

Progression of Skills- PE Early years and Key Stage 1



	Reception	Y1	Y2	End of Key Stage Expectations
	<ul style="list-style-type: none"> - Personal Skills Social Skills - Cognitive Skills Creative Skills - Applying Physical Skills Health and Fitness 	<ul style="list-style-type: none"> - Dance skills - Games skills - Creative Skills - Applying Physical Skills - Health and Fitness 	<ul style="list-style-type: none"> - Multiskills - Dance - Tennis - Gymnastics - Athletics - Ball skills 	
Communication	Children can:	<p>Children can:</p> <p>Discuss own performances</p> <p>Discuss how to improve in different physical activities</p>	<p>Children can:</p> <p>Evaluate own and others' performances</p> <p>Identify how to improve in different physical activities</p>	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.
Competence	<p>Children can:</p> <p>Show good control and co-ordination in large and small movements</p> <p>Move confidently in a range of ways, safely negotiating space</p>	<p>Children can:</p> <p>Practise basic movements including running, jumping, throwing and catching</p> <p>Develop balance and agility</p>	<p>Children can:</p> <p>Master basic movements including running, jumping, throwing and catching</p> <p>Develop and apply balance, agility and co-ordination</p>	

Participation	<p>Children can:</p>	<p>Children can: Participate in team games</p> <p>Begin to develop simple tactics for attacking and defending</p>	<p>Children can: Participate in team games following simple rules</p> <p>Develop simple tactics for attacking and defending</p>	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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
Performance	<p>Children can: Sing songs, make music and dance and experiment with ways of changing them</p> <p>Represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role-play and stories</p>	<p>Children can: Perform simple dances</p>	<p>Children can: Perform dances using simple movement patterns</p>	

Progression of Skills- PE KS2

	Y3	Y4	Y5	Y6	End of Key Stage Expectations
	<ul style="list-style-type: none">- Basketball- Gymnastic- Dance- Orienteering- Rounders/Cricket- Athletics	<ul style="list-style-type: none">- Swimming- Hockey skills Invasion Games- Bat and ball skills- Skipping skills- Athletics	<ul style="list-style-type: none">- Rugby- Sportshall Athletics- Gymnastics- Invasion games- Dance- Cricket- Rounders- Outdoor Adventurous Activity	<ul style="list-style-type: none">- Hockey- Outdoor Adventurous Activity- Sportshall Athletics- Gymnastics- Hi-5 Netball- Cricket- Rounders- Athletics	

Communication	<p><u>Children can:</u></p> <p>Communicate and compete with each other</p> <p>Begin to show an understanding of how to improve own and others' performances</p>	<p><u>Children can:</u></p> <p>Communicate and compete with each other</p> <p>Understand how to improve own and others' performances</p>	<p><u>Children can:</u></p> <p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</p> <p>Evaluate and recognise own and others' success and identify strategies for improvement</p>	<p><u>Children can:</u></p> <p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</p> <p>Evaluate and recognise own and others' success and identify strategies for improvement</p>	<p>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.</p>
Competence	<p><u>Children can:</u></p> <p>Begin to use running, jumping, throwing and catching in isolation and in combination</p> <p>Further develop flexibility, strength, control and balance</p>	<p><u>Children can:</u></p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Further develop flexibility, strength, technique, control and balance</p>	<p><u>Children can</u></p> <p>Use a broad range of skills in isolation and in combination to become physically confident</p> <p>Develop mastery of flexibility, strength, technique, control and balance</p>	<p><u>Children can:</u></p> <p>Use a broad range of skills in isolation and in combination to become physically confident</p> <p>Master flexibility, strength, technique, control and balance</p>	

Participation	<p><u>Children can:</u> Participate in team games understanding the rules</p> <p>Develop a wider range of tactics for attacking and defending</p> <p>Participate in outdoor and adventurous activities</p>	<p><u>Children can:</u> Play competitive games and demonstrate their sense of sportsmanship eg fairness and respect</p> <p>Understand basic principles suitable for attacking and defending</p> <p>Participate in outdoor and adventurous activities</p>	<p><u>Children can:</u> Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</p> <p>Apply principles suitable for attacking and defending</p> <p>Participate in outdoor and adventurous activities</p>	<p><u>Children can:</u> Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</p> <p>Apply range of principles suitable for attacking and defending</p> <p>Participate in outdoor and adventurous activities</p>	<p>Pupils should be taught to:</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>perform dances using a range of movement patterns</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
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Performance	<p><u>Children can:</u> Perform dances and gymnastic routines on own and with others using movement patterns</p> <p>Compare performances with previous ones</p> <p>Begin to demonstrate improvement to achieve personal best</p>	<p><u>Children can:</u> Perform dances and gymnastic routines on own and with others using movement patterns</p> <p>Compare performances with previous ones</p> <p>Demonstrate improvement to achieve personal best</p>	<p><u>Children can:</u> Perform dances and gymnastic routines on own and with others using a range of movement patterns</p> <p>Evaluate and compare performances with previous ones</p> <p>Demonstrate improvement to achieve personal best</p>	<p><u>Children can:</u> Perform dances and gymnastic routines on own and with others using a range of movement patterns</p> <p>Evaluate and compare performances with previous ones</p> <p>Demonstrate improvement to achieve personal best</p>	