



**Warton St. Paul's Primary School
PE Progression of Skills
2022-2023**

EYFS		Year 1	Year 2	Year 3/4	Year 5	Year 6
Development Matters: Children in Reception Physical Development	Games	Perform fundamental movement skills at a developing level in: Travelling skills. Sending skills. Receiving skills.	Perform fundamental movement skills at a developing level and start to master some basic movements in: Travelling skills. Sending skills. Receiving skills	Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy.	Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control.	Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.
Revise and refine the fundamental movement skills they have already acquired: <ul style="list-style-type: none"> • rolling • crawling • walking • jumping • running • hopping • skipping • climbing 	Dance	Perform fundamental movement skills at a developing level. Perform basic body actions with control and show some sense of dynamic, expressive and rhythmic qualities in their own dance.	Perform fundamental movement skills at a developing level and start to master some basic movements Perform body actions with control and coordination and perform short dances, showing an understanding of expressive qualities.	Perform freely, translating ideas from a stimulus into movement using dynamic, rhythmic and expressive qualities clearly and with control. Perform dances clearly and fluently and show sensitivity to the dance idea and the accompaniment.	Perform different styles of dance clearly and fluently, adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance.	Perform dances fluently and with control and can perform to an accompaniment expressively and sensitively.
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 and sport.	Gymnastics	Perform fundamental movement skills at a developing level in: Travelling skills. Perform body actions with some control and coordination.	Perform fundamental movement skills at a developing level and start to master some basic movements in: Travelling skills Perform body actions with control and coordination	Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy and extension.	Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control.	Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.

<p>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>	<p>Athletics</p>	<p>Perform fundamental movement skills at a developing level.</p>	<p>Perform fundamental movement skills at a developing level and start to master some basic movements.</p>	<p>Master fundamental movement skills and start to develop athletic specific skills performing them with consistency and accuracy.</p>	<p>Continue to develop athletic specific skills and perform them with consistency, accuracy, confidence, control and speed.</p>	<p>Continue to develop athletic specific skills and perform them with consistency, accuracy, confidence, control and speed.</p>
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