



# PE skills progression 22/23

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamentals	<ul style="list-style-type: none"> <li>Balancing on one foot</li> <li>Climbing</li> <li>Under arm throw</li> <li>Catching of a large ball</li> <li>Sprint run</li> <li>Skip</li> <li>Hop</li> <li>Gallop</li> </ul>	<ul style="list-style-type: none"> <li>Side roll</li> <li>Over arm throw</li> <li>Catch medium/small balls</li> <li>Two handed strike e.g. tennis racket/bat               <ul style="list-style-type: none"> <li>Jump for height and distance</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals will be taught explicitly through other units. e.g. Health Related Fitness and athletics</li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals will be taught explicitly through other units. e.g. Health Related Fitness and athletics</li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals will be taught explicitly through other units. e.g. Health Related Fitness and athletics</li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals will be taught explicitly through other units. e.g. Health Related Fitness and athletics</li> </ul>
Target Games	<ul style="list-style-type: none"> <li>Complete underarm throw with accuracy</li> <li>Complete underarm roll with accuracy</li> <li>Understanding rules of games</li> <li>Collaborating/cooperating with 1-2 team mates.</li> <li>Adapt body position to suit technique e.g. (bending to roll a ball)</li> </ul>	<ul style="list-style-type: none"> <li>Explore different ways objects can be manipulated e.g. tennis and rugby balls</li> <li>Complete in small sided games and display sportsmanship</li> <li>Complete an overarm throw with confidence</li> <li>Receive and throw a small to medium ball with confidence</li> </ul>	<ul style="list-style-type: none"> <li>Accurately strike an object with a piece of equipment with appropriate force</li> <li>Use simple rules fairly to device own games</li> <li>Recognise best practice individually</li> </ul>	<ul style="list-style-type: none"> <li>Use a range of sending and striking techniques to hit a target with precision</li> <li>Consider opponent's performance and react to changes within the game</li> <li>Develop own games using skills from the games learned</li> <li>Gain an appreciation for rules</li> </ul>	<ul style="list-style-type: none"> <li>Work cooperatively to put strategies and solutions into actions.               <ul style="list-style-type: none"> <li>Change the rules to increase challenge</li> <li>Recognise best practice in themselves and others</li> <li>Give in game feedback to improve performance</li> </ul> </li> </ul>	

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Striking and Fielding	<ul style="list-style-type: none"> <li>• Kick or strike a static object e.g. a ball from a cone)</li> <li>• Use an underarm throw to pass ball to peers</li> <li>• Understanding basic scoring rules</li> <li>• Stop a ball in motion</li> </ul>	<ul style="list-style-type: none"> <li>• Use a range of sending and receiving, such as overarm throw</li> <li>• Changing body position to stop a ball in motion</li> <li>• Understanding the importance of rules</li> </ul>	<ul style="list-style-type: none"> <li>• Strike a static object with accuracy and intent</li> <li>• Begin to make decisions when striking an object accurately to a space</li> <li>• Begin to communicate as a group to coordinate stopping a ball in motion</li> <li>• Respond to changes in rules that affect scoring</li> </ul>	<ul style="list-style-type: none"> <li>• Develop tactical decisions when striking a ball</li> <li>• Begin to develop simple tactics to compete</li> <li>• Continue to develop communication to return a ball</li> <li>• Use a range of sending, receiving and fielding techniques in good time</li> </ul>	<ul style="list-style-type: none"> <li>• Strike a moving object with intent into space</li> <li>• Communicate formation changes to maximise effectiveness e.g. fielding wider when a good striker enters play</li> <li>• Develop an understanding of a range of scoring techniques</li> <li>• Plan, assess and evaluate the effectiveness of a formation/tactic</li> </ul>	
Net and Wall Games	<ul style="list-style-type: none"> <li>• Use underarm and two-handed sending and receiving techniques</li> <li>• Develop hand-eye/foot coordination</li> <li>• Predict how a ball bounces/reacts</li> </ul>	<ul style="list-style-type: none"> <li>• Using a range of different ball types</li> <li>• Change technique of strike/send to match ball e.g. softball or Frisbee</li> <li>• Adapt body shape to send/receive objects using a variety of techniques</li> <li>• Begin to make predictions of how different balls/objects react in space</li> </ul>	<ul style="list-style-type: none"> <li>• Increase confidence and competence in using underarm strike in a range of contexts</li> <li>• Keep an active foot position to move swiftly around the court</li> <li>• Begin to develop spatial awareness and positioning</li> <li>• Continue to develop spatial awareness and positioning</li> <li>• Explore the use of over-arm strikes</li> </ul>		<ul style="list-style-type: none"> <li>• Develop spatial awareness when competing with a partner</li> <li>• Change play type based on positioning of an opponent</li> <li>• Use the over-arm strike in a range of shot types</li> <li>• Use a range of shots to use the entire playing area and move the opponent</li> <li>• Communicate efficiently with peers using a clear set of instructions</li> </ul>	

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Outdoor and adventurous	N/A	N/A	<ul style="list-style-type: none"> <li>• Develop understanding for how a map is orientated (facing north)</li> <li>• Give and receive written and verbal instructions</li> <li>• Read a basic legend or key</li> <li>• Follow a simple series of instructions</li> <li>• Problem solve collaboratively and independently</li> <li>• Identify start and end points on a map</li> <li>• Complete star and loop maps</li> <li>• Exploring different methods of communication</li> <li>• Completing tasks quickly within certain restrictions/instructions</li> </ul>		<ul style="list-style-type: none"> <li>• Orientate themselves within a map using known locations</li> <li>• Give and receive complex written and verbal instructions</li> <li>• Read a detailed key highlighting points of interest</li> <li>• Develop the confidence and encourage others to try tasks outside of their comfort zone</li> <li>• Develop own star and loop maps</li> <li>• Applying different methods of communication to work in teams to decide different approaches to meet a challenge.</li> <li>• Ensuring interactions within teams are positive to overcome challenges.</li> <li>• Take part in further outdoor and adventurous activities</li> </ul>	
Dance	<ul style="list-style-type: none"> <li>• Learn basic movements relating to feelings</li> <li>• Show that they have a clear starting and finishing position</li> <li>• Respond to different music showing a range of emotions</li> <li>• Perform dance movements and simple routines using simple movement patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluate and improve a dance performance by recording and viewing their rehearsals</li> <li>• Use a range of vocabulary to describe moods and how dances make them feel</li> <li>• Remember and repeat simple dance phrases</li> <li>• Perform dances using simple movement patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Improvise freely on their own and with a partner, translating ideas from a stimulus to a movement</li> <li>• Keep up an activity over a period of time and know what they need to warm up and cool down for dance</li> </ul>	<ul style="list-style-type: none"> <li>• Explore and create characters and narratives in response to a range of stimuli</li> <li>• Describe, interpret and evaluate their own and others' dances, taking account of character and narrative</li> </ul>	<ul style="list-style-type: none"> <li>• Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group</li> <li>• Organise their own warm up and cool down activities to suit the dance. Show an understanding of why it is important</li> </ul>	<ul style="list-style-type: none"> <li>• Explore, improvise and combine movement ideas fluently and effectively</li> <li>• Understand how a dance is formed and performed</li> <li>• To evaluate, refine and develop their own and others' work</li> </ul>

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Gymnastics	<ul style="list-style-type: none"> <li>•Perform different shapes with my body, having different points touching the floor or apparatus. (star, straight, tuck shapes) with good technique</li> <li>•Perform all 5 gym shapes on low apparatus with good technique</li> <li>•Perform a minimum of 3 shapes on high apparatus with good technique</li> <li>•Observe a partner and give accurate feedback</li> </ul>	<ul style="list-style-type: none"> <li>•Perform travelling movements on my feet and with weight on my hands, using apparatus and following different pathways (zig-zag, L shape etc.)</li> <li>•Jump using a skipping rope</li> <li>•Create and perform a sequence of movements including rotation using apparatus</li> <li>•Observe a partner and give accurate feedback</li> </ul>	<ul style="list-style-type: none"> <li>• Successfully perform 2 different types of rolls safely (pencil roll, tuck roll)</li> <li>• Link and develop two different jumps using apparatus safely</li> <li>• Use apparatus in more creative ways e.g. under, around and on top</li> <li>• Observe a partner and give accurate feedback, saying what went well and what could be better</li> </ul>	<ul style="list-style-type: none"> <li>• Perform all gymnastics shapes on different body parts/levels, using apparatus.</li> <li>• Use a wide range of gymnastic actions when using apparatus</li> <li>• Make judgements about quality of jumps, elevation, style and control</li> <li>• Create and perform a sequence in a pathway</li> <li>• Observe a partner and give accurate feedback, saying what went well and what could be better</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise and perform all gymnastics shapes, including partner assisted shapes</li> <li>• Demonstrate a wide range of gymnastic actions while using apparatus</li> <li>• Demonstrate the correct jumping, leaping and landing techniques in five jump classifications</li> <li>• Create and perform a sequence in pairs of five contrasting actions</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise and perform all gymnastics shapes safely including partner assisted shapes</li> <li>• Demonstrate and safely execute a wide range of gymnastic actions while using apparatus</li> <li>• Demonstrate and safely execute a range of jumping, leaping and landing techniques</li> <li>• Create and perform a sequence in pairs of six contrasting actions</li> </ul>
Swimming	N/A	N/A	N/A	<ul style="list-style-type: none"> <li>• Swim 25m</li> <li>• Perform a range of strokes with confidence and competence</li> <li>• Perform a safe self-rescue</li> </ul>		

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Athletics	<ul style="list-style-type: none"> <li>•Take off in different ways and land in coordinated ways (walk, fast walk, side step, slow jog, running, walking backwards, jump from 2 feet to 2 feet, hop.)</li> <li>•Jump forwards, backwards and sideways on two feet, then hop on one foot</li> <li>•Push pass and bounce a ball to my partner, then throw a ball into a target (buckets, hoop, wall targets, boxes etc)</li> <li>•Observe a partner and give accurate feedback</li> </ul>	<ul style="list-style-type: none"> <li>• Walk and run with good posture and balance (head straight, back straight, keep on your toes)</li> <li>• Jump: <ul style="list-style-type: none"> <li>- 2feetto2feet</li> <li>- 1footto2feet</li> <li>- 2feetto1foot</li> <li>- 1footto1foot</li> </ul> </li> <li>• Send an object towards a target in different ways (under-arm, over-arm)</li> <li>• Observe a partner and give accurate feedback</li> </ul>	<ul style="list-style-type: none"> <li>• Run with a tall body on balls of the feet, picking feet up high, head held high</li> <li>• Jump: <ul style="list-style-type: none"> <li>• 2feetto2feet</li> <li>• 1footto2feet</li> <li>• 2feetto1foot</li> <li>• 1footto1foot</li> </ul> </li> <li>• Left to right</li> <li>• Perform a one handed push throw and a pull throw with accuracy towards a target from my dominant hand</li> <li>• Say which throw was the easiest and most difficult to achieve, and how I can/ have improved my accuracy and distance</li> <li>• Observe a partner and give accurate feedback, saying what went well and what could be better</li> </ul>	<p>Maintain a good running technique when sprinting and running over obstacles</p> <ul style="list-style-type: none"> <li>• Use a short run to jump from one to two feet</li> <li>• Demonstrate a two handed push throw and a sling throw</li> <li>• Observe a partner and give accurate feedback, saying what went well and what could be better</li> </ul>	<ul style="list-style-type: none"> <li>• Observe a partner and give accurate feedback</li> <li>• Demonstrate the ability to accelerate from a variety of static positions</li> <li>• Perform triple jump combination sequences with balance and control</li> <li>• Sustain jogging and running at a consistent pace for over a minute</li> <li>• Observe a partner and give accurate feedback, evaluating steps for improvement</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the ability to accelerate from a variety of static positions</li> <li>• Perform triple jump combination sequences with balance and control</li> <li>• Sustain jogging and running at a consistent pace for over a minute</li> <li>• Observe a partner and give accurate feedback, evaluating steps for improvement</li> </ul>