Skills Progression for Physical Education

Strand	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	Pupils should be developing balance, agility and co-ordination, and begin to apply these in a range of activities		Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]			
	Can I copy & explore basic actions with some control & co-ordination? Can I begin to choose & link basic actions, and Can I recognise & use space appropriately? Can I watch & discuss my own work & that of my peers? Can I safely perform teacher led warm-up & I am aware of others	Can I copy, remember, explore & repeat simple actions varying speed & levels? Can I begin to select simple actions to construct basic sequences? Can I begin to identify the difference between my performance & that of others? Can I understand the need for warm up & cool down and also what is happening to my body during exercise?	By the end of Year 4 Can I copy, remember, explore & repeat simple actions, and link & vary ideas with control & co-ordination? Can I apply compositional ideas to sequences alone & with others? Can I describe my own & others work noting similarities & differences? Can I make suggestions for improvements? I understand working safely, I recognise changes in my body and can give reasons why PE is good for health.		By the end of year 6 Can I link ideas, skills & techniques with control, precision & fluency when performing basic skills? I understands composition by performing more complex sequences Can I describe how to refine, improve & modify performances. Can I demonstrate specific aspects of warm-up & describe effects of exercise on the body? (Exceeding- Gifted and talented) Can I perform & create movement sequences with some complex skills & displaying accuracy & consistency? Can I select & use a wide range of compositional skills in complex sequences alone & in groups? Can I show an ability to innovate? Can I analyse skills & can suggest ways to improve quality of performance showing sound knowledge & understanding? Can I lead own warm up & demonstrates all round safe practice?	
Dance	Pupils should be taught to perform dances using simple movement patterns?		Pupils should be taught to perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best?			
	Can I copy & explore basic body patterns & movements? Can I remember simple dance steps & performs in a controlled manner? Can I choose actions & link them with sounds & music? Can I safely perform teacher led warm-ups & can describe & discuss others work?	Can I perform with control & co-ordination? Can I respond imaginatively to a variety of stimuli? Can I vary dynamics, levels, speed & direction? Can I discuss my own & others performance with simple vocabulary? Can I understand the need for warm up & cool down?	By the end of Year 4 Can I improvise freely on my own & with a partner Can I translate ideas from a variety of stimuli into movement? Can I compare, develop & adapt movement & motifs to create longer dances? Can I use dance vocabulary to compare & improve my work? I understand working safely, I recognise changes in my body and Can I give reasons why PE is good for my health.		By the end of year 6 Can I demonstrate precision, control & fluency in response to stimuli? Can I vary dynamics & develop actions with a partner or as part of a group? Can I continually demonstrate rhythm & spatial awareness? Can I modify my performance & that of others as a result of observation & basic understanding of the structure of the body? (Exceeding- Gifted and talented) Can I perform & create motifs in a variety of dance styles with accuracy & consistency? Can I select & use a wide range of compositional skills to demonstrate ideas? Can I suggest ways to improve quality of performance showing sound knowledge & understanding? Can I lead my own warm up & demonstrate all round safe practice?	
Games	Pupils should be taught to participate in team games, developing simple tactics for attacking and defending?		Pupils should e taught to use running, jumping, throwing and catching in isolation and in combination? Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending?			
	Can I stop a ball with basic control? Can I send a ball in the direction of another person? Can I take part in sending and receiving? Can I talk about exercising, safety & short term effects of exercise?	Can I stop / catch a ball with control? Can I pass a ball to someone else? Can I take part in opposed conditioned games? I understand about exercising, safety & short term effects of exercise.	By the end of Year 4 Can I begin to influence opposed conditioned game Can I control and catch a ball with movement? Can I accurately pass to someone else? Can I move with a ball (unihoc / football)? Can I talk about reasons for warming up / why exercise is good for health?		By the end of year 6 Can I control and catch a ball & accurately pass whilst moving? Can I take part in conditioned game with understanding of tactics & rules? Can I move with a ball in opposed situations (unihoc / football) I understand / use principles of warm up & why exercise is good for health. (Exceeding- Gifted and talented) Can I control movement with a ball in opposed situation whilst moving? Can I advise and help others in their techniques in a game? Can I understand & explain short term effects of exercise, warming, cooling. Can I understand & can explain long term effects of exercise.	

Athletics	Pupils should be taught to master basic movements including running, jumping, throwing and catching?		Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Compare their performances with previous ones and demonstrate improvement to achieve their personal best?	
	Can I run at different speeds? Can I jump from a standing position? Can I throw an object with one hand? Can I recognise changes in the body during exercise?	Can I change speed & direction whilst running? Can I jump accurately from a standing position? Can I throw a variety of objects with one hand? Can I recognise a change in temperature & heart rate during exercise?	By the end of Year 4 Can I run at a speed appropriate to the distance I am running? Can I take a running jump? Can I demonstrate a range of throwing actions using a variety of objects? Can I recognise a change in heart rate, temperature and breathing rate?	By the end of year 6 Can I improve and sustain running technique at different speeds? Can I demonstrate accuracy & technique in a range of throwing & jumping actions? Can I identify & explain good athletic performance? Can I describe the changes in my body when running, jumping & throwing? (Exceeding- Gifted and talented) Can I demonstrate good control, strength, speed & stamina in a variety of athletic events? I understand how to apply athletic skills & tactics to the competitive situation. Can I explain how to improve technique in a variety of events? I understand & can explain the short & long term effects of exercise, and I understand the need for specific warm up& cool down.