

Progression of Skills: Physical Education

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance							
	<p>Copies and explores some basic movements.</p> <p>Can remember a simple dance with 3 parts.</p> <p>Links movements to sounds and music</p> <p>Responds to some musical stimuli.</p>	<p>Copies and explores basic movements and body patterns</p> <p>Remembers simple movements and dance steps</p> <p>Links movements to sounds and music.</p> <p>Responds to range of stimuli.</p>	<p>Copies and explores basic movements with clear control.</p> <p>Varies levels and speed in sequence</p> <p>Can vary the size of their body shapes</p> <p>Add change of direction to a sequence</p> <p>Uses space well and negotiates space clearly.</p> <p>Can describe a short dance using appropriate vocabulary.</p> <p>Responds imaginatively to stimuli.</p>	<p>Beginning to improvise independently to create a simple dance.</p> <p>Beginning to improvise with a partner to create a simple dance.</p> <p>Translates ideas from stimuli into movement with support.</p> <p>Beginning to compare and adapt movements and motifs to create a larger sequence.</p> <p>Uses simple dance vocabulary to compare and improve work.</p>	<p>Confidently improvises with a partner or on their own.</p> <p>Beginning to create longer dance sequences in a larger group.</p> <p>Demonstrating precision and some control in response to stimuli.</p> <p>Beginning to vary dynamics and develop actions and motifs.</p> <p>Demonstrates rhythm and spatial awareness.</p> <p>Modifies parts of a sequence as a result of self-evaluation.</p> <p>Uses simple dance vocabulary to compare and improve work.</p>	<p>Beginning to exaggerate dance movements and motifs (using expression when moving)</p> <p>Demonstrates strong movements throughout a dance sequence.</p> <p>Combines flexibility, techniques and movements to create a fluent sequence.</p> <p>Moves appropriately and with the required style in relation to the stimulus.</p> <p><i>e.g using various levels, ways of travelling and motifs.</i></p> <p>Beginning to show a change of pace and timing in their movements.</p> <p>Uses the space provided to his maximum potential.</p> <p>Improvises with confidence, still demonstrating fluency across their sequence.</p> <p>Modifies parts of a sequence as a result of self and peer</p>	<p>Exaggerate dance movements and motifs (using expression when moving)</p> <p>Performs with confidence, using a range of movement patterns.</p> <p>Demonstrates a strong imagination when creating own dance sequences and motifs.</p> <p>Demonstrates strong movements throughout a dance sequence.</p> <p>Combines flexibility, techniques and movements to create a fluent sequence.</p> <p>Moves appropriately and with the required style in relation to the stimulus.</p> <p><i>e.g using various levels, ways of travelling and motifs.</i></p> <p>Beginning to show a change of pace and timing in their movements.</p> <p>Is able to move to the beat accurately in dance sequences.</p> <p>Improvises with confidence, still demonstrating fluency across their sequence.</p> <p>Dances with fluency, linking all movements and ensuring they flow.</p> <p>Demonstrates consistent precision when performing</p>

						evaluation. Uses more complex dance vocabulary to compare and improve work.	dance sequences. Modifies parts of a sequence as a result of self and peer evaluation. Uses more complex dance vocabulary to compare and improve work.
Gymnastics (including apparatus)							
	<p>Copies and explores some basic movements with increasing co-ordination and control.</p> <p>Explores different body shapes.</p> <p>Begin to use two footed jumps.</p> <p>Travel safely around a space and along benches.</p> <p>Can link 2 simple movements together.</p> <p>Can climb up a ladder with support.</p>	<p>Copies and explores basic movements with some control and coordination.</p> <p>Can perform different body shapes</p> <p>Performs at different levels</p> <p>Can perform 2 footed jump.</p> <p>Can use equipment safely</p> <p>Balances with some control</p> <p>Can link 2-3 simple movements</p> <p>Can climb up a ladder.</p> <p>Is beginning to travel up diagonal bench.</p>	<p>Explores and creates different pathways and patterns.</p> <p>Uses equipment in a variety of ways to create a sequence</p> <p>Link movements together to create a sequence</p> <p>Is beginning to be able to climb up a rope.</p> <p>Is beginning to travel across the bar using arms.</p> <p>Can travel up a diagonal bench onto climbing frame.</p>	<p>Applies compositional ideas independently and with others to create a sequence.</p> <p>Copies, explores and remembers a variety of movements and uses these to create their own sequence.</p> <p>Describes their own work using simple gym vocabulary.</p> <p>Beginning to notice similarities and differences between sequences.</p> <p>Uses turns whilst travelling in a variety of ways.</p> <p>Beginning to show flexibility in movements</p> <p>Beginning to develop good technique when travelling, balancing, using equipment etc</p> <p>Can climb up a rope.</p> <p>Can travel across the bar using arms.</p>	<p>Links skills with control, technique, co-ordination and fluency.</p> <p>Understands composition by performing more complex sequences.</p> <p>Beginning to use gym vocabulary to describe how to improve and refine performances.</p> <p>Develops strength, technique and flexibility throughout performances.</p> <p>Creates sequences using various body shapes and equipment.</p> <p>Combines equipment with movement to create sequences.</p> <p>Can move with control and coordination around the apparatus.</p>	<p>Select and combine their skills, techniques and ideas.</p> <p>Apply combined skills accurately and appropriately, consistently showing precision, control and fluency.</p> <p>Draw on what they know about strategy, tactics and composition when performing and evaluating.</p> <p>Analyse and comment on skills and techniques and how these are applied in their own and others' work.</p> <p>Uses more complex gym vocabulary to describe how to improve and refine performances.</p> <p>Develops strength, technique and flexibility throughout performances.</p> <p>Links skills with control, technique, co-ordination and fluency.</p> <p>Understands composition by performing more</p>	<p>Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions.</p> <p>Performs difficult actions, with an emphasis on extension, clear body shape and changes in direction.</p> <p>Adapts sequences to include a partner or a small group.</p> <p>Gradually increases 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.</p> <p>Draw on what they know about strategy, tactics and composition when performing and evaluating.</p> <p>Analyse and comment on skills and techniques and how these are applied in their own and others' work.</p> <p>Uses more complex gym vocabulary to describe how to improve and refine performances.</p> <p>Develops strength, technique and flexibility throughout performances.</p> <p>Can compose coordinated, group performances using</p>

						complex sequences. Can introduce a performance element to movements around the apparatus.	the apparatus.
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Games							
Invasion Games and Striking and fielding							

	<p>Can travel in different ways including running and jumping.</p> <p>Can being to throw a ball towards a specific area using under arm throw.</p> <p>Beginning to receive a ball with basic control.</p> <p>Can use hand-eye coordination to catch/ attempt to catch a ball.</p> <p>Participates in simple games.</p>	<p>Can travel in a variety of ways including running and jumping.</p> <p>Beginning to perform a range of throws.</p> <p>Receives a ball with basic control</p> <p>Beginning to develop hand-eye coordination</p> <p>Participates in simple games</p>	<p>Confident to send the ball to others in a range of ways.</p> <p>Beginning to apply and combine a variety of skills (to a game situation)</p> <p>Develop strong spatial awareness.</p> <p>Beginning to develop own games with peers.</p> <p>Understand the importance of rules in games.</p> <p>Develop simple tactics and use them appropriately.</p> <p>Beginning to develop an understanding of attacking/ defending</p>	<p>Understands tactics and composition by starting to vary how they respond.</p> <p>Vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>Beginning to communicate with others during game situations.</p> <p>Uses skills with co-ordination and control.</p> <p>Develops own rules for new games.</p> <p>Makes imaginative pathways using equipment.</p> <p>Works well in a group to develop various games.</p> <p>Beginning to understand how to compete with each other in a controlled manner.</p> <p>Beginning to select resources independently to carry out different skills.</p>	<p>Vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>Shows confidence in using ball skills in various ways, and can link these together.</p> <p><i>e.g. dribbling, bouncing, kicking</i></p> <p>Uses skills with co-ordination, control and fluency.</p> <p>Takes part in competitive games with a strong understanding of tactics and composition.</p> <p>Can create their own games using knowledge and skills.</p> <p>Can create their own games using knowledge and skills.</p> <p>Works well in a group to develop various games.</p> <p>Compares and comments on skills to support creation of new games.</p> <p>Can make suggestions as to what resources can be used to differentiate a</p>	<p>Vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>Shows confidence in using ball skills in various ways, and can link these together.</p> <p>Uses skills with co-ordination, control and fluency.</p> <p>Takes part in competitive games with a strong understanding of tactics and composition.</p> <p>Can create their own games using knowledge and skills.</p> <p>Can make suggestions as to what resources can be used to differentiate a game.</p> <p>Apply basic skills for attacking and defending.</p> <p>Uses running, jumping, throwing and catching in isolation and combination.</p>	<p>Vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>Shows confidence in using ball skills in various ways, and can link these together effectively. <i>e.g. dribbling, bouncing, kicking</i></p> <p>Keeps possession of balls during games situations.</p> <p>Consistently uses skills with co-ordination, control and fluency.</p> <p>Takes part in competitive games with a strong understanding of tactics and composition.</p> <p>Can create their own games using knowledge and skills.</p> <p>Modifies competitive games.</p> <p>Compares and comments on skills to support creation of new games.</p> <p>Can make suggestions as to what resources can be used to differentiate a game.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Uses running, jumping, throwing and catching in isolation and in combination.</p>
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					game. Apply basic skills for attacking and defending. Uses running, jumping, throwing and catching in isolation and combination.		
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Athletics							
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Can load and fire an arrow with support	Can walk, jog, run when directed by an adult during games. Can experiment with different jumps using increasing control. Shows increasing control over throwing and catching a ball. Can load and fire an arrow. Knows not to cross the safety line without instruction.	Can run at different speeds. Can jump from a standing position Performs a variety of throws with basic control. Fires and arrow from a side on position. Can load and fire an arrow with appropriate body position.	Can change speed and direction whilst running. Can jump from a standing position with accuracy. Performs a variety of throws with control and co-ordination. <i>preparation for shot put and javelin</i> Can use equipment safely Can hit a target with an arrow from 5m.	Beginning to run at speeds appropriate for the distance. <i>e.g. sprinting and cross country</i> Can perform a running jump with some accuracy Performs a variety of throws using a selection of equipment. Can use equipment safely and with good control. Can hit a target with an arrow from 10m.	Beginning to build a variety of running techniques and use with confidence. Can perform a running jump with more than one component. <i>e.g. hop skip jump (triple jump)</i> Demonstrates accuracy in throwing and catching activities. Describes good athletic performance using correct vocabulary. Can use equipment safely and with good control. Can hit targets from increasingly larger distances with accuracy.	Beginning to build a variety of running techniques and use with confidence. Can perform a running jump with more than one component. <i>e.g. hop skip jump (triple jump)</i> Beginning to record peers performances, and evaluate these. Demonstrates accuracy and confidence in throwing and catching activities. Describes good athletic performance using correct vocabulary. Can use equipment safely and with good control.	Beginning to build a variety of running techniques and use with confidence. Can perform a running jump with more than one component. <i>e.g. hop skip jump (triple jump)</i> Beginning to record peers performances, and evaluate these. Demonstrates accuracy and confidence in throwing and catching activities. Describes good athletic performance using correct vocabulary. Can use equipment safely and with good control.
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Outdoor adventurous activities (including orienteering)							
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	Develops listening skills. Can listen to simple 2 step instructions given by a partner/ adult.	Develops listening skills. Listens to instructions from a partner/ adult. Beginning to think activities through	Develops listening skills. Listens to instructions from a partner/ adult. Beginning to think activities through	Develops listening skills. Listens to instructions from a partner/ adult. Beginning to think activities through	Develops strong listening skills. Beginning to think activities through and problem solve. Choose and apply strategies to solve	Develops strong listening skills. Think activities through and problem solve using general knowledge. Choose and apply	Develops strong listening skills. Think activities through and problem solve using general knowledge. Choose and apply strategies to solve problems with
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	<p>Beginning to think activities through and problem solve.</p> <p>Begin to join simple discussions and work with others in a group.</p> <p>Understands we need to follow simple rules to stay safe.</p>	<p>and problem solve.</p> <p>Discuss and work with others in a group.</p> <p>Demonstrates an understanding of how to stay safe in range of indoor and outdoor environments.</p>	<p>and problem solve.</p> <p>Discuss and work with others in a group.</p> <p>Demonstrates an understanding of how to stay safe in range of indoor and outdoor environments.</p>	<p>and problem solve.</p> <p>Discuss and work with others in a group.</p> <p>Demonstrates an understanding of how to stay safe in range of indoor and outdoor environments.</p>	<p>problems with support.</p> <p>Discuss and work with others in a group.</p> <p>Demonstrates an understanding of how to stay safe in range of indoor and outdoor environments.</p>	<p>strategies to solve problems with support.</p> <p>Discuss and work with others in a group.</p> <p>To demonstrate an understanding of how to keep others safe in a range of indoor and outdoor environments.</p> <p>To develop leadership skills including giving safety briefings.</p>	<p>support.</p> <p>Discuss and work with others in a group.</p> <p>To demonstrate an understanding of how to keep others safe in a range of indoor and outdoor environments.</p> <p>To develop leadership skills including giving safety briefings.</p>
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Cycling

<p>Starting and stopping on a balance bike. Control a balance bike.</p> <p>Controlling a balance bike with feet off the floor.</p>	<p>Carry out basic safety checks (bike, helmet and clothing)</p> <p>Know that you walk with a bike on your right hand side.</p> <p>Stand in a pedal ready position.</p> <p>Start a ride with control.</p> <p>Ride in a straight line.</p> <p>Safely turn a gradual corner</p> <p>Stop safely including emergency stop.</p>	<p>Talk other children through basic safety checks (bike, helmet and clothing).</p> <p>Explain why you walk with a bike on your right hand side.</p> <p>Start a ride with increasing control.</p> <p>Become more confident turning corners.</p> <p>Stop safely including emergency stop.</p> <p>Begin to look over shoulder.</p>	<p>Select and change gears.</p> <p>Turn sharper corners and U-turns.</p> <p>Avoid obstacles using body positioning.</p> <p>Join and leave a track safely.</p> <p>Ride in single file.</p> <p>Ride in pairs (side-by-side).</p> <p>Ride slowly and balance.</p> <p>Look over shoulder before turning.</p>	<p>Group riding.</p> <p>Share the lead in a group.</p> <p>Ride with one hand and signal.</p> <p>Dismount and remount on the move.</p> <p>Ride out of the saddle.</p> <p>Ride slowly and balance (track stand).</p>
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Swimming

	<p>Develop listening skills when attending swimming sessions.</p> <p>Develop confidence when in the water.</p> <p>With a float, be able travel from one side of the pool to the other, by kicking legs or scooping the water with their hand.</p>					<p>Swims competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke.</p> <p>Performs safe self-rescue in different water-based situations.</p>
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Evaluation

<p>Can comment on own and others performance</p> <p>Can give comments on how to improve performance.</p> <p>Use appropriate vocabulary when giving feedback.</p>	<p>Watches and describes performances accurately.</p> <p>Beginning to think about how they can improve their own work.</p> <p>Work with a partner or small group to improve their skills.</p> <p>Make suggestions on how to improve their work, commenting on similarities and differences.</p>	<p>Watches and describes performances accurately.</p> <p>Learn from others how they can improve their skills.</p> <p>Comment on tactics and techniques to help improve performances.</p> <p>Make suggestions on how to improve their work, commenting on similarities and differences.</p> <p>Can support younger children to improve on their performance.</p>
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Healthy Lifestyles

<p>Can describe the effect exercise has on the body</p> <p>Can explain the importance of exercise and a healthy lifestyle.</p>	<p>Can describe the effect exercise has on the body</p> <p>Can explain the importance of exercise and a healthy lifestyle.</p> <p>Understands the need to warm up and cool down.</p>	<p>Can describe the effect exercise has on the body</p> <p>Can explain the importance of exercise and a healthy lifestyle.</p> <p>Understands the need to warm up and cool down.</p>
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