

The progression documents are split into the following:

Aim of “Activity Area”	In the Activity Area there will be a statement such as for Games – “In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition.” There will be an aim for each year group or combined year groups within that activity area. This will explain what the children will focus on in terms of skills and understanding leading to the end point.
Performance of skills – Progression	The performance of skills progression will explain at what level the skills performed should be at or the progression of HOW they perform that skill. Eg, In year 3 <i>Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy.</i>
Developing Physical Skills	This is where the skills the children will learn in Lancashire PE units of work is found. These are the FMS or sport specific skills the children will learn through a particular sport. This content is up to the school to decide, i.e. which sport to teach through. Eg in year 3 there are 3 units of work for invasion games that schools can choose to teach through, netball, handball and rugby type activities. Alternatively, the school can use a different sport.
	The progression of HOW they perform these FMS or sport specific skills is above.
Application of skills –	The Application of skills is where the children apply the physical skills in a context. There is a progression of how they apply their skills through the year groups and Key Stages. This will also show the knowledge that children need to apply the skills they will learn in each year group. This will be linked to applying principles in games and sequencing in dance and gymnastics type activities.
Character Education	This section is where you can put in the character values that you want to develop through PE. These can be a range of school/church/PSHE/Olympic/Paralympic values. This is also where you PE can support the Personal Development of young people. Lancashire PE units of work has examples of how some values can be linked and delivered through teaching these explicitly alongside the skills, knowledge and understanding.