

Skills Progression
Subject: PE

KS2			
Year 3	Year 4	Year 5	Year 6
Dance <ul style="list-style-type: none"> perform basic dance actions with greater control over each element. explore different styles of dance and copy steps from them with increasing accuracy. 	Dance <ul style="list-style-type: none"> choreograph short routines in time with a given piece of music. perform given routines from memory, performing all the elements in the correct order. 	Dance <ul style="list-style-type: none"> perform dance actions with control and expression. choose his/her own dance steps and movements and then develop them into a routine. 	Dance <ul style="list-style-type: none"> perform longer routines from memory adding expression and extension to his/her movements. explore different styles of dance and develop short routines in those styles.
Key Vocab <i>Canon, unison, formation, phrase, motif, stimulus, dynamics, pathways, direction.</i>	Key Vocab <i>Canon, unison, formation, phrase, motif, stimulus, dynamics, character, structure, space.</i>	Key Vocab <i>Canon, unison, formation, phrase, motif, stimulus, dynamics, character, structure, space, emotion, matching, mirroring, transitions.</i>	Key Vocab <i>Canon, unison, formation, phrase, motif, stimulus, dynamics, character, structure, space, emotion, matching, mirroring, transitions.</i>
Gymnastics <ul style="list-style-type: none"> use all parts of his/her body when travelling in different ways. make a range of different shapes when balancing. perform with coordination and variety with a clear start and finish. 	Gymnastics <ul style="list-style-type: none"> create his/her own stretching routine to prepare for gymnastics. balance on pads and points. combine shapes and balances in a performance. 	Gymnastics <ul style="list-style-type: none"> select the most appropriate ways to travel from one balance to another. create sequences that have changes of speed and level. perform a range of balances with a high level of control and accuracy. 	Gymnastics <ul style="list-style-type: none"> lead others in a stretching routine to prepare for gymnastics. hold different positions when balancing use different shapes to express a given theme/mood. plan and perform their own sequence using a wide range of gymnastic actions.
Key Vocab <i>Individual point and patch balances, straight roll, barrel roll, forwards roll, straight jump, tuck jump, star jump, rhythmic gymnastics.</i>	Key Vocab <i>Individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand.</i>	Key Vocab <i>Symmetrical and asymmetrical balances, straight roll, forward roll, backward roll, straddle roll, cartwheel, bridge, shoulder stand, handstand.</i>	Key Vocab <i>Straddle roll, forward roll, backward roll, counterbalance, counter tension, group balance, cartwheel, bridge, shoulder stand, handstand, headstand, vault.</i>
Games <ul style="list-style-type: none"> dribble a ball in a straight line. e.g. With his/her feet or a hockey stick. hit a ball with a range of different bats/racquets. find space to move into within a game. 	Games <ul style="list-style-type: none"> show control of a range of different throws/passes e.g. Over arm, underarm, chest pass. use a range of techniques to help keep possession of the ball in a team game. 	Games <ul style="list-style-type: none"> choose the most appropriate throw to use within a game. select the most appropriate person to pass to within a game select the most appropriate style of pass to ensure accuracy. 	Games <ul style="list-style-type: none"> hit a ball into space to help increase his/her score within a game. use a range of attacking and defending skills when playing a team game.

	<ul style="list-style-type: none"> pass a ball accurately when moving around during a game. 	<ul style="list-style-type: none"> dribble a ball in different directions and avoid obstacles. e.g. With his/her feet or a hockey stick. 	<ul style="list-style-type: none"> call out for a catch in a game showing they know they are in the best place.
Key Vocab <i>Passing, catching, throwing, dribbling, attacking, defending, shooting, intercepting, tracking, jockeying, tackling, tagging, underarm throwing, overarm throwing, overarm bowling, underarm bowling, fielding, batting, tracking a ball, retrieving a ball, ready position, forehand, backhand, rallying, dodging, blocking.</i>	Key Vocab <i>Passing, catching, throwing, dribbling, attacking, defending, shooting, intercepting, tracking, jockeying, tackling, tagging, underarm throwing, overarm throwing, overarm bowling, underarm bowling, fielding, batting, tracking a ball, retrieving a ball, ready position, forehand, backhand, rallying, dodging, blocking.</i>	Key Vocab <i>Passing, catching, throwing, dribbling, attacking, defending, shooting, intercepting, tracking, jockeying, tackling, tagging, goal-keeping, underarm throwing, overarm throwing, overarm bowling, underarm bowling, fielding, long and short barrier, batting, tracking a ball, retrieving a ball, forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, volley, set, dig, dodging, blocking.</i>	Key Vocab <i>Passing, catching, throwing, dribbling, attacking, defending, shooting, intercepting, tracking, jockeying, tackling, tagging, goalkeeping, underarm throwing, overarm throwing, overarm bowling, underarm bowling, fielding, long and short barrier, batting, tracking a ball, retrieving a ball, forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, volley, set, dig, dodging, blocking.</i>
Athletics <ul style="list-style-type: none"> sprint up to 100m. use the correct action to throw a javelin without a run up. 	Athletics <ul style="list-style-type: none"> can run 200m. can jump: one foot to the other (high jump); one foot to two feet (long jump) 	Athletics <ul style="list-style-type: none"> run longer distances knowing when to use a sprint. use the correct action to throw a javelin with a run up. 	Athletics <ul style="list-style-type: none"> change his/her bodyshape to decrease air resistance when running. can jump: one foot to same foot to two feet (triple jump).
Key Vocab <i>Pacing, sprinting, relay changeovers, jumping for distance, jumping for height, push throwing for distance, pull throwing for distance.</i>	Key Vocab <i>Pacing, sprinting, relay changeovers, jumping for distance, jumping for height, push throwing for distance, pull throwing for distance.</i>	Key Vocab <i>Pacing, sprinting, relay changeovers, jumping for distance, jumping for height, push throwing for distance, pull throwing for distance.</i>	Key Vocab <i>Pacing, sprinting, relay changeovers, jumping for distance, jumping for height, push throwing for distance, pull throwing for distance.</i>
Outdoor Activities <ul style="list-style-type: none"> follow a school map to navigate around a simple course designed by themselves and others. 	Swimming <ul style="list-style-type: none"> can swim a complete length of the pool, on his/her front and back without stopping. put his/her head in the water when using different strokes. 	Swimming <ul style="list-style-type: none"> swim a distance of 25m without stopping and using a consistent stroke. can swim using a range of strokes accurately, e.g. front crawl, backstroke and breaststroke, 	Outdoor Activities evaluate his/her own and the team's performance within a challenge and make suggestions of how to improve for next time.
Key Vocab <i>Listening, teamwork, planning, leading, communication, trust, map reading, orientation.</i>	Key Vocab <i>Body position, glide, front crawl, backstroke, breaststroke, length, width.</i>	Key Vocab <i>Body position, glide, front crawl, backstroke, breaststroke, length, width, dive.</i>	Key Vocab <i>Listening, teamwork, planning, leading, communication, trust, map reading, orientation</i>