



St Cuthbert's Catholic Primary School

PE Progression of Skills



	EFYS	Nursery (age 3-4)	Reception (age 4-5)
Running and Jumping (Athletics, Races and Team Games)	<ul style="list-style-type: none"> I can sprint 30m I can jump for height 5-9cm I can jump for distance 30-59cm I can run for longer distance 	<ul style="list-style-type: none"> Skip, hop, stand on one leg and hold a pose for a game like musical statues. 	<ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing
Throwing and Catching (Team Games, Netball, Rugby, Basketball)	<ul style="list-style-type: none"> I can overarm throw I can pass a ball - chest pass I can catch a large ball. I can catch a variety of sized balls when bounced or thrown I can move freely using suitable spaces and speed or direction to avoid obstacles. 	<ul style="list-style-type: none"> Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. 	<ul style="list-style-type: none"> Develop overall body-strength, balance, co-ordination and agility Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
Balance, Agility and Co-ordination (Gymnastics)	<ul style="list-style-type: none"> I can move freely with confidence in a range of ways including, rolling, floor shapes, ways of travel I can experiment with different ways of moving. I can jump off an object and land appropriately. I can stand on one foot to hold balance. 	<ul style="list-style-type: none"> Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. 	<ul style="list-style-type: none"> Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.. Develop overall body-strength, balance, co-ordination and agility

<p>Games - Attacking and Defending, Striking and Fielding (Tennis, Football, Cricket, Rounders)</p>	<ul style="list-style-type: none"> • I can throw over and under arm in a general direction. • I can strike a ball in a general direction. • I can kick a ball along the floor less than 10m with the correct technique. • I can dribble a ball at feet with control. 	<ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. 	<ul style="list-style-type: none"> • Develop overall body-strength, balance, co-ordination and agility • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. • Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
<p>Dance and Movement Patterns</p>	<ul style="list-style-type: none"> • I can move freely in a range of ways. • I can experiment with different ways of moving. • I can complete simple sequences to different stimulus. 	<ul style="list-style-type: none"> • Use large-muscle movements to wave flags and streamers, paint and make marks. • Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm. 	<ul style="list-style-type: none"> • Progress towards a more fluent style of moving, with developing control and grace. • Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. • Combine different movements with ease and fluency
<p>Achieving my Personal Best and Healthy, Active Lifestyles</p>	<ul style="list-style-type: none"> • I can understand the importance for good health of physical exercise • I can understand the importance of a healthy diet. • I can talk about different ways to keep healthy and keep safe. 	<ul style="list-style-type: none"> • Make healthy choices about food, drink, activity and toothbrushing. 	<ul style="list-style-type: none"> • Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible amounts of 'screen time', having a good sleep routine, being a safe pedestrian

	Year 1	Year 2
Running and Jumping (Athletics, Races and Team Games)	<ul style="list-style-type: none"> I can walk in a straight line with control, using arms and legs alternatively I can run in a straight line, lifting my knees high I can use my arms correctly to help me to run faster I can jump from 2 feet and land on 2 feet I can hop on one leg for 5 seconds without overbalancing I can run at a slow pace (jogging) on my toes I can balance an object on my head whilst walking I can run at a fast pace (sprinting) on my toes (balls of feet) I can jump from 2 feet and land on 1 foot (and vice versa) I can hop on the spot on 1 leg for 10 seconds, using arms for balance 	<ul style="list-style-type: none"> I can change my pace on a command (walk, jog, sprint) I can use my outside foot to 'dig in' and change direction I can hop from one end of the hall to the other, without putting other foot down I can jump backwards and forwards over a line for 20 seconds, lifting knees high I can combine a run up with a jump to make me jump further I can bend my knees and push myself to jump straight up, touching a mark on a wall I can run forwards and backwards with control, changing between these easily I can run quickly backwards, bending forwards, looking over both shoulders I can sidestep quickly with bent knees, keeping hips and feet facing forward I can jump backwards, sideways and forwards with excellent balance
Throwing and Catching (Team Games, Netball, Rugby, Basketball)	<ul style="list-style-type: none"> I can roll a ball around my body, sitting down or standing up (static) I can pass a ball from one hand to the other without dropping it I can push (roll) a ball accurately to a partner, sitting down or standing up I can trap or stop a ball using different parts of my body I can travel at speed, holding a ball in 2 hands I can bounce a ball repeatedly on a target, with control (static) I can throw a large ball to myself, catching it most of the time I can bounce a ball to my partner who is about 2m away I can throw a ball to someone who is about 2m away (2 hands, underarm) I can catch a ball thrown to me from 2m away, most of the time 	<ul style="list-style-type: none"> I can roll a ball around my body whilst walking or jogging I can pass a ball from one hand to the other without dropping it, whilst travelling I can step with the opposite foot to my throwing hand when I throw a large ball I can fully extend my arms and fingers when I release the ball (1 or 2 hands) I can make a target for my friend to aim for using my hands I can bounce a ball at hip height, using my fingertips, whilst moving I can pull a ball into my chest tightly when catching I can throw a ball (or bean bag) into or onto a target from 3m to score a point I can throw a ball to someone who is about 3m away (2 hands, push from chest) I can catch a ball thrown to me from 3m away, most of the time

<p style="text-align: center;">Balance, Agility and Co-ordination (Gymnastics)</p>	<ul style="list-style-type: none"> • I can travel on the ground and on, over and under equipment • I can balance on both legs individually for 5 seconds • I can perform different rolls (e.g. log roll, tuck roll and teddy rolls) • I can move to standing position after a tuck roll • I can understand gymnastics vocabulary (travel, roll, balance) • I can walk and run in a straight line with feet and knees facing forward • I can run on the balls of my feet, lifting my knees • I can jump from a small height, bending my knees to land • I can point and flex my toes • I can follow a given pathway (travelling forwards, backwards and sideways) 	<ul style="list-style-type: none"> • I can identify points (heads, hands, elbows, knees and feet) and patches (bottom, thigh, back) • I can combine points and patches in a balance • I can squat and tuck my head between my knees to perform a forward roll • I can twist and turn when moving while maintaining balance • I can use gymnastics vocabulary (point, patch, twist, turn, pivot) • I can create different shapes with my body (arches and bridges) • I can perform different jumps (star, pencil and tuck) • I can balance on different apparatus (e.g. overturned bench) • I can perform a simple gymnastic routine of at least 3 movements independently • I can hold my form with arms raised in a finishing position
<p style="text-align: center;">Games - Attacking and Defending, Striking and Fielding (Tennis, Football, Cricket, Rounders)</p>	<ul style="list-style-type: none"> • I can hold a racket using the handshake grasp • I can balance a ball on a flat racket whilst stationary • I can move with a football using the inside of my feet (both feet) • I can kick a football a short distance using the side of my foot • I can roll and trap a small ball with a partner using hands and feet • I can retrieve a small ball and bring it to a given position quickly, avoiding others • I can kick a ball through a gate (into goal/between cones) • I can stop a goal being scored in football, using my body (soft ball) • I can volley a ball on a racket (large ball or balloon for LA) • I can follow the rules and play small, competitive games using balls 	<ul style="list-style-type: none"> • I can roll a ball around the rim of a tennis racket when stationary • I can volley on the spot using forehand and backhand • I can serve a ball with control from a single bounce • I can dribble a ball around obstacles using the insides of my feet • I can kick a ball accurately a distance of 4 metres to my partner • I can retrieve a ball and send it using a throw or kick • I can have a short rally with a partner over a small obstacle • I can help my team to score points in a striking and fielding game • I can help my team to stop somebody scoring points • I can stop the ball using my foot on the top of the ball (football)

Dance and Movement Patterns	<ul style="list-style-type: none"> I can clap a simple rhythm accurately to help me dance I can find a space in an area away from others independently I can show emotion through movement I can copy and repeat simple actions shown to me I understand dance vocabulary (step, clap, tap, jump, slide, hop) I can copy a short routine accurately I can count a beat of 4 and move to it I show co-ordination in my dance moves I can travel in different ways (walk, run, sidestep, skip, hop, crawl) I can change my shape and size on command 	<ul style="list-style-type: none"> I can create and invent my own movements I can move my body to a given beat I can copy and repeat more complex actions (travel, change direction, gestures) I can create a short routine with support from a peer or an adult I can use dance vocabulary (step, clap, tap, jump, slide, hop, travel, mirror) I can move appropriately to the style of a piece of music I show enthusiasm in my movements I can say positive comments about a performance I can perform a simple routine of at least 3 movements independently I can confidently travel in different ways
Achieving my Personal Best and Healthy, Active Lifestyles	<ul style="list-style-type: none"> I can set myself a target in PE (e.g. to run a certain distance faster, to throw further) with support I can achieve my target in PE I can name my main body parts I can tell you what it means to be active I can name 3 healthy and 3 unhealthy foods 	<ul style="list-style-type: none"> I can set myself a target in PE (throw further, run faster, jump higher) I can achieve my target and explain how I did it I can name the parts of my body I use in different areas of PE I can explain what being active means I know what a balanced diet is
	Year 3	Year 4
Running and Jumping (Athletics, Races and Team Games)	<ul style="list-style-type: none"> I can pace myself during a long distance run (at least 1 lap of field) I can jump and turn in the air to face a different way I can pursue/chase a target, following their path exactly I can stop myself quickly and carefully when running at speed I can hop, step then jump and land on 2 feet (triple jump) I can push myself to triple jump further, using a run up and arms to propel me I can sprint, do a preparation jump (heel, toe, push up), then sprint again I can change direction to avoid others I can improve my high or long jump by using arms and legs to push up 	<ul style="list-style-type: none"> I can run over low obstacles, clearing them most of the time I can sprint correctly, starting off in a bent position, straightening up I can run for 1.5 laps of the field (approximately 1200m), pacing myself I can run with an object in my hand without dropping it I can pass and receive a relay baton without dropping I can demonstrate 4 changes in speed (walk, jog, run, sprint) I can use heel, toe, push up (preparation jump) to jump high I can use a range (at least 5) different foot patterns in ladders or around cones I can jump sideways over a small obstacle repeatedly for 30 seconds (speed bounce)

	<ul style="list-style-type: none"> I can apply my running and jumping skills in a competitive situation (dodgeball, relay races, hurdles or ladder races) 	<ul style="list-style-type: none"> I can run and jump over higher obstacles (hurdles) and clear them most of the time
Throwing and Catching (Team Games, Netball, Rugby, Basketball)	<ul style="list-style-type: none"> I can throw a ball, stepping forward with one foot, keeping back foot toes down I can throw a small ball using underarm technique (shoulder rotates, arm 90° to body) I can throw a large ball using a bounce and chest pass I can throw a small ball using overarm technique (stand sideways, lead elbow) I can throw a large ball using a shoulder pass with 1 hand I can catch a small ball using handcuff catch (wrists together, fingers spread) I can catch a large ball from over 5m away consistently I can stand with my legs apart, feeding a large ball through my legs in a figure of 8 (static) I can hit a target using a small ball from over 5m away I can hit a moving target (eg. a hula hoop rolling) with a ball or object 	<ul style="list-style-type: none"> I can throw a large ball using a bounce and chest pass, hitting target every time I can throw a large ball using an overhead technique (ball behind head, elbows high, quick release forward at highest point) I can catch a ball facing one way and pivot to face another way (ground one foot, lift heel only) I can use a one handed shooting technique (feet facing post, bend knees and elbow, flick with wrist, support ball with non-shooting hand, up onto toes and stretch follow through) I can catch a ball with balance, whilst moving towards the ball I can throw a ball into a space for a teammate to move onto I can throw and catch a ball repeatedly with 1 hand to a partner who is 2m away I can throw a small or large ball a long distance (over 10m) I can throw an object or small ball, using a run up to help me throw further (athletics) I can score in a range of targets, using a range of objects
Balance, Agility and Co-ordination (Gymnastics)	<ul style="list-style-type: none"> I can balance on points and patches with my hips higher than my head I can show my spatial awareness when I move (considering others) I can create different shapes with my body (letters) I can balance on my head, with a partner supporting my legs if needed I can create interesting point and patch balances with a partner I can describe exactly what I'm doing using gymnastic vocabulary I can perform a series of rolls (log, forward, tuck, pencil) I can jump from a small height, turning 90° or 180° and landing safely I can make shapes in the air when jumping from a small height I can travel on apparatus in different ways (forwards, backwards, sideways, slither, crawl) 	<ul style="list-style-type: none"> I can balance on my head, with my legs straight and toes pointed, with partner supporting if needed I can perform a handstand against a wall or using a partner for support I can create symmetrical and asymmetrical balances with a partner I can perform a sequence of 4 or more gymnastic movements that are linked (e.g. travel, jump, roll, stand, balance) I can jump from apparatus, using my body correctly to gain height and land safely I can turn 180° when jumping to the right and left I can always show a good gymnastic finishing position I can use a range of available apparatus safely, with caution I can balance on a narrow beam (upturned bench) independently I can travel showing different speeds, directions, foot patterns and levels

Games – Attacking and Defending, Striking and Fielding (Tennis, Football, Cricket, Rounders)	<ul style="list-style-type: none"> • I can roll a ball around my racket while moving • I can volley a ball on a racket while moving around and avoiding others • I can sustain a rally for more than 10 shots over a net • I can stop and kick a ball following a short run • I can dribble a ball avoiding defenders • I can hold a cricket bat correctly whilst striking the ball • I can balance a cricket ball on the flat side of the cricket bat • I can fulfil a position in a team (e.g. back stop, goalkeeper, striker) • I can explain different ways to be out in cricket or rounders • I can anticipate the path of a ball in a game situation 	<ul style="list-style-type: none"> • I can perform backhand and forehand volleys while moving around • I can serve the ball over a net • I can make a range of tennis shots to win a point • I can demonstrate awareness of boundaries of the playing area in a game situation • I can stop a rolling ball, dropping my leg to stop it travelling through my legs (cricket/ rounders) • I can bowl an underarm ball with precision • I can strike a ball with a cricket bat using two hands to score runs • I can strike a ball with a rounders bat, standing side on with one hand • I can tackle from the front and side in football, winning the ball • I can head the ball using the correct part of my head (forehead)
Dance and Movement Patterns	<ul style="list-style-type: none"> • I can move different parts of my body in time with a steady beat • I can show my spatial awareness when I dance (considering others) • I can make movements appropriate to the type of music • I can perform a sequence with control and co-ordination • I can move in unison and in time with my group, meeting and parting • I can describe exactly what I'm doing using dance vocabulary • I can change tempo in my movements • I can evaluate a performance, offering areas for improvement • I can perform a sequence with a beginning, middle and end • I am beginning to perform with fluency, linking actions smoothly 	<ul style="list-style-type: none"> • I can move my body to different beats, fast and slow • I can use space effectively when dancing • I can show emotion through movement • I can link actions in a routine smoothly • I can perform movements in canon (different starting points, domino effect) • I use dance vocabulary to describe most of my movements • I can dance at different levels (high and low) and speeds • I can identify specific steps to improve my performance • I can use appropriate actions to suit the music/style of dance • I can perform with fluency, linking actions smoothly
Achieving my Personal Best and Healthy, Active Lifestyles	<ul style="list-style-type: none"> • I can identify an area of PE that I need to improve in • I can show that I have improved in this area (timed event/jump distance/throw length) • I can name at least 3 muscles • I can explain what could happen to me if I'm not active and healthy • I know I need to keep myself hydrated and know what this word means 	<ul style="list-style-type: none"> • I can set myself a target in PE (throw further, run faster, jump higher) and measure my success • I can explain how I achieved my target • I can explain how my body changes during PE • I can explain the benefits of being healthy and active • I can identify the main food groups and which are good for me
	Year 5	Year 6

<p style="text-align: center;">Running and Jumping (Athletics, Races and Team Games)</p>	<ul style="list-style-type: none"> • I can jump sideways over a low obstacle repeatedly for 40 seconds (speed bounce) • I can run over low obstacles, clearing them all • I can maintain a maximum speed for 60 metres • I can run 1600m (at least 2 laps of the field), pacing myself • I know when to set off for an effective relay change over • I can demonstrate an excellent running posture and technique • I can hop, step and jump with control and fluency (triple jump) • I can do a range of jumps with excellent balance (hopping, long jump, triple, high) • I know how to improve my running technique • I can begin to accelerate rapidly from a standing sprint position 	<ul style="list-style-type: none"> • I can run and jump over a range of different obstacles, clearing them every time • I can sprint for 100m (length of field) • I can complete 2 laps of the field • I can help myself and others improve their running technique • I can perform a long jump and triple jump and understand how to measure them • I can explain how a relay works and compete well as part of a team • I can show leadership skills in athletics • I can sprint at the end of a long distance race to win • I can perform a long and triple jump with pace and a run up to help me go further • I can explain to others how they can run faster and jump higher and further
<p style="text-align: center;">Throwing and Catching (Team Games, Netball, Rugby, Basketball)</p>	<ul style="list-style-type: none"> • I can use the 6 o'clock pass technique accurately (tag rugby - sideways pass, ball tip to floor, swing from shoulders) • I can throw a rugby ball to someone standing level with or behind me • I can walk using big strides, passing the ball through my legs (pretzel) • I can use a one handed shooting technique (feet facing post, bend knees and elbow, flick with wrist, support ball with non-shooting hand, up onto toes and stretch follow through) and score in a netball or basketball net most of the time • I can catch a ball with balance, whilst moving in any direction • I can throw a ball with skill to prevent interception • I can vary my pass according to the receiver (to suit position, height and skill level) • I can make an interception in a game situation • I can throw an object (eg. Howler), pushing myself to help me throw further (athletics) • I can throw a heavy ball (or basketball) from a standing position using only my upper-body strength (athletics - chest push) 	<ul style="list-style-type: none"> • I can demonstrate a full range of passing techniques (chest, shoulder, bounce, overhead with large ball, underarm and overarm with small ball) • I can snatch a ball quickly thrown around me in any direction • I can perform a range of 1 handed ball skills independently • I can select the correct pass to use in a game situation • I can receive a ball, pivot and offload (pass on) with fluency • I can run towards a ball, catch it and turn in the air to face the other way • I can offload the ball at the right time to avoid losing possession • I can travel with a ball, avoiding losing it • I can throw and catch a ball even when I am off balance • I can throw and catch a ball quickly and accurately every time, even under pressure

<p style="text-align: center;">Balance, Agility and Co-ordination (Gymnastics)</p>	<ul style="list-style-type: none"> • I can perform a sequence which includes transferring weight from different body parts (e.g. shoulders to stomach, stomach to elbows and toes etc.) • I can show clear and controlled starting and finishing positions in gym routines • I can use counter balances with a partner or in a group • I can support my partner's bodyweight in a balance • I can perform a handstand safely • I can use gymnastic vocabulary confidently to evaluate mine and others' performances • I can hang, climb and swing on, over, along and under available apparatus • I can perform a cartwheel from a standing position • I can perform a range of jumps on the floor and from a height (tuck, straddle, pike, pencil, star) • I can refine my gymnastic routines with practise 	<ul style="list-style-type: none"> • I can perform a handstand followed by a forward roll • I can use a run up to perform a cartwheel with speed • I can sometimes perform a cartwheel without putting my hands on the floor • I can perform forward and backward rolls, tucking my head under • I can perform a routine including shapes, jumps, balances, cartwheels, travelling, rolling and rotating • I can refine my performance after evaluation, using gymnastic vocabulary • I can perform difficult moves showing flexibility and co-ordination • I can use and link my own moves with others to create a collective gymnastic sequence • I help others in my group improve their sequences, showing leadership skills • I can perform demanding or lengthy gymnastic routines accurately and show my fitness
<p style="text-align: center;">Games - Attacking and Defending, Striking and Fielding (Tennis, Football, Cricket, Rounders)</p>	<ul style="list-style-type: none"> • I can perform an underarm and overarm serve • I can use a range of foot patterns when attacking and defending (side step, swerve and dodging) • I can mark an opponent during game play • I can use my body to block the ball • I can explain how to win the game in a range of sports • I can send a ball to the correct place in a game situation • I can perform an underarm and overarm bowl • I can show how to restart a game after a goal or a stoppage in play • I can demonstrate an awareness of timing during game play (e.g. moving at the correct time to win the game or point) • I can avoid the goalkeeper to score a penalty kick 	<ul style="list-style-type: none"> • I can perform an accurate overarm bowl with a run up • I can explain most rules in a range of sports (cricket, rounders, tennis, football) • I can sustain a rally in tennis using a variety of shots • I can show defensive skills to win a game (tracking, shadowing and marking) • I can show determination when attacking to win a game • I can strike the ball into space away from opponents • I can show good sportsmanship in arrange of situations • I can position myself correctly in a game situation • I can be fair and objective when organising a game • I can communicate effectively with my team mates

<p style="text-align: center;">Dance and Movement Patterns</p>	<ul style="list-style-type: none"> • I can move my body to the beat, staying in time with others at all times • I can show clear and controlled starting and finishing positions • I can create moves from a given stimulus • I can use my imagination to create a unique performance • I can include demonstrate a number of dance principles in my performance (canon, mirror, meeting and parting, change of pace) • I use dance vocabulary confidently to evaluate mine and others' performances • I can show changes in direction, level and speed in my performances • I can change a given movement to make it unique • I can create a longer sequence with others, fitting the music • I can refine my routines with practise 	<ul style="list-style-type: none"> • I can move to the beat in time throughout my performance • I can work with a group to show varied and controlled starting and finishing positions • I can make my own routine with others, following a theme • I can explain exactly how to improve my own and others' performances • I can move with fluency, accuracy and control throughout my performance • I can improve my performance after evaluation, using dance vocabulary • I can perform difficult moves showing flexibility, speed and co-ordination • I can use and link my own moves with others to create a collective sequence • I help others in my group, showing leadership skills • I can perform demanding routines accurately and show my fitness
<p style="text-align: center;">Achieving my Personal Best and Healthy, Active Lifestyles</p>	<ul style="list-style-type: none"> • I can set and achieve my own target in PE, taking measurements or times • I can carry out my own warm up • I can explain to others how to lead a healthy, active lifestyle • I can name at least 4 muscles • I can explain what 3 food groups do in the body 	<ul style="list-style-type: none"> • I can show perseverance to achieve a target I set for myself in PE • I can record results and display them in a graph • I know why I go red and my pulse rate rises when I exercise • I can evaluate my own lifestyle • I can name at least 5 muscles