

PE- Knowledge and Skills Progression

Year Group	FS	1	2	3	4	5	6
GAMES	Show increasing control over an object- pushing, patting, throwing, catching or kicking it.	Throw underarm. Roll equipment. Hit a ball with a bat. Move and stop safely. Catch with both hands. Throw and kick in different ways.	Kick, hit and roll in a game. Stay in zones. Find space. Use 1 tactic game. Follow rules.	Throw and catch with control. Awareness of space and team members. Use rules fairly. Keep possession.	Catch with one hand. Throw, catch and hit accurately with control. Keep possession. Find space. Use tactics in a game.	Pass in different ways. Gain possession by teamwork. Use forehand and backhand with racket. Fielding knowledge. Choose best tactics for attacking and defending. Use techniques to pass, dribble and shoot.	Explain complicated rules. Make a team plan and communicate ideas. Take lead in a game. Use tactics and procession in a game.
GYM	Travel with confidence and skill around, under, over and through. balance and climbing on equipment.	Tense, relax, curl and stretch. Show control when balancing. Roll, travel, stretch, curl and balance in different ways. Climb safely. Copy and repeat sequences.	Plan, show and use contrast in sequence. Control movements. Follow rules. Work with partner or own.	Use own ideas. Adapt sequences. Know strength and suppleness. Compare and contrast sequences.	Controlled movements. Vary speed and direction. Follow rules to make a sequence. Create, repeat and improve with partner.	Make complex or extended sequences. Combine action, balance and shape. Perform consistently to different audiences. Move accurately, clear and consistent.	Combine own work with that of others. Link sequences to timings.
DANCE	Jump off an object and land appropriately.	Move, copy and perform dance and move to music.	Dance imaginatively.	Improvise freely. Share and create phrases with peers.	Take the lead. Dance to communicate. Refine movements.	Compose own dances. Perform to an accompaniment	Develop imaginative dances. Choice own music, style and dance.

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	Experiment with different ways of moving.	Compose short dance. Move safely.	Change level, rhythm, speed and direction. Dance with control and coordination. Link sequences. Show mood or feeling.	Repeat, remember and perform phrases in a dance.	Clear and fluent dance.	expressively and sensitively. Controlled movements. Dance to show clarity, fluency, accuracy and consistently.	
SWIMMING				Jump in. Sink, push away and glide. Submerge fully. Know water safety.	Perform a sequence while floating. Swim 10m- back, breast, front crawl.	Perform a surface dive, jumps and treading in water. Swim over 10m- accurately using a range of strokes. Perform a forward somersault tucked in the water.	Swim 10m wearing clothes. Exit water without using steps. Swim 25m using any stroke. Perform a range of movements in deep water, demonstrating confidence and competence.
ATHLETICS	Negotiate space when playing racing and chasing games. Adjust speed or change direction to avoid obstacles.			Run change speed and direction. Link running and jumping with fluency, control and consistency. Short sequence of link jumps. Relay activities. Throw objects for accuracy and distance.	Run a long distance. Spring over a short distance. Throw and jump in different ways. Hit a target.	Control take-off and landing when jumping. Throw with accuracy. Running and jumping. Follow rules.	Demonstrate stamina. Use skills in different situations.
OUTDOOR & ADVENTUROUS				Follow a map. Use clues.	Follow a map. Use clues,	Follow a map.	Plan a route and series of clues for others. Plan with others.

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				Change locations using a map. Move safely. Follow a route.	Change locations using a map. Move safely. Follow a route in a time limit.	Use clues and compass to navigate route. Change route if a problem. Plan new information.	Take into account safety and danger.
HEALTH AND FITNESS		Know how their body feels before, during and after an activity	Exercise safely Know how their body feels during different activities Know how to keep body healthy.	Warm up and cool down-Know why. Know muscle groups.	Know why we warm up. Know why we keep fit.	Explain some important safety principles. Explain effect of exercise on the body. Explain why exercise is important.	Explain how the body reacts to different kinds of exercise. Choose appropriate warm up and cool downs. Explain the need of regular and safe exercise.
EVALUATING & IMPROVING		Talk about what they have done Describe their peers.	Notice differences Know how to improve.	Explain differences in their work, compared to others. Know how to improve performances.	Explain differences in their work, compared to others. Use comparison to improve.	Compare ideas, techniques and comment on skills used. Use observations to improve.	Analyse and explain specific skills or techniques. Modify skills and techniques to improve. Create own success criteria to evaluate.