



# Shavington Primary School

## Progression of skills in PE



	Active and healthy learner	Reflective learner	Engaged learner
Year 1	<ul style="list-style-type: none"><li>Understand and explain the importance of good health, physical exercise and healthy food.</li><li>Understand and explain which activities are good for our health.</li></ul>	<ul style="list-style-type: none"><li>Describe, explain and comment on their own and others' actions and feelings.</li><li>Listen, respond to set tasks and sounds following expectations and rule.</li></ul>	<ul style="list-style-type: none"><li>Communicate, select, prepare and handle appropriate resources effectively.</li><li>Cooperate and work in small teams.</li><li>Dress and undress for PE promptly with minimum help.</li><li>Listen to others and follow instruction.</li></ul>
Year 2	<ul style="list-style-type: none"><li>Recognise and describe how their body feels during and after activities.</li><li>Understand and explain the importance of good health, physical exercise and healthy food.</li><li>Understand and explain which activities are good for our health.</li></ul>	<ul style="list-style-type: none"><li>Describe, explain and comment on their own and others' actions and feelings.</li><li>Listen, respond to set tasks and sounds following expectations and rules.</li><li>Make judgements to improve their work.</li></ul>	<ul style="list-style-type: none"><li>Communicate, select, prepare and handle appropriate resources effectively.</li><li>Cooperate and work in small teams.</li><li>Dress and undress for PE promptly.</li><li>Listen to others and follow instruction.</li></ul>
Year 3	<ul style="list-style-type: none"><li>Recognise and describe what effects physical activity can have on the body.</li><li>Understand and explain the importance of good health, physical exercise and healthy food.</li><li>Understand and explain which activities are good for our health</li></ul>	<ul style="list-style-type: none"><li>Describe and comment on their own and others' performance with accuracy of actions.</li><li>Make judgements to improve their and others' work.</li><li>Respond to set tasks following rules and expectations.</li></ul>	<ul style="list-style-type: none"><li>Demonstrate enthusiasm for PE.</li><li>Effectively communicate and collaborate with each other.</li><li>Prepare themselves for PE and Sport Work independently and in small teams cooperatively.</li></ul>
Year 4	<ul style="list-style-type: none"><li>Describe why physical activity is good for health and well-being.</li><li>Recognise and describe how their body feels during and after activities.</li><li>Understand how to remain active for sustained periods of time</li></ul>	<ul style="list-style-type: none"><li>Describe, explain and comment on their own and others' actions and feelings.</li><li>Make judgements to improve their and others' work.</li><li>Respond to set tasks following rules and expectations.</li></ul>	<ul style="list-style-type: none"><li>Demonstrate enthusiasm for PE Effectively communicate and collaborate with each other.</li><li>Understand the principles and purpose of preparing effectively for PE and sport.</li><li>Work independently for extended periods of time without the need for guidance.</li></ul>
Year 5	<ul style="list-style-type: none"><li>Describe why physical activity is good for health and well-being.</li><li>Understand how having high levels of fitness can improve performance.</li><li>Understand how to remain active for sustained periods of time.</li></ul>	<ul style="list-style-type: none"><li>Describe and comment on their own and others' performance with accuracy of actions.</li><li>Know what has made their performance effective.</li><li>Make judgements to improve their work.</li></ul>	<ul style="list-style-type: none"><li>Compete respectfully and fairly following rules.</li><li>Eagerly participate in every PE/Sport lesson.</li><li>Effectively communicate and collaborate with each other.</li><li>Understand the principles and purpose of preparing effectively for PE and sport.</li><li>Work independently for extended periods of time without the need for guidance.</li></ul>
Year 6	<ul style="list-style-type: none"><li>Clearly understand how personal fitness can improve performance.</li><li>Demonstrate sustained levels of fitness.</li><li>Remain active for sustained periods of time.</li></ul>	<ul style="list-style-type: none"><li>Consistently improve their work.</li><li>Describe and comment on their own and others' performance with accuracy of actions.</li><li>Know what has made their performance effective.</li></ul>	<ul style="list-style-type: none"><li>Compete respectfully and fairly following rules.</li><li>Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes.</li><li>Effectively communicate and collaborate with each other.</li><li>Work independently for extended periods of time without the need for guidance.</li></ul>



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### Multi Skills

<p><u>Year 1</u></p> <ul style="list-style-type: none"><li>• Move confidently and creatively with control and coordination in large and small movements.</li><li>• Safely negotiate space both indoors and outdoors.</li><li>• master basic movements including running, jumping, throwing and catching.</li><li>• Throw underarm.</li><li>• Move and stop safely.</li><li>• Throw and kick in different ways.</li></ul>	<p><u>Year 2</u></p> <ul style="list-style-type: none"><li>• Move confidently and creatively with control and coordination in large and small movements.</li><li>• Safely negotiate space both indoors and outdoors.</li><li>• Master basic movements including running, jumping, throwing and catching.</li></ul>	<p><u>Year 3</u></p> <ul style="list-style-type: none"><li>• Move with confidence and creativity.</li><li>• Perform fundamental movement skills in a range of activities.</li><li>• Practice fundamental movement skills with control demonstrating balance, coordination &amp; agility.</li><li>• Use running, jumping, throwing and catching in isolation and in combination.</li><li>• Throw and catch with control.</li></ul>
<p><u>Year 4</u></p> <ul style="list-style-type: none"><li>• Confidently demonstrate creativity in their work with control.</li><li>• Demonstrate improvements to their work.</li><li>• Use running, jumping, throwing and catching in isolation and in combination.</li><li>• Catch with one hand.</li><li>• Throw and catch accurately.</li></ul>	<p><u>Year 5</u></p> <ul style="list-style-type: none"><li>• Demonstrate improvements to their work.</li><li>• Demonstrate originality, imagination and creativity in techniques, tactics and choreography.</li><li>• Perform and link skills with control and consistency.</li><li>• Perform/complete fundamental sports skills with control.</li><li>• Pass in different ways.</li><li>• Use a number of techniques to pass, dribble and shoot</li></ul>	<p><u>Year 6</u></p> <ul style="list-style-type: none"><li>• Demonstrate originality, imagination and creativity in techniques and tactics.</li><li>• Perform and link skills with control and consistency.</li><li>• Perform/complete fundamental sports skills with control.</li><li>• Shows confidence in using ball skills in various ways and can link these together effectively. e.g. dribbling, bouncing, kicking.</li></ul>
<p>Key - locomotor skills (like running), stability skills (like balancing) and manipulation skills (like catching)</p>		



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### Gymnastics

<p><u>Year 1</u></p> <ul style="list-style-type: none"><li>• Master basic movements including developing balance, agility and co-ordination.</li><li>• Perform basic fundamentals of movement (ABC's) with control and confidence.</li><li>• Make my body curled, tense, stretched and relaxed.</li><li>• Control my body when travelling and balancing.</li><li>• Copy sequences and repeat them.</li><li>• Roll, curl, travel and balance in different ways.</li></ul>	<p><u>Year 2</u></p> <ul style="list-style-type: none"><li>• Master basic movements including developing balance, agility and co-ordination.</li><li>• Perform basic fundamentals of movement (ABC's) with control and confidence.</li><li>• Plan and perform a sequence of movements.</li><li>• Improve my sequence based on feedback.</li><li>• Think of more than one way to create a sequence which follows some rules.</li></ul>	<p><u>Year 3</u></p> <ul style="list-style-type: none"><li>• Move with confidence and creativity.</li><li>• Perform fundamental movement skills in a range of activities.</li><li>• Practice fundamental movement skills with control demonstrating balance, coordination &amp; agility.</li><li>• Adapt sequences to suit different types of apparatus and criteria.</li></ul>
<p><u>Year 4</u></p> <ul style="list-style-type: none"><li>• Demonstrate improvements to their work.</li><li>• Perform fundamental movement skills in a range of activities.</li><li>• Work in a controlled way.</li><li>• Include a change of speed and direction.</li><li>• Include a range of shapes.</li><li>• Work with a partner to create, repeat and improve a sequence with at least three phases.</li></ul>	<p><u>Year 5</u></p> <ul style="list-style-type: none"><li>• Demonstrate originality, imagination and creativity in techniques, tactics and choreography.</li><li>• Perform and link skills with control and consistency.</li><li>• Make complex extended sequences.</li><li>• Combine action, balance and shape.</li></ul>	<p><u>Year 6</u></p> <ul style="list-style-type: none"><li>• Demonstrate improvements to their work.</li><li>• Demonstrate originality, imagination and creativity in techniques, tactics and choreography.</li><li>• Perform and link skills with control and consistency</li><li>• Combine my own work with that of others.</li><li>• Link sequences to specific timings</li></ul>
<p>Key - locomotor skills (like running), stability skills (like balancing) and manipulation skills (like catching)</p>		



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### Games

<p><u>Year 1</u></p> <ul style="list-style-type: none"><li>• Demonstrate some understanding of simple tactics for attacking and defending.</li><li>• Move confidently and creatively with control and coordination in large and small movements.</li><li>• Safely negotiate space both indoors and outdoors.</li><li>• Hit a ball with a bat.</li><li>• Throw and catch with both hands.</li></ul>	<p><u>Year 2</u></p> <ul style="list-style-type: none"><li>• Demonstrate some understanding of simple tactics for attacking and defending.</li><li>• Safely negotiate space both indoors and outdoors.</li><li>• Use hitting, kicking and/or rolling in a game.</li><li>• Decide the best space to be in during a game.</li></ul>	<p><u>Year 3</u></p> <ul style="list-style-type: none"><li>• Show understanding of how strategies and tactics can improve their work.</li><li>• Play competitive games and apply basic principles suitable for attacking and defending.</li><li>• Use throwing and catching in isolation and in combination.</li><li>• Aware of space and use it to support team-mates and to cause problems for the opposition.</li></ul>
<p><u>Year 4</u></p> <ul style="list-style-type: none"><li>• Perform fundamental movement skills in a range of activities.</li><li>• Understanding of effective leadership.</li><li>• Use throwing and catching in isolation and in combination.</li><li>• Hit a ball accurately with control.</li><li>• Keep possession of the ball.</li><li>• Vary tactics and adapt skills depending on what is happening in a game.</li></ul>	<p><u>Year 5</u></p> <ul style="list-style-type: none"><li>• Demonstrate originality, imagination and creativity in techniques and tactics.</li><li>• Perform/complete fundamental sports skills with control.</li><li>• Perform and link skills with control and consistency.</li><li>• Gain possession by working as a team.</li><li>• Use forehand and backhand with a racket.</li><li>• Field effectively.</li><li>• Choose a tactic for defending and attacking.</li></ul>	<p><u>Year 6</u></p> <ul style="list-style-type: none"><li>• Demonstrate improvements to their work</li><li>• Demonstrate originality, imagination and creativity in techniques and tactics.</li><li>• Perform and link skills with control and consistency.</li><li>• Perform/complete fundamental sports skills with control</li><li>• Play to agreed rules.</li><li>• Umpire / referee a game.</li><li>• Make a team and communicate a plan.</li></ul>
<p>Key - locomotor skills (like running), stability skills (like balancing) and manipulation skills (like catching)</p>		



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### Athletics

<p><u>Year 1</u></p> <ul style="list-style-type: none"><li>• Master basic movements including running, jumping and throwing</li><li>• Run at different speeds.</li><li>• Jump from a standing position</li></ul>	<p><u>Year 2</u></p> <ul style="list-style-type: none"><li>• Master basic movements including running, jumping and throwing.</li><li>• Can change speed and direction whilst running.</li><li>• Can jump from a standing position with accuracy.</li><li>• Performs a variety of throws with control and coordination.</li></ul>	<p><u>Year 3</u></p> <ul style="list-style-type: none"><li>• Practice fundamental movement skills with control demonstrating balance, coordination &amp; agility.</li><li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li><li>• Run at fast, medium and slow speeds; changing speed and direction.</li><li>• Take part in a relay, remembering when to run and what to do.</li></ul>
<p><u>Year 4</u></p> <ul style="list-style-type: none"><li>• Perform fundamental movement skills in a range of activities.</li><li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li><li>• Beginning to build a variety of running techniques and use with confidence.</li><li>• Beginning to perform a running jump with more than one component. e.g. hop skip jump (triple jump)</li><li>• Demonstrates accuracy in throwing and catching activities.</li></ul>	<p><u>Year 5</u></p> <ul style="list-style-type: none"><li>• Develop flexibility, strength, technique, control and balance.</li><li>• Perform and link skills with control and consistency.</li><li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li><li>• Be controlled when taking off and landing.</li><li>• Throw with accuracy.</li><li>• Combine running and jumping.</li></ul>	<p><u>Year 6</u></p> <ul style="list-style-type: none"><li>• Develop flexibility, strength, technique, control and balance.</li><li>• Perform and link skills with control and consistency.</li><li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li><li>• Beginning to build a variety of running techniques and use with confidence.</li><li>• Can perform a running jump with more than one component. e.g. hop skip jump (triple jump)</li><li>• Demonstrates accuracy and confidence in throwing activities.</li></ul>
<p>Key - locomotor skills (like running), stability skills (like balancing) and manipulation skills (like catching)</p>		



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### Dance

<u>Year 1</u>	<u>Year 2</u>	<u>Year 5</u>	<u>Year 6</u>
<ul style="list-style-type: none"><li>• Beginning to respond to simple stimuli.</li><li>• Perform dances using simple movement patterns.</li><li>• Move to music.</li><li>• Copy dance moves.</li><li>• Perform my own dance moves.</li><li>• Make up a short dance.</li><li>• Move safely in a space.</li></ul>	<ul style="list-style-type: none"><li>• Can respond well to simple stimuli</li><li>• Perform dances using simple movement patterns.</li><li>• Move confidently and creatively with control.</li><li>• Make a sequence by linking sections together.</li><li>• Use dance to show a mood or feeling.</li></ul>	<ul style="list-style-type: none"><li>• Perform dances using a range of movement patterns</li><li>• Can perform and link a variety of skills including travel, jumps, and turns with fluency, control and consistency.</li><li>• Demonstrates originality, imagination and creativity in choreography and begins to show technique Is able to respond to a full range of visual, auditory and kinaesthetic stimuli.</li><li>• Takes the lead in a range of choreographic situations and activities using Canon, Unison and Mirror Image</li></ul>	<ul style="list-style-type: none"><li>• Perform dances using a range of movement patterns</li><li>• Can improve own and other's performance.</li><li>• Consistently performs a range if travels, turns, jumps, gestures and stillness to a high skill level demonstrating technique, alignment and control.</li><li>• Takes the lead in a range of choreographic situations and activities making suggestions that improve performance.</li><li>• Uses originality, imagination and creativity in choreography to effectively convey themes, ideas and emotions</li></ul>
<p>locomotor skills (like running), stability skills (like balancing) and manipulation skills (like catching)</p>			



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### OAA / Swimming

<u>Year 3 - Swimming</u>	<u>Year 4 - OAA</u>	<u>Year 5 - OAA</u>
<ul style="list-style-type: none"><li>• Swims competently, confidently and proficiently over a distance of at least 25 metres.</li><li>• Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke.</li><li>• Performs safe self-rescue in different water-based situations.</li></ul>	<ul style="list-style-type: none"><li>• Uses and interprets simple maps.</li><li>• Think activities through and problem solve using general knowledge.</li><li>• Follow a route within a time limit.</li></ul>	<ul style="list-style-type: none"><li>• Take part in outdoor and adventurous activity challenges both individually and within a team.</li><li>• Think activities through and problem solve using general knowledge.</li><li>• Discuss and work with others in a group.</li><li>• Demonstrates an understanding of how to stay safe.</li></ul>