

Progression of Skills

Subject: PE

EYFS

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.
 Mounts stairs, steps or climbing equipment using alternate feet.
 Walks downstairs, two feet to each step while carrying a small object.
 Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.
 Can stand momentarily on one foot when shown.
 Can catch a large ball.
 Observes the effects of activity on their bodies.
 Experiments with different ways of moving.
 Jumps off an object and lands appropriately.
 Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
 Travels with confidence and skill around, under, over and through balancing and climbing equipment.
 Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
 Eats a healthy range of foodstuffs and understands need for variety in food.
 Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.

Early Learning Goals:

Children show good control and co-ordination in large and small movements.
 They move confidently in a range of ways, safely negotiating space.
 Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	<p>To be able to run in a straight line and stop with control.</p> <p>To identify and explore changes of speed.</p> <p>To identify and explore different ways of changing direction.</p> <p>To be able to apply running and jumping techniques in competitive activities.</p> <p>To explore ways of jumping.</p>	<p>To be able to run, change direction & stop with control</p> <p>To recognise when to change speed in small sided games.</p> <p>To be able to confidently change direction efficiently.</p> <p>To identify the appropriate time to change speed & direction</p> <p>To be able to react quickly to different cues.</p>	<p>To demonstrate how to run with control while competing against others</p> <p>To explore ways of jumping & landing from a height</p> <p>To perform an underarm throw with accuracy to hit a target</p> <p>To perform the two-handed 'cup' catching technique to receive a variety of deliveries</p>	<p>To demonstrate how to change speed & direction while running</p> <p>To practice the long jump from a standing or walking start</p> <p>To practice the long jump from a standing or walking start</p> <p>To practice the two-handed 'W' catch technique to receive a high delivery</p>	<p>To explore the difference between long & short distance running</p> <p>To practice the long jump from a running start</p> <p>To explore different Olympic throwing events</p> <p>To demonstrate the ability to catch with one hand when necessary</p>	<p>To use backhand technique effectively against opponents</p> <p>To explore the process of performing a triple jump</p> <p>To demonstrate the ability to control distance & height while throwing</p> <p>To perform a combination of catching & moving skills</p>

	<p>To understand how to jump for height.</p> <p>To be able to jump from a running start.</p> <p>To understand how to jump for distance.</p> <p>To be able to jump for distance from a running start.</p>	<p>To be able to apply running techniques in competitive activities</p> <p>To combine different jumps in a sequence.</p> <p>To demonstrate the correct techniques when jumping for height</p> <p>To be able to jump over an object from a running start</p> <p>To demonstrate the correct technique when jumping for distance.</p> <p>To be able to explain why a running start increases jumping distance</p>				
Creative Movement including Dance and Gymnastics	<p>To explore different ways of travelling.</p> <p>To explore ways of travelling using small and large body parts.</p> <p>To understand how to perform log and egg roll.</p> <p>To be able to perform a log and egg roll.</p> <p>To explore combining movements to create a routine.</p> <p>To be able to create a routine.</p>	<p>To demonstrate different ways of travelling.</p> <p>To perform ways of balancing using different body parts/balancing with a partner.</p> <p>To explain how to perform a Log & Egg roll.</p> <p>To perform a log roll with a partner.</p> <p>To understand how to perform a teddy bear roll.</p> <p>To be able to create & perform a routine</p>	<p>To explore travelling in different ways</p> <p>To explore travelling in different ways</p> <p>To understand how to perform a log roll and egg roll</p> <p>To understand how to perform a shoulder and teddy bear roll</p> <p>To perform steps 1-6 of a headstand</p> <p>To be able to create and perform</p>	<p>To explore travelling in different ways and perform step 1 & 2 of a headstand</p> <p>To understand how to perform different rolls & step 1-4 of a headstand</p> <p>To understand how to perform a forward roll and steps 5-6 of the headstand</p> <p>To practice a forward roll and steps 1-6 of a headstand</p> <p>To explore different balances and balancing with a partner. To perform steps 1-6 of a headstand</p> <p>To be able to create and perform a routine</p>	<p>To explore traveling and perform a forward roll</p> <p>To explore balancing with a partner and perform a forward roll</p> <p>To practice steps 1-3 of a handstand</p> <p>To understand how to perform a headstand and practice steps 1-4 of a handstand</p> <p>To understand how to perform handstand and practice the beginning of a cartwheel</p> <p>To perform a cartwheel</p> <p>To be able to create and perform a routine</p>	<p>To explore traveling and perform a forward roll</p> <p>To explore balancing with a partner and practice a backward roll</p> <p>To practice steps 1-3 of a handstand</p> <p>To understand how to perform a headstand and perform backward roll</p> <p>To understand how to perform handstand and practice the beginning of a cartwheel</p> <p>To perform a cartwheel</p> <p>To be able to create and perform a routine</p>
Games including Ball Skills	<p>To identify changes of speed and directions to evade a defender.</p> <p>To explore how to perform an underarm throw.</p> <p>To practice kicking to hit a target.</p>	<p>To develop an understanding of underarm throwing with correct technique</p> <p>To develop basic kicking skills with correct technique when aiming</p>	<p>Football</p> <p>To develop control & confidence with the football to maintain possession as an individual</p> <p>To develop control & confidence with the football</p>	<p>Football</p> <p>To demonstrate control & confidence with the ball to maintain possession as an individual</p> <p>To explore a variety of skills with the ball to maintain possession as an individual</p>	<p>Football</p> <p>To demonstrate a variety of skills while travelling with the ball to maintain possession when opposed</p> <p>To demonstrate speed & agility with the ball despite inference</p>	<p>Football</p> <p>To demonstrate control & confidence when dribbling 1v1 situations</p> <p>To demonstrate control & confidence when dribbling in 1v1 situations</p>

	<p>To explore catching with two hands.</p> <p>To practice kicking to hit a target/stop the ball when receiving.</p> <p>To explore how to perform and overarm throw.</p> <p>To be able to apply sending and receiving techniques in competitive activities.</p> <p>To understand basic invasion games.</p> <p>To be able to identify different roles in invasion games. To be able to understand basic tactics of invasion games.</p> <p>To be able to apply basic attacking techniques in invasion games.</p>	<p>To develop catching techniques using the cup technique</p> <p>To be able to kick a ball at various heights & distances/to stop the ball whilst travelling.</p> <p>To develop an understanding of overarm throwing using correct techniques.</p> <p>To participate in a range of invasion games.</p> <p>To understand basic roles & tactics within invasion games</p> <p>To understand tactics within invasion games.</p> <p>To apply a range of techniques to attack efficiently.</p> <p>To apply a range of tactics to defend efficiently</p>	<p>to maintain possession as an individual</p> <p>To develop an understanding of how to dribble & exploit space</p> <p>To develop an understanding of how to dribble & exploit space</p> <p>To develop an understanding of how to pass with the inside of the foot to maintain possession as a team</p> <p>To enjoy competition & show learning from the previous lessons</p> <p>Hockey To develop control & confidence when using the hockey stick to maintain possession as an individual</p> <p>To demonstrate control & confidence when using the hockey stick to maintain possession as an individual</p> <p>To develop an understanding of how to dribble & exploit space</p> <p>To be able to maintain control of the ball while dribbling to escape pressure</p> <p>To develop an understanding of how to perform a push pass to maintain possession as a team</p> <p>To enjoy competition & show learning from the previous lessons.</p> <p>Cricket To develop an understanding of the underarm throw & 'cup' catch to receive a variety of deliveries</p>	<p>To be able to maintain control of the ball despite interference</p> <p>To be able to change speed & direction with the ball despite interference</p> <p>To demonstrate control & confidence when passing with the inside of the foot to maintain possession as a team</p> <p>Hockey To demonstrate control & confidence with the hockey stick to maintain possession as an individual</p> <p>To explore a variety of skills with the hockey stick while moving to maintain possession as an individual</p> <p>To be able to maintain control of the ball despite interference</p> <p>To be able to change speed & direction with the ball despite interference</p> <p>To develop an understanding of how to perform a sweep pass to maintain possession as a team</p> <p>Cricket To develop confidence when throwing overarm & using a 'reverse cup' catch to receive a high delivery</p> <p>To perform & apply underarm & overarm catching & throwing techniques in the appropriate situations</p> <p>To coordinate holding the cricket bat & hitting the ball to return a bowled delivery</p>	<p>To develop an understanding of dribbling past opponents in 1v1 situations</p> <p>To develop an understanding of how to pass with the laces of the foot to be able to maintain possession using longer distance passes</p> <p>To apply an understanding of how to shoot using the laces of the foot to score from a variety of distances</p> <p>To enjoy competition & show learning from previous lessons</p> <p>Cricket To identify when to catch using one or two hands</p> <p>To perform a forward defensive stroke consistently</p> <p>To develop an understanding of the forward drive to attack a bowled delivery</p> <p>To bowl using the underarm technique accurately against a batter</p> <p>To be able to decide when to use the forward drive/defensive strokes</p> <p>To enjoy competition & show learning from the previous lessons</p>	<p>To apply the appropriate passing technique in match situations</p> <p>To show accuracy when shooting with the laces of the foot to score from a variety of distances</p> <p>To develop an understanding of how to gain success in overload situations</p> <p>Hockey To demonstrate control & confidence when dribbling in 1v1 situations</p> <p>To demonstrate an understanding of when to dribble or pass the ball</p> <p>To apply the appropriate passing technique in match situations</p> <p>To develop an understanding of the reverse stick shot to score from a variety of distances</p> <p>To develop an understanding of making effective decisions in 2v1 situations</p> <p>Basketball To demonstrate control & confidence when dribbling in 1v1 situations</p> <p>To demonstrate an understanding of when & where to dribble or pass</p> <p>To apply the appropriate passing technique in match situations</p> <p>To develop an understanding of the follow-through shot to score points from a variety of distances</p>
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Swimming					<p>Perform safe self-rescue in different water based situations.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>	<p>Perform safe self-rescue in different water based situations.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>