and health.</p>
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