



PE Skills Progression

EFYS	Y1	Y2	Y3	Y4	Y5	Y6
<p>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 (30-50 – Moving and Handling).</p> <p>Travels with confidence and skill around, under, over and through balancing and climbing equipment (40-60 – Moving and Handling).</p>	<p>Games - Use rolling, hitting, running, jumping, catching and kicking skills</p> <p>Dance - Copy and remember moves and positions. Link two or more actions to perform a sequence.</p> <p>Gymnastics - Copy and remember actions. Move with some control and awareness of space. Travel by rolling forwards and sideways. Climb safely on equipment. Stretch and curl to develop flexibility.</p> <p>Athletics - Athletic activities are combined with games in Years 1 and 2.</p>	<p>Games - Use the terms 'opponent' and 'team-mate'. Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop tactics. Lead others when appropriate.</p> <p>Dance - Move with careful control and coordination. Choose movements to communicate a mood, feeling or idea.</p> <p>Gymnastics - Link two or more actions to make a sequence. Show contrasts (such as small/tall, straight/curved and wide/narrow). Travel by rolling forwards and backwards. Hold a position whilst balancing on different points of</p>	<p>Games - Throw and catch</p> <p>Choose appropriate tactics to cause problems for the opposition.</p> <p>Follow the rules of the game and play fairly.</p> <p>Pass to team mates at appropriate times.</p> <p>Lead others and act as a respectful team member.</p> <p>Dance - Plan, perform and repeat sequences.</p> <p>Refine movements into sequences.</p> <p>Develop physical strength and suppleness by practising moves and stretching.</p>	<p>Games - Throw and catch with control and accuracy. Strike a ball and field with control. Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</p> <p>Dance - Move in a clear, fluent and expressive manner. Create dances and movements that convey a definite idea. Change speed and levels within a performance.</p> <p>Gymnastics - Move in a clear, fluent and expressive manner. Show changes of direction, speed and level during a performance. Travel in a variety of ways, including flight, by transferring weight to generate</p>	<p>Games - Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Strike a bowled or volleyed ball. Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as a good role model within a team.</p> <p>Dance - Compose creative and imaginative dance sequences. Express an idea in original and imaginative ways.</p>	<p>Games - Strike a bowled or volleyed ball with accuracy. Use forehand and backhand when playing racket games. Field, defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game.</p> <p>Dance - Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</p> <p>Perform complex moves that combine strength and stamina gained through</p>

		<p>the body. Jump in a variety of ways and land with increasing control and balance.</p> <p>Athletics - Athletic activities are combined with games in Years 1 and 2.</p>	<p>Gymnastics - Plan, perform and repeat sequences.</p> <p>Refine movements into sequences.</p> <p>Travel in a variety of ways,</p> <p>Athletics - Sprint over a short distance up to 60 metres. Run over a longer distance</p> <p>Use a range of throwing techniques (such as under arm, over arm).</p> <p>Jump in a number of ways</p> <p>Compete with others and aim to improve personal best performances.</p>	<p>power in movements. Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</p> <p>Swing and hang from equipment safely (using hands).</p> <p>Athletics - Run over a longer distance, conserving energy in order to sustain performance. Throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate.</p> <p>Swimming - Swim between 25 and 50 metres unaided.</p>	<p>Gymnastics - Create complex sequences that include a full range of movements including:</p> <ul style="list-style-type: none"> • travelling • balances • springing • inversions • rotations • bending, stretching and twisting • gestures • linking skills. <p>• Hold shapes that are strong, fluent and expressive.</p> <p>• Vary speed, direction, level and body rotation during floor performances.</p> <p>Athletics - Choose the best place for running over a variety of distances. Throw and refine performance by analysing technique and body shape. Show control in take off when jumping. Compete with others and keep track of personal</p>	<p>gymnastics activities (such as cartwheels or handstands).</p> <p>Gymnastics - Create complex and well-executed sequences that include a full range of movements including:</p> <ul style="list-style-type: none"> • swinging • flight • vaults • bending, stretching and twisting • gestures <p>Include in a sequence set pieces, choosing the most appropriate linking elements. Practise and refine the gymnastic techniques used in performances (listed above). Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). Use equipment to</p>
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				<p>Use more than one stroke and coordinate breathing as appropriate for the stroke being used. Coordinate leg and arm movements. Swim at the surface and below the water. Swim over 100 metres unaided. Use breast stroke, front crawl and back stroke so as not to interrupt the pattern of swimming.</p>	<p>best performances</p>	<p>vault and to swing (remaining upright).</p> <p>Athletics - Choose the best place for running over a variety of distances. Throw and refine performance by analysing technique and body shape. Show control in take off when jumping. Compete with others and keep track of personal best performances</p> <p>Outdoor and adventurous activities Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. Embrace both leadership and team roles and gain the commitment and respect of a team. Empathise with others and offer support without being asked. Seek support from the</p>
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						<p>team and the experts if in any doubt. Remain positive even in the most challenging circumstances, rallying others if need be. Use a range of devices in order to orientate themselves. Quickly assess changing conditions and adapt plans to ensure safety comes first. Use maps, compasses and digital devices to orientate themselves.</p>
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To develop practical skills in order to participate, compete and lead a healthy lifestyle

Games

Dance

Gymnastics

Athletics

Swimming

Outdoor and adventurous activities