

Progression of Knowledge and Skills in Physical Education

Health, Fitness and ABC (Agility, Balance and Coordination)

At the beginning of each school year, all children spend 4 weeks developing their fundamental skills which will benefit them for PE in the year ahead

EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
- Can I cross the line? (moving an object from one hand to the other) - Can I balance when static and moving? - Can I improve my agility through objects, ladders and spaces? (How a children moves)	- Can I balance when static and moving? - Can I improve my agility through objects, ladders and spaces? (How a child moves) - Can I begin to understand how my body works? (bleep test)	- Can I use a circuit to develop my fundamental skills (ABCs)? - Can I develop my understanding how my body works? (bleep test – warm up/warm down, out of breath)	- Can I use a circuit to develop my fundamental skills (ABCs)? - Can I start to relate the ABCs to specific sports? (e.g. balance beam helps with stability when batting in cricket) - Can I develop my understanding how my body works? (bleep test – how to pace in bleep test, measure heart rate)

Gym

Nursery	Reception	Year 1	Year 2
	- Can I copy basic movements with some control and coordination? (understand walking, sitting, basic movements) - Can I use equipment safely? - Can I attempt to forward roll with support?	- Can I use equipment safely? - Can I copy and explore basic movements with some control and coordination? (Develop walking, sitting, movement, turns, create body shapes) - Can I balance with some control? (Focus on ABCs) - Can I link 2-3 simple movements? (walk, sit, turn like a gymnast) - Can I forward roll with support?	- Can I use equipment safely? - Can I create shapes and balances with a friend/partner? (counter-balancing/static mirroring) - Can I link basic movements together to create a short sequence? - Can I forward roll independently?

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Year 3	Year 4	Year 5	Year 6
• Can I use equipment safely? • Can I copy, explore and remember a variety of movements to start to create my own sequence? • Can I describe my own work using simple gym vocabulary? • Can I begin to notice similarities and differences between sequences? • Can I use turns whilst travelling in a variety of ways? • Can I begin to develop good technique when travelling, balancing and using equipment?	• Can I use equipment safely? • Can I link skills with control, technique, coordination and fluency. • Can I begin to use gym vocabulary to describe how to improve and refine my performance? • Can I continue to develop strength, technique and flexibility throughout performances? • Can I create sequences using various body shapes and equipment? • Can I combine equipment with movement to create sequences?	• Can I use equipment safely? • Can I select and combine skills, techniques and ideas? • Can I apply combined skills accurately and appropriately, consistently showing precision, control and fluency? • Can I draw on what I know about strategy, tactics and composition when performing and evaluating? • Can I analyse and comment on skills and techniques and how these are applied in my own and others' work? • Can I use more complex gym vocabulary to describe how to improve and refine performances? • Can I continue to develop strength, technique and flexibility throughout performances? • Can I link skills with control, technique, coordination and fluency? • Can I understand composition by performing more complex sequences?	• Can I plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions? • Can I perform actions, with an emphasis on extension, clear body shape and changes in direction? • Can I adapt sequences to include a partner or a small group? • Can I gradually increase the length of sequence work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement? • Can I draw on what they know about strategy, tactics and composition when performing and evaluating? • Can I analyse and comment on skills and techniques and how these are applied in my own and others' work? • Can I use more complex gym vocabulary to describe how to improve and refine performances? • Can I develop strength, technique and flexibility throughout performances?

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Dance

Nursery	Reception	Year 1	Year 2
	Can I copy and explore basic movements and body patterns? Can I begin to use simple movements and dance steps? Can I begin to respond to a range of stimuli? Can I copy and start to explore basic movements with little control?	Can I copy and explore basic movements and body patterns? Can I use simple movements and dance steps? Can I respond to a range of stimuli? Can I copy and continue to explore basic movements with some control?	Can I copy and explore basic movements with clear control? Can I start to vary levels and speed in my short sequence? Can I vary the size of my body shapes? Can I start to add a change of direction to a sequence? Can I use space well? Can I begin to respond imaginatively to stimuli?

Year 3	Year 4	Year 5	Year 6
Can I begin to improvise independently to create a simple dance? Can I begin to improvise with a partner to create a simple dance? Can I translate ideas from stimuli into a movement with some support? Can I begin to compare and adapt movements to create a larger sequence? Can I begin to use simple dance vocabulary to compare and improve work?	Can I confidently improvise with a partner or on my own? Can I begin to create longer dance sequences in a larger group? Can I demonstrate precision and some control in response to stimuli? Can I begin to vary dynamics and develop actions? Can I demonstrate rhythm and spatial awareness? Can I modify parts of a sequence as a result of self-evaluation? Can I use simple dance vocabulary to compare and improve work?	Can I begin to exaggerate dance movements? (using expression when moving) Can I demonstrate strong movements throughout a dance sequence? Can I combine flexibility, techniques and movements to create a fluent sequence? Can I move appropriately and with the required style in relation to the stimulus? (using various levels, ways of travelling). Can I begin to show a change of pace and timing in my movements? Can I use the space provided to its maximum potential? Can I improvise with confidence, still demonstrating fluency across my sequence? Can I modify parts of a sequence as a result of self and peer evaluation? Can I use more complex dance vocabulary to compare and improve work?	Can I exaggerate dance movements? (using expression when moving) Can I perform with confidence, using a range of movement patterns? Can I demonstrate a strong imagination when creating own dance sequences? Can I demonstrate strong movements throughout a dance sequence? Can I combine flexibility, techniques and movements to create a fluent sequence? Can I move appropriately and with the required style in relation to the stimulus? (using various levels, ways of travelling). Can I begin to show a change of pace and timing in my movements? Can I move to the beat accurately in dance sequences? Can I improvise with confidence, still demonstrating fluency?

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Athletics

Nursery	Reception	Year 1	Year 2
	Can I run at different speeds? Can I jump from a standing position? Can I begin throw and roll with basic control?	Can I run at different speeds? Can I jump from a standing position? Can I begin to jump from a moving position? Can I continue throw and roll with basic control? Can I use equipment safely?	Can I change speed and direction whilst running? Can I jump from a standing position with accuracy? Can I jump from a moving position? (from both feet and one/two feet) Can I perform a variety of throws with control and coordination? Can I use equipment safely?

Year 3	Year 4	Year 5	Year 6
Can I begin to run at speeds appropriate for the distance? (sprinting and cross country). Can I perform a running jump with some accuracy and control? Can I perform a variety of throws using a selection of equipment? Can I use equipment safely and with good control?	Can I begin to build a variety of running techniques and use with confidence? Can I perform a running jump with more than one component? (hop skip jump (triple jump). Can I demonstrate accuracy in throwing and catching activities? Can I describe good athletic performance using correct vocabulary? Can I use equipment safely and with good control?	Can I continue to build a variety of running techniques and use with confidence? Can I perform a running jump with more than one component to compete? (hop skip jump (triple jump) Can I begin to record peers' performances, and evaluate these? Can I demonstrate accuracy and confidence in throwing and catching activities? Can I describe good athletic performance using correct vocabulary? Can I use equipment safely and with good control?	Can I explore further ways to build a variety of running techniques and use with confidence? Can I perform a running jump with more than one component to compete? (hop skip jump (triple jump). Can I continue to record peers' performances, and evaluate these? Can I demonstrate accuracy and confidence in throwing and catching activities? Can I describe good athletic performance using correct vocabulary? Can I use equipment safely and with good control?

Progression of Knowledge and Skills in Physical Education

Swimming

Year 3	Year 4	Year 5	Year 6
Can I enter the pool competently and confidently? Can I swim competently and confidently with support? Can I float competently and confidently?	Can I begin to swim competently and confidently over a distance of 15 metres? Can I begin to use a range of strokes? (front crawl, backstroke and breaststroke).	Can I begin to swim competently, confidently and proficiently over a distance of up to 25 metres? Can I use a range of strokes effectively? (front crawl, backstroke and breaststroke). Can I perform safe self-rescue in different water-based situations?	Can I swim competently, confidently and proficiently over a distance of at least 25 metres? Can I use a range of strokes effectively? (front crawl, backstroke and breaststroke). Can I perform safe self-rescue in different water-based situations?

Hockey (GAMES)

Nursery	Reception	Year 1	Year 2
	Can I begin travel with my equipment safely? Can I begin to gain basic control of my hockey stick? Can I begin to develop hand-eye coordination? Can I begin to participate in simple games?	Can I travel with my equipment safely and accurately? Can I continue to gain basic control of my hockey stick? Can I continue to develop hand-eye coordination? Can I continue to participate in simple games?	Can I send the ball to others in a range of ways? Can I begin to apply and combine a variety of skills? (not game related) Can I develop spatial awareness? Can I begin to develop own games with peers? Can I understand the importance of rules in games? Can I develop simple tactics and use them appropriately?

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Year 3	Year 4	Year 5	Year 6
Can I understand tactics and composition by starting to vary how I respond? Can I continue to develop spatial awareness? Can I begin to apply and combine a variety of skills? (game related) Can I vary skills, actions and ideas and link these in ways that suit the activity of the game? Can I begin to communicate with others during game situations? Can I use skills with coordination and control? Can I begin to work well in a group/team? Can I begin to understand how to compete with others in a controlled manner? Can I begin to develop an understanding of attacking/defending?	Can I understand tactics and composition by varying how I respond? Can I demonstrate strong spatial awareness? Can I apply and combine a variety of skills? (game related) Can I vary skills, actions and ideas and link these in ways that suit the activity of the game? Can I continue to communicate with others during game situations? Can I use skills with coordination and control? Can I continue to work well in a group/team? Can I continue to understand how to compete with others in a controlled manner? Can I continue to develop an understanding of attacking/defending? Can I begin to compare and comment on skills to support the creation of new games/ideas/tactics?	Can I apply and combine a variety of skills? (game related) Can I vary skills, actions and ideas and link these in ways that suit the activity of the game? Can I communicate effectively with others during game situations? Can I fluently use skills with coordination and control? Can I work effectively in a group/team? Can I compete with others in a controlled manner? Can I demonstrate an understanding of attacking/defending? Can I begin to compare and comment on skills to support the creation of new games/ideas/tactics? Can I take part in competitive games with a strong understanding of tactics and composition? Can create my own games using knowledge and skills?	Can I apply and combine a variety of skills? (game related) Can I demonstrate confidence in using ball skills in various ways, and can link these together effectively? Can I work effectively in a group/team? Can I compete with others in a controlled manner? Can I keep possession of the ball during games situations? Can I consistently use skills with coordination, control and fluency? Can I take part in competitive games with a strong understanding of tactics and composition? Can I create my own games using knowledge and skills? Can I modify competitive games? Can I compare and comment on performance?

Soft Tennis (GAMES)

Nursery	Reception	Year 1	Year 2
	Can I begin to develop balance, agility and co-ordination? Can I begin to develop my sending skills? Can I begin to develop my receiving skills?	Can I begin to develop balance, agility and co-ordination within the game of tennis? Can I continue to develop my sending and receiving skills? Can I begin to make use of coordination, accuracy and weight transfer? Can I begin to use ball skills in game based activities?	Can I continue to develop balance, agility and co-ordination within the game of tennis? Can I master basic sending and receiving skills? Can I begin to make use of coordination, accuracy and weight transfer? Can I begin to use ball skills in game based activities?

Progression of Knowledge and Skills in Physical Education

Tennis (GAMES)

Year 3	Year 4	Year 5	Year 6
Can I understand tactics and composition by starting to vary how I respond? Can I continue to develop spatial awareness? Can I begin to apply and combine a variety of skills? (game related) Can I vary skills, actions and ideas and link these in ways that suit the activity of the game? Can I use skills with coordination and control? Can I begin to work well in a group/team? Can I begin to understand how to compete with others in a controlled manner?	Can I understand tactics and composition by varying how I respond? Can I demonstrate strong spatial awareness? Can I apply and combine a variety of skills? (game related) Can I vary skills, actions and ideas and link these in ways that suit the activity of the game? Can I use skills with coordination and control? Can I continue to work well in a group/team? Can I continue to understand how to compete with others in a controlled manner? Can I begin to develop an understanding of attacking/defending when playing shots? Can I begin to compare and comment on skills to support the creation of new games/ideas/tactics?	Can I apply and combine a variety of skills? (game related) Can I vary skills, actions and ideas and link these in ways that suit the activity of the game? Can I fluently use skills with coordination and control? Can I work effectively in a group/team? Can I compete with others in a controlled manner? Can I continue to demonstrate an understanding of attacking/defending when playing shots? Can I begin to compare and comment on skills to support the creation of new games/ideas/tactics? Can I take part in competitive games with a strong understanding of tactics and composition? Can create my own games using knowledge and skills?	Can I apply and combine a variety of skills? (game related) Can I demonstrate confidence in using ball skills in various ways, and can link these together effectively? Can I work effectively in a group/team? Can I compete with others in a controlled manner? Can I keep possession of the ball during game situations? Can I consistently use skills with coordination, control and fluency? Can I take part in competitive games with a strong understanding of tactics and composition? Can I create my own games using knowledge and skills? Can I modify competitive games? Can I compare and comment on performance?

Mini Basketball (GAMES)

Nursery	Reception	Year 1	Year 2
	Can I begin to develop balance, agility and co-ordination? (with/without a ball) Can I begin to develop my sending skills? Can I begin to develop my receiving skills?	Can I begin to develop balance, agility and co-ordination within the game of basketball? (with a ball) Can I continue to develop my sending and receiving skills? Can I begin to make use of coordination, accuracy and weight transfer? Can I begin to use ball skills in game based activities?	Can I continue to develop balance, agility and co-ordination within the game of basketball? (with a ball) Can I master basic sending and receiving skills? Can I begin to make use of coordination, accuracy and weight transfer? Can I begin to use ball skills in game based activities?

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Basketball (GAMES)

Year 3	Year 4	Year 5	Year 6
Can I understand tactics and composition by starting to vary how I respond? Can I continue to develop spatial awareness? Can I begin to apply and combine a variety of skills? (not game related) Can I vary skills, actions and ideas and link these in ways that suit the activity? Can I use skills with coordination and control? Can I begin to work well in a group? Can I begin to understand how to compete with others in a controlled manner?	Can I understand tactics and composition by varying how I respond? Can I demonstrate strong spatial awareness? Can I apply and combine a variety of skills? (game related) Can I vary skills, actions and ideas and link these in ways that suit the activity of the game? Can I use skills with coordination and control? Can I continue to work well in a group/team? Can I continue to understand how to compete with others in a controlled manner? Can I begin to develop an understanding of attacking/defending? Can I begin to compare and comment on skills to support the creation of new games/ideas/tactics?	Can I apply and combine a variety of skills? (game related) Can I vary skills, actions and ideas and link these in ways that suit the activity of the game? Can I fluently use skills with coordination and control? Can I work effectively in a group/team? Can I compete with others in a controlled manner? Can I continue to demonstrate an understanding of attacking/defending? Can I begin to compare and comment on skills to support the creation of new games/ideas/tactics? Can I take part in competitive games with a strong understanding of tactics and composition? Can create my own games using knowledge and skills?	Can I apply and combine a variety of skills? (game related) Can I demonstrate confidence in using ball skills in various ways, and can link these together effectively? Can I work effectively in a group/team? Can I compete with others in a controlled manner? Can I keep possession of the ball during game situations? Can I consistently use skills with coordination, control and fluency? Can I take part in competitive games with a strong understanding of tactics and composition? Can I create my own games using knowledge and skills? Can I modify competitive games? Can I compare and comment on performance?

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Rugby (GAMES)

Year 3	Year 4	Year 5	Year 6
Can I continue to develop spatial awareness? (game related situation) Can I begin to apply and combine a variety of skills? (not game related) Can I vary skills, actions and ideas and link these in ways that suit the activity? Can I use skills with coordination and control? Can I begin to work well in a group? Can I begin to understand how to compete with others in a controlled manner?	Can I understand tactics and composition by varying how I respond? Can I use skills with coordination and control? Can I demonstrate spatial awareness? Can I apply and combine a variety of skills? (not game related) Can I vary skills, actions and ideas and link these in ways that suit the activity of the game? Can I use skills with coordination and control? Can I continue to work well in a group/team? Can I continue to understand how to compete with others in a controlled manner? Can I begin to develop an understanding of attacking/defending?	Can I apply and combine a variety of skills? (game related) Can I vary skills, actions and ideas and link these in ways that suit the activity of the game? Can I fluently use skills with coordination and control? Can I work effectively in a group/team? Can I compete with others in a controlled manner? Can I continue to demonstrate an understanding of attacking/defending? Can I begin to compare and comment on skills to support the creation of new games/ideas/tactics? Can I take part in competitive games with a strong understanding of tactics and composition?	Can I apply and combine a variety of skills? (game related) Can I demonstrate confidence in using ball skills in various ways, and can link these together effectively? Can I work effectively in a group/team? Can I compete with others in a controlled manner? Can I keep possession of the ball during game situations? Can I consistently use skills with coordination, control and fluency? Can I take part in competitive games with a strong understanding of tactics and composition? Can I compare and comment on performance?

Cricket (GAMES)

Nursery	Reception	Year 1	Year 2
	Can I begin to develop balance, agility and co-ordination? Can I begin to develop my sending skills? Can I begin to develop my receiving skills?	Can I begin to develop balance, agility and co-ordination within the game of cricket? Can I continue to develop my sending and receiving skills? Can I begin to make use of coordination, accuracy and weight transfer? Can I begin to use ball skills in game based activities?	Can I continue to develop balance, agility and co-ordination within the game of cricket? Can I master basic sending and receiving skills? Can I begin to make use of coordination, accuracy and weight transfer? Can I begin to use ball skills in game based activities?

Progression of Knowledge and Skills in Physical Education

Year 3	Year 4	Year 5	Year 6
Can I continue to develop spatial awareness? (game related situation) Can I begin to apply and combine a variety of skills? (not game related) Can I vary skills, actions and ideas and link these in ways that suit the activity? Can I use skills with coordination and control? Can I begin to work well in a group? Can I begin to understand how to compete with others in a controlled manner?	Can I understand tactics and composition by varying how I respond? Can I use skills with coordination and control? Can I demonstrate spatial awareness? Can I apply and combine a variety of skills? (not game related) Can I vary skills, actions and ideas and link these in ways that suit the activity of the game? Can I use skills with coordination and control? Can I continue to work well in a group/team? Can I continue to understand how to compete with others in a controlled manner? Can I begin to develop an understanding of attacking/defending?	Can I apply and combine a variety of skills? (game related) Can I vary skills, actions and ideas and link these in ways that suit the activity of the game? Can I fluently use skills with coordination and control? Can I work effectively in a group/team? Can I compete with others in a controlled manner? Can I continue to demonstrate an understanding of attacking/defending? Can I begin to compare and comment on skills to support the creation of new games/ideas/tactics? Can I take part in competitive games with a strong understanding of tactics and composition?	Can I apply and combine a variety of skills? (game related) Can I demonstrate confidence in using ball skills in various ways, and can link these together effectively? Can I work effectively in a group/team? Can I compete with others in a controlled manner? Can I keep possession of the ball during game situations? Can I consistently use skills with coordination, control and fluency? Can I take part in competitive games with a strong understanding of tactics and composition? Can I compare and comment on performance?