

PE Progression of Skills KS1-Year 1

Year 1 National Curriculum objectives: In this unit, children will be taught to:

KS1 Areas of study

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

Sport

Pupils should be taught to master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

- Can move with control and care.
- Copy and remember actions.

Gymnastics

- make their body tense, relaxed, curled and stretched.
- Control their body when travelling
- Control their body when balancing.
- Climb safely
- Plan and show a sequence of movements.

Dance

- Copy dance moves
- Make up a short dance
- Dance imaginatively.
- Change rhythm, speed, level and direction.

<p><u>Athletics</u></p> <ul style="list-style-type: none">• Develop the skill of running fast• Develop the skill of changing direction when moving• Develop the skill of hopping• Develop the skill of underarm throwing• Develop the skill of rolling a ball	<p><u>Games</u></p> <ul style="list-style-type: none">• Hit a ball with a bat.• Throw in different ways• Use hitting, kicking and/or rolling in a game• Follow rules.• Work collaboratively with others
<p><u>Evaluating and Improving</u></p> <ul style="list-style-type: none">• Describe what other people did• Say how I could improve	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none">• Describe how my body feels before, during and after an activity• Show how to exercise safe

PE Progression of Skills KS1-Year 2

Year 2 National Curriculum objectives: In this unit, children will be taught to:

KS1 Areas of study

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

Sport

Pupils should be taught to master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

- Can copy and remember actions. I
- Can repeat and explore actions with control and coordination.

Gymnastics

- Use contrast in my sequences.
- Control movements
- Think of more than one way to create a sequence which follows a set of 'rules'
- Work on my own and with a partner to create a sequence.

Dance

- Change rhythm, speed, level and direction
- Dance with control and co-ordination.
- Make a sequence by linking sections together
- Link some movement to show a mood or feeling.

<p><u>Athletics</u></p> <ul style="list-style-type: none">• Develop the fundamental movement skill of jumping• Develop the fundamental movement skill of skipping• Develop the skill of overarm throwing• Develop the skill of bouncing a ball• Develop the skill of catching a ball	<p><u>Games</u></p> <ul style="list-style-type: none">• Stay in a 'zone' during a game• Decide where the best place to be is during a game• Use one tactic in a game• Follow rules.• Develop control when passing, throwing, catching
<p><u>Evaluating and Improving</u></p> <ul style="list-style-type: none">• Talk about what is different between what I did and what someone else did• Say how I could improve	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none">• Show how to exercise safely• Describe how my body feels during different activities• Explain what my body needs to keep healthy

PE Progression of Skills KS2-Year 3

Year 3 National Curriculum objectives: In this unit, children will be taught to:

KS2 Areas of study

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be 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
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Sport

Pupils should be taught to use running, jumping, catching and throwing in isolation and in combination.

- Select and use the most appropriate skills, actions or ideas
- Move and use actions with co-ordination and control.

<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Use a greater number of my own ideas for movement in response to a task • Explain how strength and suppleness affect performances • Compare and contrast gymnastic sequences, commenting on similarities and differences. 	<p><u>Dance</u></p> <ul style="list-style-type: none"> • Improvise freely, translating ideas from a stimulus into movement. • Share and create phrases with a partner and in small groups. • Repeat, remember and perform these phrases in a dance.
<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Run at fast, medium and slow speeds, changing speed and direction. • Make up and repeat a short sequence of linked jumps. • Take part in a relay activity, remembering when to run and what to do. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • Throw and catch with control when under limited pressure • Know and use rules fairly to keep games going. • Keep possession with some success when using equipment that is not used for throwing and catching skills.
<p><u>Evaluating and Improving</u></p> <ul style="list-style-type: none"> • With help, recognise how performances could be improved. 	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> • Explain why it is important to warm-up and cool-down.
<p><u>Outdoor Adventure</u></p> <ul style="list-style-type: none"> • Follow a map in a familiar context. • Move from one location to another following a map. • Use clues to follow a route • Follow a route safely 	

PE Progression of Skills KS2-Year 4

Year 4 National Curriculum objectives: In this unit, children will be taught to:

KS2 Areas of study

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be 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
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Sport

Pupils should be taught to use running, jumping, catching and throwing in isolation and in combination.

- Select and use the most appropriate skills, actions or ideas
- Make up my own small-sided game?
- Show good control in my movements.

<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Include change of speed. • Include change of direction • Include a range of shapes • Follow a set of 'rules' to produce a sequence • Combine action, balance and shape. 	<p><u>Dance</u></p> <ul style="list-style-type: none"> • Work on movements and refine them • Compose my own dances in a creative and imaginative way • Control movements
<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Sprint over a short distance • Throw in different ways • Hit a target • Jump in different ways • Combine running and jumping 	<p><u>Games</u></p> <ul style="list-style-type: none"> • Hit a ball accurately and with control. • Keep possession of the ball • Vary tactics and adapt skills according to what is happening • Choose the best tactics for attacking and defending.
<p><u>Evaluating and Improving</u></p> <ul style="list-style-type: none"> • Explain how my work is similar and different from that of others • Use my observations to improve my work 	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> • Explain why warming up is important • Explain why keeping fit is good for my health • Explain what effect exercise has on my body

Outdoor Adventure

- Follow a map in a more demanding familiar context.
- Move from one location to another following a map
- Use clues to follow a route
- Follow a route accurately, safely and within a time limit

PE Progression of Skills KS2-Year 5

Year 5 National Curriculum objectives: In this unit, children will be taught to:

KS2 Areas of study

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be 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
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Sport

Pupils should be taught to use running, jumping, catching and throwing in isolation and in combination.

- Link skills, techniques and ideas and apply them accurately and appropriately
- Show good control in my movements.

<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Make complex or extended sequences • Perform consistently to different audiences • Movements are accurate, clear and consistent 	<p><u>Dance</u></p> <ul style="list-style-type: none"> • Perform to an accompaniment, expressively and sensitively. • Movements are controlled • Dance shows clarity, fluency, accuracy and consistency.
<p><u>Athletics</u></p> <ul style="list-style-type: none"> • When taking off and landing in a jump movements are controlled • Throw with accuracy • Follow specific rules. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • Gain possession by working as a team • Pass in different ways • Use forehand and backhand with a racquet • Field • Use a number of techniques to pass, dribble and shoot.
<p><u>Evaluating and Improving</u></p> <ul style="list-style-type: none"> • Compare and comment on skills, techniques and ideas that they and others have used • Modify use of skills or techniques to improve their work. 	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> • Explain some important safety principles when preparing for exercise • Explain why exercise is important • Choose appropriate warm ups and cool downs.
<p><u>Outdoor Adventure</u></p> <ul style="list-style-type: none"> • Follow a map in an unknown location • Use clues and compass directions to navigate a route • Change my route if there is a problem • Change their plan if they get new information. 	

PE Progression of Skills KS2-Year 6

Year 6 National Curriculum objectives: In this unit, children will be taught to:

KS2 Areas of study

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be 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
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Sport

Pupils should be taught to use running, jumping, catching and throwing in isolation and in combination.

- Apply my skills, techniques and ideas consistently
- Show precision, control and fluency.

<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Combine their own work with that of others • Link their sequences to specific timings 	<p><u>Dance</u></p> <ul style="list-style-type: none"> • Develop imaginative dances in a specific style • Choose my own music, style and dance.
<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Demonstrate stamina • Use varying skills in different situations. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • Explain complicated rules • Make a team plan and communicate it to others • Lead others in a game situation. •
<p><u>Evaluating and Improving</u></p> <ul style="list-style-type: none"> • Analyse and explain why they have used specific skills or techniques • Create my own success criteria for evaluating. 	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> • Explain how the body reacts to different kinds of exercise • Explain why we need regular and safe exercise.
<p><u>Outdoor Adventure</u></p> <ul style="list-style-type: none"> • Plan a route and series of clues for someone else • Plan with others taking account of safety and danger 	

PE Progression of Skills KS2-Swimming

<p>All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • Perform safe self-rescue in different water-based situations. 	<p style="text-align: center;"><u>Lower attainers</u></p> <ul style="list-style-type: none"> • Swim between 25 and 50metres unaided. • Keep swimming for 30 to 45 seconds, using swimming aids and support • Use a variety of basic arm and leg actions when on my front and on my back • Swim on the surface and lower myself under water • Take part in group problem-solving activities on personal survival • Recognise how my body reacts and feels when swimming • Recognise and concentrate on what they need to improve. 	<p style="text-align: center;"><u>Mid attainers</u></p> <ul style="list-style-type: none"> • Swim between 50 and 100 metres and keep swimming for 45 to 90 seconds • Use 3 different strokes, swimming on my front and back • Control my breathing • Swim confidently and fluently on the surface and under water • Work well in groups to solve specific problems and challenges, sharing out the work fairly • Recognise how swimming affects my body, and pace my efforts to meet different challenges • Suggest activities and practices to help improve their own performance. 	<p style="text-align: center;"><u>Higher attainers</u></p> <ul style="list-style-type: none"> • Swim further than 100 metres • Swim fluently and confidently for over 90 seconds • Use all 3 strokes with control • Swim short distances using butterfly • Breathe so that the pattern of my swimming is not interrupted • Perform a wide range of personal survival techniques confidently • Know what the different tasks demand of my body and pace my efforts well to meet challenges • Describe good swimming technique and show and explain it to others.
---	--	---	--

