



PE Skills Progression Document

Gymnastics						
Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Mounts stairs, steps or climbing equipment using alternate feet. Can stand momentarily on one foot when shown. Experiments with different ways of moving. Jumps off an object and lands appropriately. Travels with confidence and skill around, under, over and through balancing and climbing equipment. 	<ul style="list-style-type: none"> To copy and remember actions. Travel in different ways, creating a sequence with a partner. Explore balance on front and back so that extended arms and legs are held off the floor (arch and dish shapes respectively). To develop control in different simple rolls. 	<ul style="list-style-type: none"> Perform gymnastic sequence with a balance, a travelling action, a jump and a roll. Teach sequence to a partner and perform together. Develop balance by showing good tension in the core and tension and extension in the arms and legs, hands and feet. Develop balance on front and back so that extended arms and legs are held off the floor. Begin to travel on hands and feet. Bunny hop (transferring weight.) To explore shapes in the air and show control when jumping and landing e.g star jump. To develop control in different rolls. 	<ul style="list-style-type: none"> Perform a gymnastic sequence with clear changes of speed, different balances with different ways of travelling. Work with a partner to create a sequence. Challenge balance and use of core strength by exploring and developing use of upper body strength taking weight on hands and feet. Explore leaping forward in stag jump, taking off from one foot and landing on the other. Develop control in rolling actions on the floor, off and along apparatus or in time with a partner. 	<ul style="list-style-type: none"> Work with a partner to create a sequence using travelling and space. Balance on floor and apparatus exploring which body parts are the safest to use. Explore balancing with a partner: facing, beside, behind and on different levels. Move in and out of balance fluently. Add a quarter or half turn into a jump before landing. Perform the full forward roll Begin the backward roll 	<ul style="list-style-type: none"> Create complex and well executed sequences that include a range of movements: travelling, balances, swinging, bending, stretching, twisting, gestures, linking shapes. Perform balances with control, showing good body tension. Mirror and match partner's balance. Travel in different pathways on the floor and using apparatus, explore different entry and exit points other than travelling in a straight line on apparatus. Make symmetrical and asymmetrical shapes in the air. Explore different starting and finishing positions when rolling. 	<ul style="list-style-type: none"> Create a longer more complex sequence of up to 10 elements. Explore and develop control in taking some/all of a partner's weight using counter balance and counter tension. Perform a range of acrobatic balances with a partner on the floor and on different levels on apparatus. Travel in time with a partner, move away from and back to a partner. Jump along, over and off apparatus of varying height with control in the air and on landing. Explore symmetry and asymmetry throughout the rolling actions.
Dance						
Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> Experiments with different ways of moving. Show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Enjoys joining in with dancing and ring games. Beginning to move rhythmically. Imitates movement in response to music. 	<ul style="list-style-type: none"> Copy some moves and remember a short dance. Move spontaneously showing some control and co-ordination. Move with rhythm. Demonstrate good balance. Move with confidence when walking, hopping, jumping, landing. 	<ul style="list-style-type: none"> Use own ideas to create dance Sequence Move with rhythm and varying speed. Demonstrate good balance. Co-ordinate arm and leg actions (e.g. march and clap) Interact with a partner (e.g. holding hands, swapping places, meeting and parting) 	<ul style="list-style-type: none"> Create a dance phrase with a partner and in a small group. Move in time with music. Perform dance to an audience showing confidence. Demonstrate use of space, levels, directions, pathways and body shape. Demonstrate different relationships, mirroring, unison, canon, complementary & contrasting space – levels, directions, pathways and body shape. Demonstrate different relationships mirroring, unison, canon, complementary & contrasting. 	<ul style="list-style-type: none"> Remember and repeat a dance phrase with improved clarity and accuracy. Link phrases to music. Show co-ordination, control and strength. Show focus, projection and musicality. Demonstrate different dance actions: travel, turn, gesture, jump and stillness. Demonstrate dynamic qualities: speed, energy and continuity . 	<ul style="list-style-type: none"> Use simple motifs and movement patterns to structure their own dance phrases on own, with partner and small groups. Perform dance to an audience showing confidence and clarity of actions. Show co-ordination, control, alignment, flow of energy and strength. Show focus, projection, sense of style and musicality. Demonstrate use of space: levels, directions, pathways, size and body shape . 	<ul style="list-style-type: none"> Remember and repeat a more challenging dance phrase with improved fluency. Works imaginatively on their own, with a partner and in a group to compose motifs and structure simple dances. Demonstrate dynamic qualities: speed, energy, continuity, rhythm. Demonstrate different relationships: mirroring, unison, canon, complementary and contrasting, body part to body part and physical contact.
Healthy Living						
Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> Understand what foods are good for you. Know what happens to their body when they exercise. 	<ul style="list-style-type: none"> Understand how to put a plate of healthy food together. Know how to balance foods to get what we need. When exercising know how to control their breathing. Show the knowledge of what happens to the heart when we exercise. 	<ul style="list-style-type: none"> Draw a plate of food with fruit and veg, carbohydrates, dairy, proteins and fats. Show the knowledge of why we have to eat healthily. Understand how to look after their bodies and mind. Know how important being hydrated is. 	<ul style="list-style-type: none"> Draw a plate of food with fruit and veg, carbohydrates, dairy, proteins and fats. Look at different forms of exercise and how they can help your body e.g. yoga, HIIT training, running, walking, jogging. Know how important being hydrated is. 	<ul style="list-style-type: none"> Make a weeks' worth of healthy food using fruit and veg, carbohydrates, dairy, proteins and fats. Learn to improve their fitness by doing circuits of a variety of exercises. Know how important being hydrated is. 	<ul style="list-style-type: none"> Make a weeks' worth of healthy meals using fruit and veg, carbohydrates, dairy, proteins and fats. Design a circuit for other people to use to show and improve their fitness. Know how important being hydrated is. Plan a yoga lesson. Improve fitness using HIIT workouts. 	<ul style="list-style-type: none"> Make a weeks' worth of healthy meals using fruit and veg, carbohydrates, dairy, proteins and fats. Design a circuit for other people to use to show and improve their fitness. Know how important being hydrated is. Plan a yoga lesson. Improve fitness using HIIT workouts.



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Inclusive Sports						
Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Boccia:</p> <ul style="list-style-type: none"> Throw a ball towards a target hoop. Throw a ball towards a target hoop while sitting down on a chair . Sit down volleyball Hit a ball towards a target Hit a ball towards a target while sitting down. <p>Goal Ball:</p> <ul style="list-style-type: none"> Move around using a blindfold with a partner talking to them. Sit down in a circle with blindfolds on and hit a bell ball to each other. 	<p>Boccia:</p> <ul style="list-style-type: none"> Throw a ball at a target hoop while sitting down on a chair. Throw a ball at a target jack while sitting down on a chair. <p>Sit down volleyball:</p> <ul style="list-style-type: none"> Hit the ball at a target while sitting down Use different sized balls to work out which one you find easiest to use. <p>Goal Ball:</p> <ul style="list-style-type: none"> Move around using a blindfold with a partner talking to them. Sit down in a circle with blindfolds on and hit a bell ball to each other 	<p>Boccia:</p> <ul style="list-style-type: none"> Throw a ball at a target jack while sitting down on a chair Work in pairs to see who can get the ball closest. <p>Sit down volleyball:</p> <ul style="list-style-type: none"> Hit the ball at a target while sitting down Use different sized balls to work out which one you find easiest to use. <p>Goal Ball:</p> <ul style="list-style-type: none"> Move around using a blindfold with a partner talking to them. Sit down in a circle with blindfolds on and hit a bell ball to each other. 	<p>Boccia:</p> <ul style="list-style-type: none"> Throw a ball at a target jack while sitting down on a chair Work in pairs to see who can get the ball closest. <p>Sit down volleyball:</p> <ul style="list-style-type: none"> Hit a ball to a partner while sitting down using underarm and overarm shots. Try to rally the ball with you partner. <p>Goal Ball:</p> <ul style="list-style-type: none"> In small groups learn how to defend shots . Learn how to shoot the ball quicker to get it past the defender. 	<p>Boccia:</p> <ul style="list-style-type: none"> Learn rules of the game so you can play small competitions. Play a game against partner. <p>Sit down volleyball:</p> <ul style="list-style-type: none"> Hit a ball to a partner while sitting down using underarm and overarm shots. Try to rally the ball with you partner. <p>Goal Ball:</p> <ul style="list-style-type: none"> In small groups learn how to defend shots . Learn how to shoot the ball quicker to get it past the defender. 	<p>Boccia:</p> <ul style="list-style-type: none"> Learn rules of the game so you can play small competitions. Play a game against partner. <p>Sit down volleyball:</p> <ul style="list-style-type: none"> Hit a ball to a partner while sitting down using underarm and overarm shots. Try to rally the ball with you partner. <p>Goal Ball:</p> <ul style="list-style-type: none"> In small groups learn how to defend shots . Learn how to shoot the ball quicker to get it past the defender. 	<p>Boccia:</p> <ul style="list-style-type: none"> Learn rules of the game so you can play small competitions. Play a tournament. <p>Sit down volleyball:</p> <ul style="list-style-type: none"> Hit a ball to a partner while sitting down using underarm and overarm shots. Try to rally the ball with you partner. <p>Goal Ball:</p> <ul style="list-style-type: none"> In small groups learn how to defend shots . Learn how to shoot the ball quicker to get it past the defender.
Invasion Games						
Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Fundamentals:</p> <ul style="list-style-type: none"> Kick a ball to a target/a team mate. Dribble a ball around obstacles. Throw and catch different objects of different sizes. Bounce a ball. Move and stop confidently Show good control of their bodies. Change direction safely. Move in and out of space safely evading other people. 	<p>Fundamentals:</p> <ul style="list-style-type: none"> Kick a ball with both feet to a target/a team mate. Dribble a ball around obstacles. Throw and catch using both hands using different objects. Understand tag games, trying to evade the taggers. Bounce a ball with both hands and keep the ball under control. Work with partners to perform different activities e.g. passing footballs and basketballs. Dribble using a stick and ball. 	<p>Fundamentals:</p> <ul style="list-style-type: none"> Shoot a football at a goal. Pass a football to a partner while moving in space. Dribble a football past an opponent in a 1v1 situation. Pass a basketball to a partner while moving in space. Dribble a basketball past an opponent in a 1v1 situation. Understand when to pass and when to dribble in different situations. Pass a rugby ball Dribble using a stick and ball. 	<ul style="list-style-type: none"> Use all the fundamentals from KS1 to put into games. Starting to understand competitive sport. Understand basic tactics in game situations. Play in small sided games and understand basic defending, attacking and transition. 	<ul style="list-style-type: none"> Build on their understanding of sports e.g. rugby, football, hockey, basketball Understand when, where and how to create advantages in games. Play more competitive sport to understand how to win and lose. 	<ul style="list-style-type: none"> Know all basic skills to put into game situations. Compete in games understanding tactics. Have a good understanding of defending, attacking and transition. Play in a range of positions. 	<ul style="list-style-type: none"> Link all basic skills from one sport to another. Officiate their own games knowing rules of the games. Organise their own tactics for games. Understand space and when to move into it. Know the roles of most positions in team games.
Net and wall games						
Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Fundamentals:</p> <ul style="list-style-type: none"> Kick a ball to a target/a team mate. Dribble a ball around obstacles. Throw and catch different objects of different sizes. Bounce a ball. Move and stop confidently Show good control of their bodies. Change direction safely. Move in and out of space safely evading other people. Balance a tennis ball on a tennis racket. Understand how to hold a tennis racket. Throw balls of different size at targets. 	<p>Fundamentals:</p> <ul style="list-style-type: none"> Kick a ball with both feet to a target/a team mate. Dribble a ball around obstacles. Throw and catch using both hands using different objects. Understand tag games, trying to evade the taggers. Bounce a ball with both hands and keep the ball under control. Work with partners to perform different activities e.g. passing footballs and basketballs. Dribble using a stick and ball. 	<p>Fundamentals:</p> <ul style="list-style-type: none"> Shoot a football at a goal. Pass a football to a partner while moving in space. Dribble a football past an opponent in a 1v1 situation. Pass a basketball to a partner while moving in space. Dribble a basketball past an opponent in a 1v1 situation. Understand when to pass and when to dribble in different situations. Pass a rugby ball. Dribble using a stick and ball. Hit a ball to a partner. 	<ul style="list-style-type: none"> Rally with a partner using basic racket skills. Play a range of basic shots. Forehand and backhands. Move around the court to get to the ball. Know the ready position. 	<ul style="list-style-type: none"> Serving the ball using the correct technique. Manipulate the ball so you can control the court. Using shots e.g. lobs, drop shots and volleys. Hitting the ball early or late to put it different parts of the court. 	<ul style="list-style-type: none"> Put all the different shots learned in other years to put into games. Court manipulation, knowing where to hit the ball to make it hard for opponent. Understand basic rules of the game. 	<ul style="list-style-type: none"> Play matches against an opponent. Understand the rules so you can officiate matches. Have a variety of shots to play in matches. Court manipulation to control the game. Play games with freedom.



PE Skills Progression Document

Striking and fielding						
Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Fundamentals:</p> <ul style="list-style-type: none"> Kick a ball to a target/a team mate. Dribble a ball around obstacles. Throw and catch different objects of different sizes. Bounce a ball. Move and stop confidently. Show good control of their bodies. Change direction safely. Move in and out of space safely evading other people. Balance a tennis ball on a tennis racket. Understand how to hold a tennis racket. Throw a ball at a target. 	<p>Fundamentals:</p> <ul style="list-style-type: none"> Kick a ball with both feet to a target/a team mate. Dribble a ball around obstacles. Throw and catch using both hands using different objects. Understand tag games, trying to evade the taggers. Bounce a ball with both hands and keep the ball under control. Work with partners to perform different activities e.g. passing footballs and basketballs. Dribble using a stick and ball. Throw a ball at a target. Hit a ball with a bat. 	<p>Fundamentals:</p> <ul style="list-style-type: none"> Shoot a football at a goal. Pass a football to a partner while moving in space. Dribble a football past an opponent in a 1v1 situation. Pass a basketball to a partner while moving in space. Dribble a basketball past an opponent in a 1v1 situation. Understand when to pass and when to dribble in different situations. Pass a rugby ball Dribble using a stick and ball. Hit a ball to a partner. Throw a ball at a wicket Play different types of shots with a bat. 	<ul style="list-style-type: none"> Learn to bowl a ball underarm. Learn to bowl a ball overarm standing still. Hit a ball with a rounders bat. Throw a ball as far as you can. Catch a ball that has been hit in the air. Learn the basics of bowling, fielding and batting. 	<ul style="list-style-type: none"> Put the batting, bowling and fielding into small games with a back stop/wicket keeper, bowler, fielder and batter. Bowl overarm while running. Learning to run between the wickets or bases. Throw the ball at the wickets. 	<ul style="list-style-type: none"> Put things learned in previous years into game situations. Understand roles of fielders positions. Know where to hit a ball into space. Communicate with team mates all over the field. 	<ul style="list-style-type: none"> Demonstrate a great understanding of batting, fielding and bowling. Understand the rules of the game to play competitions. Communicate with teammates. Know techniques to field, bowl and bat.
Athletics						
Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Running:</p> <ul style="list-style-type: none"> Run in different ways for a variety of purposes <p>Jumping:</p> <ul style="list-style-type: none"> Jump in a range of ways, landing safely <p>Throwing:</p> <ul style="list-style-type: none"> Roll equipment Throw underarm Throw an object at a target <p>Competing / Performing:</p> <ul style="list-style-type: none"> Control their body when performing a sequence of movements. 	<p>Running:</p> <ul style="list-style-type: none"> Vary their pace and speed when running Run with a basic technique over different distances. Show good posture and balance. Jog in a straight line. Change direction when jogging. Sprint in a straight line. Change direction when sprinting. Maintain control as they change direction when jogging or sprinting. <p>Jumping:</p> <ul style="list-style-type: none"> Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Perform a short jumping sequence. Jump as high as possible. Jump as far as possible Land safely and with control. Work with a partner to develop the control of their jumps. <p>Throwing:</p> <ul style="list-style-type: none"> Throw underarm and overarm. Throw a ball towards a target with increasing accuracy Improve the distance they can throw by using more power. <p>Competing / Performing:</p> <ul style="list-style-type: none"> Begin to perform learnt skills with some control. 	<p>Running:</p> <ul style="list-style-type: none"> Run at different paces, describing the different paces Use a variety of different stride lengths. Travel at different speeds. Begin to select the most suitable pace and speed for distance. Complete an obstacle course. Vary the speed and direction in which they are travelling Be able to maintain and control a run over different distances. <p>Jumping:</p> <ul style="list-style-type: none"> Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Combine different jumps together with some fluency and control Jump for distance from a standing position with accuracy and control. Investigate and choose the best jumps to cover different distances. Know that the leg muscles are used when performing a jumping action. <p>Throwing:</p> <ul style="list-style-type: none"> Throw different types of equipment in different ways, for accuracy and distance. Throw with accuracy at targets of different heights. Investigate ways to alter their throwing technique to achieve greater distance. <p>Competing / Performing</p> <ul style="list-style-type: none"> Perform learnt skills with increasing control 	<ul style="list-style-type: none"> Running techniques focusing of the basics of using arms and legs in a straight line. Throwing a ball thinking about creating a long leaver looking at accuracy and distance. Standing long-jump, swing the arms and power through the legs. Developing throwing techniques using a variety of equipment. 	<ul style="list-style-type: none"> Running techniques focusing of the basics of the start, drive, stride and finish. Throwing a ball thinking about creating a long leaver looking at accuracy and distance. Running long-jump, stride out the run up look at hips and drive the legs. Focus on the landing and making sure they don't fall backwards. 	<ul style="list-style-type: none"> Running techniques focusing the start (getting off quickly), drive (stay low for the first 4 or 5 steps), stride (back up straighter and open the legs more) and finish (duck and drive through the wall). Throwing a javelin, discus and shotput thinking about creating a long leaver looking at accuracy and distance. Running long-jump looking at the run up, take off, hang and landing. 	<ul style="list-style-type: none"> Running techniques focusing the start (getting off quickly), drive (stay low for the first 4 or 5 steps), stride (back up straighter and open the legs more) and finish (duck and drive through the wall). Throwing a javelin, discus and shotput thinking about creating a long leaver looking at accuracy and distance. Running long-jump looking at the run up, take off, hang and landing.