Progression in Skills for PE

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games for nursery and reception, Multi-skills for years 1, 2 and 3/ Invaders for years 4, 5 and 6.	- Develop running and stopping. -Develop throwing and keeping score. -Follow instructions safely. -Begin to work co-operatively and learn how to take turns. -Begin to work with others within a game setting.	-Develop accuracy when throwing and practise keeping score. -Follow instructions and move safely. -Begin to learn to play against an opponent. -Play by the rules and develop coordination. -Explore striking a ball and keeping score. -Begin to work co-operatively as a team.	-Learn how to balance, use co-ordination and agility. -Use a variety of equipment when aiming. -Begin to understand travel in different directions.	-Explore static balancing and develop agility, balance and co-ordination. -Use speed and strength to throw a ball. -Use travel and direction with control and fluency. -Use skills learnt from year 1and 2 within a game activity.	-Change and maintain different balances. -Develop co-ordination whilst moving with an object, to move an object and moving with others. -Demonstrate agility whilst changing direction. - Have an embedded understanding of agility, balance and co-ordination.	-Use agility, balance and co-ordination to keep control of a ball within a competitive situation. -Improve accuracy when passing a ball. -Know how to communicate with team members effectively and apply skills to a game situation.	-Apply the footwork rule into a modified game. -Use a range of different passes in a modified game. -Use good hand/eye co-ordination to pass and receive a ball successfully. -Apply a variety of defending skills into a modified game. -Take part within a competitive game.	-Understand the basic rules of a sport. -Work as a team, using ball-handling skills. -Use balance and co-ordination. -Take part within a competitive game.
Dance	-Explore moving safely around others. -Explore changing direction and levels to music. -Explore using body parts to help them move, with having an awareness of themselves and others. -Begin to repeat and copy actions. -Begin to move with control and co-ordination.	-Use counting to help to stay in time with the music. -Copy, repeat and create different actions linking them together. -Express and communicate ideas through movement. -Explore movement using a prop. -Move with control and coordination.	- Explore linking travel, gestures and direction with movement. -Learn how to count the beats within a piece of music. -Tell a story through movement.	- Explore different levels and speed within movement. - Compose and perform a simple dance phrase. -Understand good body shape and position. - Create movements with rhythm and timing. -Begin to understand and adopt a style of dance.	-Explore one style of dance, movements and patterns. - Develop counting and tempo skills whilst dancing. - Perform a dance sequence with rhythm and expression. - Work co-operatively within a group.	-Explore one style of dance. - Demonstrate and perform a range of movement patterns to music. -Choreograph a short sequence. - Create partnered dances that reflect the style and apply the key components of dance. -Evaluate own and other's work.	-Explore one style of dance. -Choreograph a short sequence. -Create partnered and group dances that reflect the dancing style and apply the key components of dance. -Evaluate own and others work.	-Explore one style of dance. -Choreograph a short sequence. -Work as a group and co-operate to adapt two routines and put them together. -Perform and analyse own and others' performance.
Gymnastics	-Copy and create shapes with their body and using apparatus.	-Copy and create short sequences using shapes, balances and travelling actions. -Explore balancing and safely using apparatus.	- Explore travel in different directions at different speeds and levels.	- Perform simple gymnastic actions with control. - Understand and perform basic balances.	-Explore jumping and landing techniques. -Develop a sequence that uses jumping skills.	-Identify and practise symmetrical and asymmetrical body shapes.	-Perform new gymnastic moves with control and accuracy. -Identify and practise	-Use and refine the following skills: flexibility, strength, balance, power and mental focus.

Progression in Skills for PE

	-Explore balancing with different body parts. -Explore jumping and landing safely. -Explore rocking and roll techniques. -Begin to copy and create short sequences linking actions together.	-Develop jumping and landing safely from a height. -Develop rocking and rolling. -Begin to create and copy short sequences linking actions together and including apparatus.	-Explore different rolls and apparatus. -Perform a simple gymnastic sequence.	-Explore and develop a range of gymnastic movements. - Perform basic gymnastic actions into a sequence.	-Develop travel, shape, roll and balance techniques to perform a sequence. -Use music as a stimulus to create an appropriate sequence.	- Construct sequences using balances and linking movements. -Perform in canon and unison. -Perform and evaluate own and other sequences.	symmetrical and asymmetrical body shapes. -Use and refine the following skills: flexibility, strength, balance, power and mental focus. -Explore and include new counterbalance skills with a partner and into a sequence. -Understand the value of posture and body tension when performing. -Develop the skill of critique, including the ability to identify strengths and areas for improvement.	-Develop skills for movement, including rolling, bridging and dynamic movement. -Use counterbalances and incorporate them into a sequence of movements with a partner and within a group. -Perform and evaluate own and others' sequences.
Balls skills	-Explore rolling a ball to a target. -Explore the stopping of a ball. -Explore throwing and catching a ball. -Explore kicking and dribbling skills.	-Develop rolling and tracking a ball. -Develop accuracy when throwing to a target. -Develop throwing and catching with a partner. -Develop dribbling a ball with your feet. -Develop kicking a ball to a target.	- Master basic sending and receiving techniques. -Develop balance, agility, accuracy and co-ordination. -Use ball skills in a game based activity.	- Explore using hand eye co-ordination. - Develop catching and receiving techniques. - Develop various throwing techniques. -Explore how to dribble and pass accurately with a ball. - Use ball skills in a game based activity.	-Choose correct skills when playing a ball game. -Perform a range of actions to maintain control of a ball. -Master basic throwing/catching techniques. -Participate in a small-sided game.	Skills from previous years transferred within Striking and fielding.	Skills from previous years transferred within Striking and fielding.	Skills from previous years transferred within Striking and fielding.
Outdoor and Adventure	N/A	N/A	N/A	N/A	N/A	-Explore map with complex keys and symbols. -Participate in a range of problem	-Plan and organise a simple orienteering trail using a variety of map reading and compass skills.	-Plan and navigate a variety of orienteering challenges using map reading and

Progression in Skills for PE

						solving and adventure games. -Construct a basic shelter in a safe environment. - Explore what is needed to keep themselves and others safe.	-Apply the skills and safety requirements for survival in an outdoor environment.	compass skills in unfamiliar settings. -Plan and undertake a journey in the outdoors. -Work with others to identify potential hazards and devise strategies to overcome these.
Throwing and catching years 1,2 and 3/ Striking and fielding years 4,5 and 6			-Begin to understand basic striking, sending and receiving. - Develop throwing and consistent catching skills. - Explore how to strike with a bat. -Use fielding skills within a game based activity.	.-Develop correct technique for striking a ball. -Develop throwing and consistent catching skills. - Explore how to throw a ball at distance. -Use fielding skills within a game based activity.	-Consolidate skills within striking and fielding. -Develop the correct technique when throwing a ball within a game. -Practise the correct technique when batting a ball within a game. -Practise the correct technique when fielding within a game. -Develop skills for how to strike a ball for distance.	-Develop and investigate different ways of throwing. -Use agility, balance, co-ordination to field a ball well. -Use agility, balance, co-ordination to move into good positions for catching and apply it in a game situation. -Develop striking skills within a competitive situation.	-Develop skills in batting and fielding. -Identify and use different fielding techniques. -Develop overarm techniques. -Use all skills in a competitive game.	-Demonstrate good agility and balance in order to throw accurately. -Use fielding skills to stop the ball effectively. -Demonstrate good batting techniques. -Understand the role of a backstop within a game.
Fundamentals- Nursery and reception Athletics- years 1-6	-Explore balancing whilst stationary and on the move. -Explore running and stopping. -Start to develop directional awareness. -Start to develop jumping, hopping and landing techniques. - Explore different ways to travel.	-Develop balancing skills. -Develop running and stopping techniques. -Develop changing direction techniques. -Explore different jumping and hopping techniques. -Explore different ways to travel using equipment.	-Explore variant speeds when running. - Explore jumping activities. - Explore different methods of throwing. - Develop balance and co-ordination when running. -Use agility and control to complete activities.	-Establish running techniques with agility, confidence and for distance. -Develop jumping techniques for distance. -Exploring throwing objects safely and for distance. -Develop hurdle and running techniques. -Use agility and control to complete activities.	-Establish running techniques in different directions and speeds. -Continue to develop throwing technique. -Learn different jumping techniques and the rules.	-Learn how to use good techniques for running paces and distance in competitive situations. -Establish throwing with power and accuracy. -Understand which technique is most effective when jumping for distance.	-Sustain running at a continuous pace and improve the technique for running at speed. -Master throwing with accuracy and power. -Identify and apply techniques for relay running. -Understand how to successfully perform a standing long jump.	-Master running efficiently and at speed and to demonstrate good arm and leg technique within a competitive situation. -Master throwing and retrieve implements safely. -Show an understanding of the effect of different throwing positions.

Progression in Skills for PE

							-Demonstrate good techniques within a competitive situation.	-Understand which technique is most effective when jumping for distance.
Swimming	N/A	N/A	N/A	N/A	N/A	To work towards achieving 25 metres without armbands.	To work towards achieving 25 metres without armbands.	To achieve 25 metres without armbands.