



Progression of Skills: Physical Education



	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Gym	<ul style="list-style-type: none"> I can experiment with ways of travelling. E.g. speed and control. I can complete one and two footed jumps. I can perform a log roll. I can perform shapes. E.g. star and tuck shapes. I can perform 1, 2 and 3 point balances. I can climb over low apparatus. I can perform sequences with two steps. I can perform pathways, including different levels. I can perform balances on apparatus. I can perform sequences on apparatus. I can perform jumps as part of a sequence. 	<ul style="list-style-type: none"> I can perform arch and dish holds. I can perform arch, log, tuck and dish rolls. I can perform partner work that is synchronised. I can perform pathways using levels and apparatus. I can perform movements with the weight on hands movements. E.g. hanging and swinging. I can perform balances on apparatus. I can perform jumps on apparatus. 	<ul style="list-style-type: none"> I can perform two types of roll, linking them together to perform a sequence. I can show balances, travelling along a pathway and moving towards and away from partner. I can show matching balances as part of a sequence. I can perform contrasting shape position and movement with a partner. I can show contrasting shapes and jumps from apparatus. 	<ul style="list-style-type: none"> I can show a type of roll and positions that show good body tension, linking them together effectively into a sequence. I can show sequences with at least two imaginative ideas of going over or under a partner using apparatus. I can create a sequence to demonstrate good understanding of turning and rolling as part of a sequence. I can link pathways, matching and contrasting balances together to form a sequence. I can create an effective sequence. 	<ul style="list-style-type: none"> I can show a type of roll and at least two different shapes, linking them together effectively into a sequence and showing control. I can show balances, matching and mirroring positions as part of a sequence. I can create a sequence to demonstrate good understanding of pathways, dynamics and mirror or matching positions. I can transfer imaginative partner swinging sequences on apparatus. I can create an effective sequence including all of the core skills listed. I can show sequence work using apparatus. 	<ul style="list-style-type: none"> I can show five types of rolls and travel into and out of them effectively. I can show counter balance, unison and canon movements as part of a sequence. I can use a-symmetrical partner balances to form a sequence. I can transfer imaginative partner balances onto apparatus. I can demonstrate 'Flight' onto, off and from hands.
Gym vocabulary	Apparatus, travel, speed, control, star, tuck, balance, log roll, sequence, pathway.	Arch, log, tuck, dish roll, synchronised, pathway, jump.	Roll, sequence, perform, mirror, contrast, shape, position.	Sequence, roll, balance, jump, tuck, mirrored, tension, Connect.	Sequence, roll, balance, jump, tuck, mirrored, matching, dynamics, tension, Connect.	Sequence, roll, balance, jump, tuck, mirrored, matching, dynamics,



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						tension, Flight, symmetry, asymmetry.
Dance	<ul style="list-style-type: none"> I can copy and repeat actions I can put a sequence of actions together to create a motif. I can vary the speed of my actions. I can use simple choreographic devices such as mirroring. I am beginning to improvise independently to create a simple dance. I am beginning to move confidently and safely in my own space. 	<ul style="list-style-type: none"> I can copy, remember and repeat actions. I can create a short motif inspired by stimulus. I can change the speed and level of my actions. I can use simple choreographic devices such as unison and mirroring. 	<ul style="list-style-type: none"> I can explore trust with partner work in dance. I know and understand the term pathways. I am beginning to identify different pathways. I can develop a phrase of dance using changes of direction. I know and understand the term re-ordering in dance. I know and understand the term formation. I am beginning to perform a dance showing co-ordination, timing and style. I can evaluate my own and peer's performance. 	<ul style="list-style-type: none"> I know and can perform some basic steps. I can explore trust with partner work in dance. I know and understand the term pathways. I can identify different pathways. I can develop a phrase of dance using changes of direction and levels. I know and understand the term reordering in dance and I can begin to revise my own movements. I can develop a phrase using re-ordering. I can demonstrate the use of formation in dance. I can perform a dance showing coordination, timing and style. 	<ul style="list-style-type: none"> I can learn a technical phrase with accuracy and precision. I can select and apply appropriate dynamics. I know and understand the term reordering and can attempt to demonstrate. I can attempt to evaluate my own and peer's phrase focusing on fluidity and performance qualities. I know and understand the term formation, and am beginning to demonstrate this. I can select and apply a variety of formations. I can select and apply actions that represent a stimulus. I can perform actions with control, 	<ul style="list-style-type: none"> I can perform a technical phrase with control and extension. I can select and apply appropriate dynamics. I know and understand the term re-ordering, and can demonstrate with fluidity. I can evaluate my own and peer's phrase focusing on fluidity and performance qualities. I know and understand the term formation, and can demonstrate this confidently. I can select and apply a variety of formations. I can select and apply actions that represent a stimulus.



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				<ul style="list-style-type: none"> I can evaluate my own and peer's performance. 	<p>accuracy and extension.</p> <ul style="list-style-type: none"> I can demonstrate the use of unison and cannon. I can give valuable feedback to peers on choice of actions and performance. 	<ul style="list-style-type: none"> I can perform actions with control, accuracy and extension. I can confidently demonstrate the use of unison and cannon. I can give valuable feedback to peers on choice of actions and performance.
Dance vocabulary	Move, sequence, speed, mirror, actions, perform.	Copy, repeat, motif, level, unison, speed, perform.	Reordering, formation, beat, rhythm, pathways, phrase, timing, evaluate, perform.	Reordering, formation, beat, rhythm, pathways, phrase, timing, evaluate, perform.	Technical phrase, dynamics, fluidity, formation, perform, accuracy, control, evaluate.	Technical phrase, dynamics, fluidity, formation, perform, accuracy, control, evaluate.
Invasion games	<ul style="list-style-type: none"> I can participate in team games. I can perform simple tactics for attacking and defending. I can dribble with control. I can pass in different ways with accuracy. I can receive a ball in different ways. I can shoot at a target. I can compete in games trying to win. 	<ul style="list-style-type: none"> I can dribble in different ways e.g. with left or right hand. I can pass with speed and accuracy. I can receive a ball from different heights and distances. I can shoot in different ways over different distances. I can compete showing ball control without pressure. 	<ul style="list-style-type: none"> I can dribble in different ways and change speed. I can pass in different ways over different distances with accuracy. I can receive a ball at different speeds. I can shoot in different ways at different speeds. I can compete showing effective ball control under pressure in a game. 	<ul style="list-style-type: none"> I can dribble in different ways changing speed and direction with control. I can pass in different ways while moving. I can receive a ball whilst moving. I can shoot whilst moving. I can compete making correct decisions in a game. 	<ul style="list-style-type: none"> I can dribble in different ways linking with passing and moving. I can pass in the best way linking with dribbling and moving. I can receive a ball linking with passing and moving. I can shoot linking with moving and passing or dribbling. I can compete and succeed individually in an invasion game. 	<ul style="list-style-type: none"> I can dribble in different ways with control under pressure. I can pass in the best way with speed and accuracy under pressure. I can receive a ball under pressure linking with other skills. I can shoot in different ways under pressure linking with other skills. I can compete and succeed individually



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						and as a team player in an invasion game.
Striking and fielding games	<ul style="list-style-type: none"> I can intercept a moving ball from the floor with 2 hands whilst I am moving towards it. I can perform a controlled roll from a moving position. I can strike a rolling ball towards a target. I can play a striking and fielding match appropriate to my ability. 	<ul style="list-style-type: none"> I can intercept a moving ball from the floor with 1 hand whilst I am stationary. I can perform a stationary underarm throw with accuracy. I can strike a bouncing ball towards a target. I can underarm bowl a ball with accuracy most of the time. I can play a striking and fielding match appropriate to my ability. 	<ul style="list-style-type: none"> I can intercept a moving ball from the floor with 2 hands whilst I am moving in different directions towards the ball. I can perform a moving pick up into an underarm throw. I can strike a ball that has been drop fed towards a target. I can overarm bowl a ball from a stationary position. I can play a striking and fielding match appropriate to my ability. 	<ul style="list-style-type: none"> I can intercept a moving ball from the floor with 1 hand whilst I am moving in different directions towards a ball. I can perform a stationary overarm throw with accuracy. I can strike a ball that has been bowled. I can overarm bowl a ball from a stationary position towards a target. I can play a striking and fielding match appropriate to my ability. 	<ul style="list-style-type: none"> I can intercept a bouncing ball with 2 hands whilst moving in different directions towards the ball. I can perform a moving pick up into an overarm throw. I can strike a ball that has been bowled towards a target. I can overarm bowl a ball with a short approach. I can play a striking and fielding match appropriate to my ability. 	<ul style="list-style-type: none"> I can intercept an aerial ball with 2 hands whilst stationary. I can select the appropriate method of returning the ball e.g. overarm, underarm or rolling. I can strike a ball that has been bowled in different directions. I can overarm bowl a ball with a short approach with accuracy. I can play a striking and fielding match appropriate to my ability.
Games vocabulary	Throw, catch, attack, defend, dribble, pass, control, shoot, strike, roll	Attack, defend, dribble, pass, control, shoot, strike, roll, intercept, throw, catch	Movement, tactics, possession, passing, teamwork, stance, power, accuracy, direction, underarm, fielding, striking	Movement, tactics, possession, passing, teamwork, communication, spatial, stance, power, accuracy, direction, position, evaluate, underarm, fielding, striking, contact	Movement, tactics, possession, passing, teamwork, communication, spatial, dodging, accuracy, defence, attack, stance, power, accuracy, direction, position, evaluate, forehand, backhand, underarm, fielding, striking, contact, batting, bowling, sportsmanship	Movement, tactics, possession, passing, teamwork, communication, spatial, dodging, accuracy, defence, attack, dribbling, marking, foul, stance, power, accuracy, direction, position, evaluate, forehand, backhand, volley, rally, underarm, direction, fielding, striking, contact, batting, bowling,



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						sportsmanship, long, barrier
Athletics	<ul style="list-style-type: none"> I can master basic movements including running, jumping, throwing and catching. I am developing my balance, agility and co-ordination, and am beginning to apply these in a range of activities. I can demonstrate the difference between running, jogging and walking. I can jump for distance and height. I can throw different sized objects for distance and height. I can take turns quickly in a team race. I can take part effectively in an athletics event. 	<ul style="list-style-type: none"> I can run demonstrating acceleration and deceleration. I can jump using arms and legs to give body swing. I can throw an object with accuracy. I can take turns swapping objects in a team race. I can compete (trying to win) in an athletics event. 	<ul style="list-style-type: none"> I can demonstrate effective running for a short race and long race, showing a difference between them. I can jog into an effective jump. I can throw an object for distance with accuracy. I can take turns quickly swapping an object in a team race. I can compete (trying to win) in various athletics events. 	<ul style="list-style-type: none"> I can run with a full stride to achieve maximum speed. I can jog before hurdling over an object effectively. I can throw an object for distance and height with accuracy. I can take turns in a relay race by receiving an object from behind. I can compete (trying to win) as part of a team. 	<ul style="list-style-type: none"> I can run a race showing an understanding of pacing the run. I can run before hurdling over an object effectively. I can throw an object using the whole body. I can take turns in a relay race by receiving an object from behind whilst moving forwards. I can compete and succeed in an athletics event (degree of success noted by positioning in events against those of similar physical development). 	<ul style="list-style-type: none"> I can start and finish a race with technique. I can link hopping, skipping and jumping. I can throw an object demonstrating a follow through technique. I can take turns in a relay race by receiving an object from behind whilst running forwards. I can compete and succeed in various athletics event (degree of success noted by positioning in events against those of similar physical development).
Athletics vocabulary	Running, jogging, walking, throw, catch	Accelerate, decelerate, running, walking, jogging, underarm throw, over arm throw, long jump	Pace, running, jogging, accelerate, decelerate, target, underarm throw, overarm throw, accuracy	Pace, running, jogging, accelerate, decelerate, target, underarm throw, overarm throw, accuracy, relay, hand over, long jump	Accelerate, decelerate, target, underarm throw, overarm throw, accuracy, relay, hand over, rolling start, pace	Accelerate, decelerate, target, accuracy, relay, hand over, rolling start, pace
Outdoor and adventurous activities	N/A	N/A	<ul style="list-style-type: none"> I am beginning to explore a range of orienteering and 	<ul style="list-style-type: none"> I can explore a range of orienteering and 	<ul style="list-style-type: none"> I can explore a range of orienteering and 	<ul style="list-style-type: none"> I can explore a range of orienteering and



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			<p>problem solving activities.</p> <ul style="list-style-type: none"> • I understand why OAA is good for your well-being. • I can select and use simple tactics and strategies to overcome problems and challenges. • I can co-operate effectively to work as a team. • I can show strength, speed and stamina in OAA activities. • I can effectively apply techniques to support myself and others when undertaking OAA activities (balance, counter-balance, timing, spotting). 	<p>problem solving activities.</p> <ul style="list-style-type: none"> • I can lead simple OAA related warm ups and cool downs. • I understand why OAA is good for your well-being. • I can select and use simple tactics and strategies to overcome problems and challenges. • I can co-operate effectively to work as a team. • I can show strength, speed and stamina in OAA activities. • I can effectively apply techniques to support myself and others when undertaking OAA activities (balance, counter-balance, timing, spotting). 	<p>problem solving activities.</p> <ul style="list-style-type: none"> • I can attempt different ways of communicating, collaborating and competing with each other. • I am beginning to develop an understanding of how to improve in a variety of outdoor and adventurous activities. • I can demonstrate strength, speed and stamina in OAA activities. • I can confidently apply techniques to support myself and others when undertaking OAA activities (balance, counter-balance, timing, spotting). 	<p>problem solving activities.</p> <ul style="list-style-type: none"> • I can explore different ways of communicating, collaborating and competing with each other. • I can develop an understanding of how to improve in a variety of outdoor and adventurous activities. • I can demonstrate good strength, speed and stamina in OAA activities. • I can confidently apply techniques to support yourself and others when undertaking OAA activities (balance, counterbalance, timing, spotting).
Outdoor and adventurous activities vocabulary			Orienteering, problem-solving, warmups, cool downs, maps, markers	Orienteering, problem-solving, warmups, cool downs, tactics, strategies	Orienteering, problem-solving, warmups, cool downs, tactics, strategies, collaborating, balance, counter-balance, timing, spotting	Orienteering, problem-solving, warmups, cool downs, tactics, strategies, collaborating, balance, counter-balance, timing, spotting, stamina
Swimming	N/A	N/A	N/A	N/A	<ul style="list-style-type: none"> • I can swim competently, confidently and proficiently over a 	N/A



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					<p>distance of at least 25 metres.</p> <ul style="list-style-type: none">• I can use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.• I can perform safe self-rescue in different water-based situations.	
Swimming vocabulary					Front crawl, back stroke, breast stroke, propulsion.	