

Progression of Knowledge and Curriculum Key Skills in PE

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games						
<ul style="list-style-type: none"> Combine different movements with ease and fluency Develop and refine a range of ball skills. 	<ul style="list-style-type: none"> Throw underarm. Hit a ball with a bat/racket. Throw and catch with both hands. Kick in different ways. Move and stop safely. 	<ul style="list-style-type: none"> Use hitting, kicking and/or rolling in a game. Know how to throw overarm. Decide the best space to be in during a game. Use a tactic in a game. Follow rules. 	<ul style="list-style-type: none"> Throw, catch, kick and hit a ball with control making appropriate choices Use simple fielding skills. Aware of space and use it to support team-mates and to cause problems from both attack and defence. Know and use rules fairly. 	<ul style="list-style-type: none"> Throw and catch accurately including attempts to catch with one hand. Hit and kick a ball accurately with control using a variety of equipment. Keep possession of the ball developing passing and receiving skills. Vary tactics and adapt skills depending on what is happening in a game. 	<ul style="list-style-type: none"> Refine and evaluate my kicking, hitting, throwing and catching to improve accuracy and control. Use knowledge of fielding skills to make appropriate choices and organise fielding positions. Use forehand and backhand with a racket. Use a range of techniques with a racket/bat. Use several techniques to pass, dribble and shoot in different ways. Gain possession working as a team. Choose a tactic 	<ul style="list-style-type: none"> Explore different techniques and approaches to improve the effectiveness of my kicking, hitting, throwing and catching. Develop volley skills to improve accuracy and control. Play agreed rules and explain rules to others. Can umpire/referee. Make a team and communicate a plan including positions and tactics. Lead others in a game situation.

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					for defending and attacking.	
Gymnastics						
<ul style="list-style-type: none"> Develop body strength, balance, coordination and agility 	<ul style="list-style-type: none"> Make my body curled, tense, stretched and relaxed. Control my body when travelling and balancing at different levels. Roll, curl, travel and balance in different ways. Copy sequences and repeat them. 	<ul style="list-style-type: none"> Control my body when performing simple jumps and flight skills. Plan and perform a sequence of movements which follow some rules. Improve my sequence based on feedback. Work on my own and with a partner 	<ul style="list-style-type: none"> Show greater control of rolls, jumps and balances. Explore strength and suppleness affect performance. Adapt sequences to suit different types of apparatus and criteria. Compare and contrast gymnastic sequences. 	<ul style="list-style-type: none"> Know the difference between matching and mirrored balances. Perform in a controlled and fluent way. Include change of speed, direction and a range of shapes. Work with a partner to create, repeat and improve a sequence with at least three phases. 	<ul style="list-style-type: none"> Know the difference between symmetry and asymmetry. Combine movements, balances and shapes with increasing control and fluency. Perform some simple partner balances. Make complex extended sequences 	<ul style="list-style-type: none"> Explore a range of progressively more complex partner balances. Combine my work with that of others. Develop and perform sequences to specific timings and guidelines. Evaluate the work of others giving specific feedback to help improve their performance.
Dance						
	<ul style="list-style-type: none"> Move safely in a space. Move to music. Copy dance moves. Perform my own dance moves. Make up a short dance. 	<ul style="list-style-type: none"> Change rhythm, speed, level and direction in my dance. Dance with more control and coordination. Make a sequence by linking sections together. 	<ul style="list-style-type: none"> Use and develop pathways and direction in dances. Repeat, remember and perform phrases. Share and create phrases with a partner and small group in unison. Improvise and translate ideas 	<ul style="list-style-type: none"> Use and develop patterns and formations in dances. Know how to use levels and dynamics in dance. Reorder and link phrases together. Use dance to communicate an idea or story. 	<ul style="list-style-type: none"> Use and develop cannon in dances. Perform more complex phrases with control, accuracy and extension. Create a structured dance using a variety of phrases. Evaluate and improve my own 	<ul style="list-style-type: none"> Take the lead when working with a partner or group. Perform dances that show timing, fluency, accuracy and consistency. Know how to choose my own music and style to create a dance. Evaluate and improve the

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			from a stimulus into movement.		performance and dances.	performance and dances of others.
General						
	<ul style="list-style-type: none"> • Copy actions. • Repeat and skills. • Move with control and care. • Use equipment safely. 	<ul style="list-style-type: none"> • Copy and remember actions. • Talk about what is different from what I did and what someone else did. Know that exercise is good for me. 				
Athletics						
		<ul style="list-style-type: none"> • Change speed and direction while running. • Throw a variety of objects with one hand 	<ul style="list-style-type: none"> • Run at fast, medium and slow speeds; changing speed and direction. • Take part in a relay, remembering when to turn, run and what to do. • Apply throwing skills to athletic events 	<ul style="list-style-type: none"> • Run over a long distance. • Sprint over a short distance. • Jump in different ways. • Throw in different ways. • Hit a target over a variety of distances. 	<ul style="list-style-type: none"> • Combine running and jumping. • Take off and land with increasing accuracy and control. • Throw with increasing distance and accuracy. 	<ul style="list-style-type: none"> • Demonstrate stamina and know how to pace myself when running. • Evaluate and refine throwing and jumping techniques to improve distance, accuracy and control.
Outdoor and Adventurous (OAA)						
			<ul style="list-style-type: none"> • Follow a map in a familiar context. • Use clues to follow a route. • Solve a simple challenge. 	<ul style="list-style-type: none"> • Follow a map in a more demanding familiar context. • Follow a route within a time limit. • Overcome a more demanding 	<ul style="list-style-type: none"> • Follow a map into an unknown location. • Use clues and a compass to navigate a route. 	<ul style="list-style-type: none"> • Plan a route and a series of clues for someone else. • Plan a problem-solving activity with others, taking

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			<ul style="list-style-type: none"> Follow a route and complete a team challenge safely. 	challenge or team activity.	<ul style="list-style-type: none"> Lead a team to solve/overcome a challenge safely. Change my route and/or strategy to overcome a problem or challenge 	account of safety and danger. <ul style="list-style-type: none"> Overcome a personal challenge reflecting on its impact. Evaluate the success of activities/feedback to others.
Swimming						
						<ul style="list-style-type: none"> Use a range of strokes effectively. To perform safe self-rescue. Swim competently and proficiently over at least 25m.
Evaluate						
	<ul style="list-style-type: none"> With support, identify a good performance 	<ul style="list-style-type: none"> Identify a good performance and say why 	<ul style="list-style-type: none"> Compare performances with previous ones, explaining differences and effectiveness 	<ul style="list-style-type: none"> Confidently evaluate own performance and discuss improvements 	<ul style="list-style-type: none"> Confidently evaluate own and other pupils' performances, discussing improvements verbally and written 	<ul style="list-style-type: none"> Evaluate own and others performance discussing improvements to deliver a better performance
Leadership						
					<ul style="list-style-type: none"> Referee a game. Give tactical instructions to affect a game 	<ul style="list-style-type: none"> Confidently referee a game. Give

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					situation. Lead a warmup for a group	tactical instructions to affect a game situation. <ul style="list-style-type: none">• Lead and effective warm up for a group
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